**EQUIPMENT:**
- 1 cone per student
- Task card
- 1 football per 2 students
- Whistle
- 4 cones for drill
- Flag belt per student

**LESSON OUTCOMES:**
- Demonstrate basic throwing and catching skills.
- Throw the football to a moving target.
- Catch the football on the run.
- Develop locomotive skills and memory sequence.

**BEFORE CLASS SET UP:**
- 2 lines of cones set up in a line 20 feet apart

<table>
<thead>
<tr>
<th>ACTIVITY (Time)</th>
<th>LESSON CONTENT</th>
<th>ROLE OF ASSISTANT</th>
</tr>
</thead>
</table>
| HEALTH-RELATED PHYSICAL ACTIVITY: Partner Flag Snatch (10 minutes) | • Students take a flag belt and form pairs or groups of 3.  
• Students try to remove their partner’s flag by reaching for it while twisting and dodging to protect their own flag.  
• When the flag belt is pulled off the flag is returned and they start again.  
• Once they get the idea have students rotate partners.  
• Challenge: Success or Try Again – Set a line to designate success or try again sides. If you pull your partner’s flag you move to the success side and challenge a new student. If your flag is pulled move to the try again side and challenge a new student. Object of the game is to stay on the success side. | • Assist with organization of groups.  
• Explain activity as needed. |
<table>
<thead>
<tr>
<th>TRANSITION</th>
<th>• Have students partner up and face each other at opposite cones.</th>
<th>• Assist with organization.</th>
</tr>
</thead>
</table>
| ACTIVITY #1: Cone Throw Drill | • Demonstrate drill.  
• Instruct students to stand at a cone opposite from their partners.  
• Partners throw as straight as possible to each other using cones as reference points.  

How many catches can be completed in 30 seconds? Can the score be improved?  
How many passes can be caught in a row? | • Assist class with organization and implementation of drill.  
• Provide positive feedback. |
**ACTIVITY #2:**

**Group Catch & Throw Drill**

- Students form groups of 12.
- Demonstrate with a group of 12 students.
- Each group divides into 3-player teams.
- Each team forms a line behind a marked line.
- 2 footballs needed per group of twelve.
- Groups A & B start with footballs.
- On signal, throw to the opposite side and run to opposite side in the back of the line. Continue drill. Avoid collision.

**COOL DOWN/CLOSURE:**

- Review Skills/Activity

**Prepare the playing area by clearly marking 4 lines using cones (20 x 20 paces).**

**Distribute equipment.**
- Explain activity as needed.
- Provide positive feedback.
- Congratulate on improvement.

**Assist with equipment return.**
L1  TEKS  Introduction  1, 2  4.1  ABEFG  4.2  ABD  4.3  AE  4.4  BH  4.5  A  4.6  AB  4.7  ABCD
L1  TEKS  Introduction  1, 2  5.1  BCFKL  5.2  ABC  5.3  A  5.4  C  5.5  AD  5.6  AB  5.7  ABC

NASPE  NATL  STD  P.E.  1, 2, 3, 4, 5, 6
**LESSON OUTCOMES:**
- Practice basic flag pulling technique skills.
- Demonstrate good defensive body position when pulling an opponent’s flag.

**BEFORE CLASS SET UP:**
- Cones set up in a square.
- Football field with marked end zones or basketball court with end lines representing touchdown.
- 3 grids approximately 20 X 20 yards.

<table>
<thead>
<tr>
<th>ACTIVITY (Time)</th>
<th>LESSON CONTENT</th>
<th>ROLE OF ASSISTANT</th>
</tr>
</thead>
<tbody>
<tr>
<td>HEALTH-RELATED PHYSICAL ACTIVITY:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Partner Flag Snatch (10 minutes) | • Students take a flag belt and form pairs or groups of 3.  
• Students try to remove their partner’s flag by reaching for it while twisting and dodging to protect their own flag.  
• When the flag belt is pulled off, the flag is returned and they start again.  
• Once they get the idea, have students rotate partners.  
• Challenge: Success or try again – Set a line to designate success or try again sides. If you pull your partner’s flag you move to the success side and challenge a new student. If your flag is pulled move to the try again side and challenge a new student. Object of the game is to stay on the success side. | • Set up area with cones.  
• Issue equipment to students.  
• Assist with organization of groups.  
• Explain activity as needed. |
| ACTIVITY #2: | | |
| Team Takeaway Game | • 2 teams of 8-10 play against each other (2 teams per grid).  
• Teams on same grid must not have same color flags.  
• On your signal, play begins with teams pulling opponents’ flags.  
• Team that pulls all flags first on that grid moves up a grid and team that wasn’t successful moves down 1 grid. | • Set up 3 grids (basketball court size).  
• Distribute flags.  
• Explain the activity.  
• Provide positive feedback. |
**LESSON 2**

**4th-5th GRADE**

| COOL DOWN/CLOSURE: | Activity is repeated after teams rotate.  
Goal is to reach top grid. | Congratulate on improvement.  
Monitor the game play. |
|-------------------|----------------------------------------|----------------------------------------|
| Review Skills/Activity | Activity is repeated after teams rotate.  
Goal is to reach top grid. | Congratulate on improvement.  
Monitor the game play. |

L2 TEKS Introduction  
1, 2  
4.1 ABEFG  
4.2 ABD  
AE  
4.3  
4.4 BH  
4.5 A  
4.6 AB  
4.7 ABCD

L2 TEKS Introduction  
1, 2  
5.1 BC FKL  
5.2 ABC  
5.3 A  
5.4 C  
5.5 AD  
5.6 AB  
5.7 ABC

NASPE NATL STD P.E.  
1, 2, 3, 4, 5, 6
**LESSON OUTCOMES:**
- Demonstrate and practice leading the receivers with a pass.
- Demonstrate previously taught skills: throwing, catching, and flag pulling.
- Demonstrate cooperation skills.

**EQUIPMENT:**
- 1 football per 2 students
- 1 flag belt per student
- 4 cones per 3 students

**BEFORE CLASS SET UP:**
- Cones set up in square about 20 paces apart.
- Organize other lesson equipment.

<table>
<thead>
<tr>
<th>ACTIVITY (Time)</th>
<th>LESSON CONTENT</th>
<th>ROLE OF ASSISTANT</th>
</tr>
</thead>
</table>
| HEALTH-RELATED PHYSICAL ACTIVITY: Sharks (5-7 minutes) | - All students wear flags except 2 students who are sharks.  
- Students with flags go to play area marked by cones. Sharks go to middle.  
- On your signal, students try to cross to other side without losing their flags.  
- If students’ flags are pulled, they join sharks and pull flags.  
- Game ends when all flags are pulled.  
- Last 2 students caught become new sharks. | - Mark off play area with cones.  
- Assist with organization of groups.  
- Explain activity as needed. |
| TRANSITION | - Students quickly gather and put away flags belts. | - Assist with organization. |
## ACTIVITY #1: Group Catch & Throw Drill

- Students form groups of 12.
- Demonstrate with a group of 12 students.
- Each group divides into 3-player teams.
- Each team forms a line behind a marked line.
- 2 footballs needed per group of twelve.
- Groups A & B start with footballs.
- On signal, throw to the opposite side and run to opposite side in the back of the line. Continue drill. Avoid collision.

### TRANSITION

- Groups of 6 divide into 2 groups of 3, 1 football per group.
- Assist with grouping.

### Notes

- Prepare the playing area by clearly marking 4 lines using cones (20 x 20 paces).
- Distribute equipment.
- Explain activity as needed.
- Provide positive feedback.
- Congratulate on improvement.
### ACTIVITY #2: 2 on 1 Keep Away
- Demonstrate drill
- Designate 1 student in each group to be in middle (interceptor).
- On your signal, 2 outside students throw football to each other without interceptor intercepting it or knocking it down.
- Interceptor stays in middle until you blow whistle (30 seconds to 1 minute) to rotate.
- All passes must be thrown around interceptor and not over his or her head.
- Interceptor must only guard thrower and be 3 feet away from him or her.
- Thrower can pivot but cannot move.
- Receiver practices making sharp cuts right or left to get open.

### COOL DOWN/CLOSURE:
- Review Skills/Activity

△ Distribute equipment.
- Explain activity as needed.
- Provide positive feedback on successful implementation and improvement.

△ Assist with equipment return.

---

L3 TEKS Introduction 1, 2 4.1 ABEFG 4.2 ABD 4.3 AE 4.4 BH 4.5 A 4.6 AB 4.7 ABCD
L3 TEKS Introduction 1, 2 5.1 BCFKL 5.2 ABC 5.3 A 5.4 C 5.5 AD 5.6 AB 5.7 ABC

NASPE NATL STD P.E. 1,2,3,4,5,6
**EQUIPMENT**
- Cones for multiple grids
- 1 football per 6 students

**LESSON OUTCOMES:**
- Demonstrate the proper technique for defending another player.
- Demonstrate previously taught skills: throwing, catching, and leading the receivers with a pass.
- Demonstrate how to defend receiver.

**BEFORE CLASS SET UP:**
- Cones set up in square about 20 paces apart.
- If space permits, set up multiple grids ahead of time.
- Organize equipment

<table>
<thead>
<tr>
<th>ACTIVITY (Time)</th>
<th>LESSON CONTENT</th>
<th>ROLE OF ASSISTANT</th>
</tr>
</thead>
</table>
| **HEALTH-RELATED PHYSICAL ACTIVITY:** Sharks (10 minutes) | • All students wear flags except 2 students who are sharks.  
• Students with flags go to play area marked by cones. Sharks go to middle.  
• On your signal, students try to cross to other side without losing their flags.  
• If students’ flags are pulled, they join sharks and pull flags.  
• Game ends when all flags are pulled.  
• Last 2 students caught become new sharks. | • Mark off play area with cones.  
• Assist with organization of groups.  
• Explain activity as needed. |
| **ACTIVITY #1:** Defending/Covering Skill Demonstration | • Students form a semi circle.  
• Select a student to help demonstrate main points of defending/covering.  
• Defending/Covering: Always keep receiver in front, Stay low to ground with feet spread out as much as possible (this helps with quick directional changes), Stay as close to receivers as possible (within touching distance). | • Help with discipline and cooperation. |
| **ACTIVITY #2:** | • Students find a partner close to same speed.  
1 student stands behind the other, completely stretches arms out in front, places | ✗ Setup basketball court-sized grids with cones. |
**Shadow Tag**

- hands on other student's shoulders, then drops arms.
- Object of game: for front partner to escape from shadowing partner while staying within boundaries.
- If partner is more than arm's length away from shadowing partner when whistle blows, then shadow does 5 jumping jacks.
- If partner is within reach at whistle, he/she does 5 jumping jacks.
- Switch roles after each round.
- Remind students to use proper defending/covering skills.

**ACTIVITY #3: Flag Football Lead-Up Game: 3-Catch Challenge**

- Demonstrate game.
- Groups of 6 divide to form 2 teams of 3.
- Object of game: for a team to complete 3 passes (ball must be caught once by each player on a team) before opponents.
- 1 point is awarded to a team each time they complete 3 passes to 3 different players.
- After 3 consecutive passes are completed, opposing team takes ball.
- Passer must remain stationary and can only pivot.
- Instruct students to use proper throwing, receiving, and defending skills.
- Defending students must remain 3 feet away from student they are guarding.
- Defending team gets ball if a pass is intercepted or knocked down or not completed.

**TRANSITION**

- Pairs find 2 other pairs and form groups of 6, 1 football per group.

**Notes**

- Assist with the grouping.

**Set up activity area 15 x 15 paces for each team. Use High Skills Progression grid set-up.**

- Distribute equipment.
- Emphasize use of proper skills.
- Explain activity as needed.
- Provide positive feedback on effort, success, and improvement.
COOL DOWN/ Closure

- Review Skills/Activity

Assist with equipment return

L1 TEKS Introduction 1, 2 4.1 ABEFG 4.2 ABD 4.3 AE 4.4 BH 4.5 A 4.6 AB 4.7 ABCD
L1 TEKS Introduction 1, 2 5.1 BCFKL 5.2 ABC 5.3 A 5.4 C 5.5 AD 5.6 AB 5.7 ABC

NASPE NATL STD P.E. 1, 2, 3, 4, 5, 6

4th-5th GRADE
### LESSON OUTCOMES:
Participate in an activity that promotes student cooperation.

### BEFORE CLASS SET UP:
- Cones set up in square about 20 paces apart.
- Set up football fields for game.
- Organize equipment to be used.

### EQUIPMENT
- 4 cones per 8 -10 students
- 1 Football per 3 students

### ACTIVITY (Time)

<table>
<thead>
<tr>
<th>HEALTH-RELATED PHYSICAL ACTIVITY: Sharks (10 minutes)</th>
<th>LESSON CONTENT</th>
<th>ROLE OF ASSISTANT</th>
</tr>
</thead>
</table>
| All students wear flags except 2 students who are sharks. | - Students with flags go to play area marked by cones. Sharks go to middle.  
- On your signal, students try to cross to other side without losing their flags.  
- If students’ flags are pulled, they join sharks and pull flags.  
- Game ends when all flags are pulled.  
- Last 2 students caught become new sharks. | - Mark off play area with cones.  
- Assist with organization of groups.  
- Explain activity as needed. |
### ACTIVITY #1:
**Flag Football Lead-Up Game: Ultimate Football**
- Students form groups of 3-5.
- Object of game: to move football up field and complete a pass beyond goal line for a touchdown. (see diagram below)
- Game begins with 2 teams lined up at center of play area, 5-10 yards apart.
- Students spread out on field to create space.
- Each student finds someone to cover and plays defense against him or her throughout game.
- Football is moved using overhand passes.
- Students with football must be stationary to pass and students without football run to get open to receive a pass.
- Football is turned over if a pass is incomplete.
- Touchdown is 1 point.
- After a touchdown the football is put in play at goal line and other team gets a free first pass to move it in other direction.

### COOL DOWN/ CLOSURE
- Review Skills/Activity

Set up and direct students to activity area.
Distribute equipment.
- Explain activity as needed.
- Provide positive feedback on effort, implementation, and improvement.

Set up and direct students to activity area.
Distribute equipment.

<table>
<thead>
<tr>
<th>TEKS Introduction</th>
<th>1,2</th>
<th>4.1</th>
<th>ABEFG</th>
<th>4.2</th>
<th>ABD</th>
<th>4.3</th>
<th>AE</th>
<th>4.4</th>
<th>BH</th>
<th>4.5</th>
<th>A</th>
<th>4.6</th>
<th>AB</th>
<th>4.7</th>
<th>ABC</th>
<th>D</th>
</tr>
</thead>
<tbody>
<tr>
<td>L5 TEKS Introduction</td>
<td>1,2</td>
<td>5.1</td>
<td>BC FKL</td>
<td>5.2</td>
<td>ABC</td>
<td>5.3</td>
<td>A</td>
<td>5.4</td>
<td>C</td>
<td>5.5</td>
<td>AD</td>
<td>5.6</td>
<td>AB</td>
<td>5.7</td>
<td>ABC</td>
<td></td>
</tr>
</tbody>
</table>

NASPE NATL STD P.E. 1, 2, 3, 4, 5, 6
### LESSON OUTCOMES:
- Demonstrate the proper footwork for throwing a long pass.
- Demonstrate previously taught skills: throwing, catching, flag pulling, defending, and leading the receiver with a pass.
- Execute the long pass throwing technique.
- Catch a ball while running a long pattern.

### BEFORE CLASS SET UP:
Set up cones for the Health-Related Physical Activity, marking an activity space about the size of a basketball court.

### EQUIPMENT:
- 6 cones per field of play
- 1 football per 2 students

### ACTIVITY (Time) | LESSON CONTENT | ROLE OF ASSISTANT
---|---|---
**HEALTH-RELATED PHYSICAL ACTIVITY:**
Hyper Space (10 minutes) | • Divide class into 2 teams on two sides of the area with a dividing midline and sidelines/end lines  
• The object is to get to the other side without being tagged  
• If student is tagged they must go to their sideline, do 3 exercises and then return to their side to start again  
• Students keep score of how many times they made it across | • Assist class with organization and implementation of activity.  
• Provide positive feedback on effort, success, and improvement.  
• Monitor and provide feedback on defending skills. |

**ACTIVITY #1:** Long Throw Skill Demonstration (5 minutes) | • Students quickly form a semi-circle around demonstration area.  
• Select a student to participate in demonstration.  
• Quickly review defending skill from previous lesson.  
• Demonstrate main points of a long throw.  
• After the demonstration, students practice a long throw by practicing the motions without football.  

*Long Throw: Stand sideways towards target with non-throwing shoulder facing target.  
If right handed quickly step L – R – L and throw, Push off right foot and throw ball,  
If left handed, quickly step R – L – R and throw, Push off left foot and throw ball.  
Throwing arm extends overhead, Follow through with throwing motion until hand is pointed toward target.* | • Help with discipline and cooperation.  
• Help students with listening, verbal cues, and following directions.  
• Help demonstrate skills. |
<table>
<thead>
<tr>
<th>ACTIVITY #2: Long Distance Throwing Skill Practice</th>
<th>ACTIVITY #3: Flag Football Lead-Up Game: Ultimate Football</th>
<th>COOL DOWN/CLOSURE:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Demonstrate activity.</td>
<td>• Students form groups of 4.</td>
<td>• Review Skills/Activity</td>
</tr>
<tr>
<td>• Students find a partner. Each pair assigns a thrower and receiver.</td>
<td>• Object of game: to move football up field and complete a pass beyond goal line for a touchdown.</td>
<td></td>
</tr>
<tr>
<td>• Set up a line for throwers. All throwers must be spread out on line with all passes going in same direction.</td>
<td>• Game begins with 2 teams lined up at center of play area 2-3 yards apart.</td>
<td></td>
</tr>
<tr>
<td>• Receiver runs straight out for a pass. Distance between thrower and receiver is determined by activity space. Passes should be 5-10 yards or less.</td>
<td>• Each student finds someone to cover and plays defense against him or her throughout game.</td>
<td></td>
</tr>
<tr>
<td>• Thrower throws football leading his or her partner.</td>
<td>• Football is moved using overhand passes.</td>
<td></td>
</tr>
<tr>
<td>• Receiver returns to throwing line and switches role with partner.</td>
<td>• Students with football must be stationary to pass and students without football run to get open to receive a pass.</td>
<td></td>
</tr>
<tr>
<td>🏈 Challenge: How many passes in a row can be completed in 30 seconds? Repeat to improve score.</td>
<td>• Football is turned over if a pass is incomplete.</td>
<td></td>
</tr>
<tr>
<td>• Assist class with organization and implementation of drill. Possible to use grids for this</td>
<td>• Touchdown is 1 point.</td>
<td></td>
</tr>
<tr>
<td>• Provide positive feedback on effort, implementation, and improvement.</td>
<td>• After a touchdown the football is put in play at goal line and other team gets a free first pass to move it in other direction.</td>
<td>★ Assist with equipment return.</td>
</tr>
<tr>
<td>Set up activity area.</td>
<td>Distribute equipment.</td>
<td></td>
</tr>
<tr>
<td>★ Explain activity as needed.</td>
<td>★ Provide positive feedback on effort, implementation, and improvement.</td>
<td></td>
</tr>
</tbody>
</table>
L6 TEKS Introduction 1,2 4.1 ABEFG 4.2 ABD 4.3 AE 4.4 BH 4.5 A 4.6 AB 4.7 ABCD
L6 TEKS Introduction 1,2 5.1 BCFKL 5.2 ABC 5.3 A 5.4 C 5.5 AD 5.6 AB 5.7 ABC

NASPE NATL STD P.E. 1,2,3,4,5,6
## Lesson 7

### Equipment:
- 1 cone per student
- 1 football per 2 students
- 1 flag belt per student

### Lesson Outcomes:
- Demonstrate how to tuck a football when running.
- Participate in a cooperation activity.

### Before Class Set Up:
- Set up 2 cones 5 yards apart for drill.
- Have flags ready to be distributed.
- Have footballs ready for Instant Activity.
- 1 football field for every 8-10 students

<table>
<thead>
<tr>
<th>Activity (Time)</th>
<th>Lesson Content</th>
<th>Role of Assistant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health-Related Physical Activity: Partner Flag Snatch (10 minutes)</td>
<td>Students take a flag belt and form pairs or groups of 3. Students try to remove their partner’s flag by reaching for it while twisting and dodging to protect their own flag. When the flag belt is pulled off, the flag is returned and they start again. Once they get the idea, have students rotate partners. Challenge: Success or try again – Set a line to designate success or try again sides. If you pull your partner’s flag you move to the success side and challenge a new student. If your flag is pulled move to the try again side and challenge a new student. Object of the game is to stay on the success side.</td>
<td>Set up area with cones Issue equipment to students Assist with organization of groups Explain activity as needed.</td>
</tr>
</tbody>
</table>
### LESSON 7

**ACTIVITY #1:**

**Tucking The Football Skill Demonstration (10 minutes)**
- Students sit or stand in a semi-circle.
- Select a student to participate in demonstration.
- Review long throw technique from previous class.
- Demonstrate main points of the running skill.
- After demonstration, students quickly pair up, 1 football per pair, and practice throwing, catching, and tucking the football skill.
- Tucking Football while Running: Pull football into body, Tuck football under arm.
- Help with discipline and cooperation.
- Help students with listening, verbal cues, following directions.
- Help demonstrate skills.

**ACTIVITY #2:**

**Football Running Drill**
- Demonstrate drill (see diagram below).
- Students pair up and stand next to a pair of cones (set 5 yards apart).
- 1 student is a runner and partner is a defender.
- Runner starts 10 yards back from defender and attempts to run past defender without losing his or her flags. Runner must stay within bounds of cones.
- Runner uses tucking skill to protect football under his or her arm and tries to avoid defender as he or she advances.
- Runner gets 2 attempts to make it past defender before rotating roles.
- Assist class with organization and implementation of drill.
- Provide positive feedback on effort and improvement.
## TRANSITION
- Pairs from previous activity find other pairs to form groups of 8 or 10.
- Assist with grouping.

## ACTIVITY #3: Flag Football Lead-Up Game: Ultimate Football
- Students form groups of 4-5.
- Object of game: to move football up field and complete a pass beyond goal line for a touchdown.
- Game begins with 2 teams lined up at center of field 2-3 yards apart.
- Students spread out on field to create space.
- Each student finds someone to cover and plays defense against him or her throughout game.
- Football is moved using overhand passes.
- Students with football must be stationary to pass and students without football run to get open to receive a pass.
- Football is turned over if a pass is incomplete.
- Touchdown is 1 point.
- After a touchdown the football is put in play at goal line and other team gets a free first pass to move it in other direction.

## COOL DOWN/CLOSURE:
- Review Skills/Activity
- Assist with equipment return.

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L7 TEKS Introduction 1,2 4.1 ABEFG 4.2 ABD 4.3 AE 4.4 BH 4.5 A 4.6 AB 4.7 ABC D
L7 TEKS Introduction 1,2 5.1 BC FKL 5.2 BC FKL 5.3 A 5.4 C 5.5 AD 5.6 AB 5.7 ABC

NASPE NATL STD P.E. 1,2,3,4,5,6
## LESSON OUTCOMES:
- Demonstrate the basic skill of tossing a football underhand.
- Demonstrate previously learned skills in game and drill settings: throwing, catching, flag pulling, leading the receivers with a pass, defending another player, proper footwork when throwing a long pass, and tucking the ball in when running.
- Understand rules of a passing game.
- Participate in a cooperative activity.

## BEFORE CLASS SET UP:
- Set up 25 x 25 yard square for tag game.
- Set up fields for Arena football.
- Organize equipment to be used.

## EQUIPMENT:
- 1 cone per student pair
- 1 football per 2 students
- 4 cones per 8-10 students
- 1 flag belt per student
- Noodles

## ACTIVITY (Time) | LESSON CONTENT | ROLE OF ASSISTANT
--- | --- | ---
**HEALTH-RELATED PHYSICAL ACTIVITY:**

French Fry Tag (5 minutes) | - Object of game: the French Fries try to tag and freeze the entire class inside boundaries of the full basketball court, or half-court for a small class.
- 2-4 students are given a noodle; these students are the French Fries.
- Once tagged, student must sit or kneel down.
- To be freed, another student must come up to the tagged student and both students do 3 jumping jacks (3 push-ups, 3 sit-ups, etc.) together.
- While exercising together neither person can be tagged. Students can keep exercising if a tagger is too close.
- Switch taggers after 1-2 minutes. | ✅ Set up square with cones.
- Assist with organization of groups.
- Explain activity as needed.
- Distribute noodles.
### LESSON 8

#### 4th-5th GRADE

**ACTIVITY #1:**
**Tossing the Football Skill Demonstration (2 minutes)**
- Select a student to participate in demonstration.
- Review running skill from previous class.
- An underhand backward toss is usually used after a pass is completed. In football you can only have one forward pass but multiple backward tosses.
- Demonstrate main points to underhand tossing skill.
- Underhand Tossing Skill: Use both hands to toss football, Step in direction football is being tossed, Follow through with throw.

**ACTIVITY #2:**
**Tossing and Run Drill**
- Pairs run around track or running course set up in activity space.
- As pairs run around course, they toss a football back and forth to each other using under hand toss.
- Students must continue to run as they pass and catch ball.
- Each toss must be slightly backwards. Receiver needs to lag slightly behind tosser.

**ACTIVITY #3:**
**Flag Football Lead-Up Game: Arena Football**
- Demonstrate game during explanation.
- Students form teams of 4 (2 teams of 4 play in grid area).
- Play starts in center of field.
- Each team has 1 quarterback and 3 receivers.
- Team on defense must use 1-on-1 coverage.
- Object of game: to score points by moving football past opponent’s goal line.
- Students may not rush the quarterback.
- Quarterback cannot run past line of scrimmage (demo this for students).
- Teams get 4 downs to score.
- After each offensive play there must be a new quarterback; students can’t quarterback twice in a row.
- Points equal the number of students that caught a pass before scoring a touchdown. If only 1 player received a pass before a touchdown was scored, team gets 1 point. If all 4 players caught a pass before a touchdown was scored, team gets 4 points.

- Help with discipline and cooperation.
- Help students with listening, verbal cues, and directions.
- Help demonstrate skills.

- Assist class with organization and implementation of drill.
- Provide positive feedback on effort and improvement.

- Set up area.
- Distribute equipment.
- Explain activity as needed.
- Provide positive feedback.
- Congratulate on improvement.
<table>
<thead>
<tr>
<th><strong>FLAG FOOTBALL</strong></th>
<th><strong>LESSON 8</strong></th>
<th><strong>4th-5th GRADE</strong></th>
</tr>
</thead>
</table>

- If football is intercepted, interceptor may run until his or her flag is pulled.
- If a team cannot score after 4 downs, ball goes to other team at center of the field.
- There are no kickoffs or punts and all change of possessions begin at center of field.

**COOL DOWN/ CLOSURE:**
- Review Skills/Activity

△ Assist with equipment return.

L8  TEKS  Introduction  1, 2  4.1  ABEFG  4.2  ABD  4.3  AE  4.4  BH  4.5  A  4.6  AB  4.7  ABCD
L8  TEKS  Introduction  1, 2  5.1  BC FKL  5.2  ABC  5.3  A  5.4  C  5.5  AD  5.6  AB  5.7  ABC

NASPE NATL STD P.E.  1, 2, 3,4,5,6
## Flag Football

### Lesson 9

**4th-5th Grade**

### Equipment
- 1 football per 3 students
- 6 cones per field
- 3 noodles
- 1 flag belt per student

### Lesson Outcomes:
- Demonstrate how to pass to a covered receiver.
- Demonstrate how to get open for a pass.
- Demonstrate how to cover a receiver closely.
- Participate in a modified flag football game.

### Before Class Set Up:
- For Mosquito tag, set up a square 25 x 25 yards in activity area.
- Set up enough football fields to accommodate 8 students per field.

### Activity (Time)

<table>
<thead>
<tr>
<th>Health-Related Physical Activity:</th>
<th>Lesson Content</th>
<th>Role of Assistant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mosquito Tag (10 Minutes)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Object of game: for “mosquitoes” to freeze the class. They do that by tagging other students below shoulders with noodles.</td>
<td>Assist with organization of groups.</td>
</tr>
<tr>
<td></td>
<td>4 cones form a 25 x 25 yard square.</td>
<td>Explain activity as needed.</td>
</tr>
<tr>
<td></td>
<td>Demonstrate main rules of game.</td>
<td>Distribute noodles.</td>
</tr>
<tr>
<td></td>
<td>2-3 students with noodles are “it.”</td>
<td></td>
</tr>
<tr>
<td></td>
<td>If tagged, student must sit or kneel down with both hands above head.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>A tagged student returns to game when given a high 10 by another student, and yells “OFF” or any sort of mosquito repellant.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>To kill all the mosquitoes, 6-8 students must line up shoulder to shoulder and on the count of 3 simultaneously clap their hands. If they do this, all mosquitoes give up their noodle to someone else and game starts again.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>If claps are not in unison, mosquitoes can try to tag the line so they cannot clap again.</td>
<td></td>
</tr>
</tbody>
</table>
### ACTIVITY #1:
**Coverage Drill**
- Students get in groups of three and watch demonstration.
- Demonstrate covering a receiver. (see diagram below)
- Students form groups of 3 and repeat throwing and receiving drill.

![Diagram of coverage drill](image)

- Distribute footballs.
- Explain activity as needed.
- Provide positive feedback.

### ACTIVITY #2:
**Flag Football Lead-Up Game: Arena Football**
- Demonstrate game during explanation.
- Students form teams of 4 (2 teams of 4 play in grid area).
- Play starts in center of field.
- Each team has 1 quarterback and 3 receivers.
- Team on defense must use 1-on-1 coverage.
- Object of game: to score points by moving football past opponent's goal line.
- Student defending quarterback must count to “7 alligators” before approaching.
- Quarterback cannot run past line of scrimmage (demo this for students).
- Teams get 4 downs to score.
- After each offensive play there must be a new quarterback; students can’t quarterback twice in a row.
- Points equal the number of students that caught a pass before scoring a touchdown. If only 1 player received a pass before a touchdown was scored,

- Set up area that is approximately the size of 2 basketball courts.
- Distribute footballs and flags.
- Explain activity as needed.
- Provide positive feedback.
<table>
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<tr>
<th>COOL DOWN/ CLOSURE</th>
<th>• Review Skills/Activity</th>
<th>☑ Assist with equipment return.</th>
</tr>
</thead>
</table>

- If football is intercepted, interceptor may run until his or her flag is pulled.
- If a team cannot score after 4 downs, ball goes to other team at center of the field.
- There are no kickoffs or punts and all change of possessions begin at center of field.

**L9 TEKS Introduction**
- 1,2
- 4.1 ABEFG
- 4.2 ABD
- 4.3 AE
- 4.4 BH
- 4.5 A
- 4.6 AB
- 4.7 ABCD

**L9 TEKS Introduction**
- 1,2
- 5.1 BCFKL
- 5.2 BCFKL
- 5.3 A
- 5.4 C
- 5.5 AD
- 5.6 AB
- 5.7 ABC

**NASPE NATL STD P.E.**
- 1,2,3,4,5,6
# Lesson 10

## Lesson Outcomes:
Participate in an activity that fosters student cooperation skills.

## Before Class Set Up:
- Set up fields of play for Arena Football using cones as markers (the field should be about a size of a basketball court).

## Equipment
- 1 flag per student
- Footballs
- 6 cones per field

## Activity (Time)

<table>
<thead>
<tr>
<th>Health-Related Physical Activity:</th>
<th>Lesson Content</th>
<th>Role of Assistant</th>
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</table>
| Partner Flag Snatch (10 minutes) | - Students take a flag belt and form pairs or groups of 3.  
- Students try to remove their partner’s flag by reaching for it while twisting and dodging to protect their own flag.  
- When the flag belt is pulled off, the flag is returned and they start again.  
- Once they get the idea, have students rotate partners.  
- Challenge: Success or try again – Set a line to designate success or try again sides. If you pull your partner’s flag you move to the success side and challenge a new student. If your flag is pulled move to the try again side and challenge a new student. Object of the game is to stay on the success side. | - Set up area with cones.  
- Issue equipment to students.  
- Assist with organization of groups.  
- Explain activity as needed. |
ACTIVITY #1
Flag Football Lead-Up Game: Arena Football (13-16 minutes)
- Demonstrate game.
- Students form teams of 4 (2 teams of 4 play in grid area).
- Play starts in center of field.
- Each team has 1 quarterback and 3 receivers.
- Team on defense must use 1-on-1 coverage.
- Object of game: to score points by moving football past opponent’s goal line.
- Student defending quarterback must count to “7 alligators” before approaching.
- Quarterback cannot run past line of scrimmage (demo this for students).
- Teams get 4 downs to score.
- After each offensive play there must be a new quarterback; students can’t quarterback twice in a row.
- Points equal the number of students that caught a pass before scoring a touchdown. If only 1 player received a pass before a touchdown was scored, team gets 1 point. If all 4 players caught a pass before a touchdown was scored, team gets 4 points.
- If football is intercepted, interceptor may run until his or her flag is pulled.
- If a team cannot score after 4 downs, ball goes to other team at center of the field.
- There are no kickoffs or punts and all change of possessions begin at center of field.

COOL DOWN/CLOSURE:
- Review Skills/Activity
- Assist with equipment return.

Set up area that is approximately the size of 2 basketball courts.
Distribute footballs and flags.
- Explain activity as needed.
- Provide positive feedback.