|  |  |  |  |
| --- | --- | --- | --- |
| **Lesson:** 2 | **Learning outcomes: TSWBAT…** | | |
| **Topic:**  Territory Invasion Game  “Wide game” – modified flag football  **Lesson Duration:**  One hour | *Psychomotor: Students will be able to execute a relatively accurate football pass to a partner or teammate in both non-competitive and competitive settings.*  *Cognitive: Students will be able to strategize with their teammates to get each teammate to touch the ball in an efficient manner so they are able to score.*  *Affective: Students will be able to work cooperatively with their teammates to get the hula-hoop around the circle in “hula-hoop pass,” to make complete passes during both skill development games, and also to score within the culminating football activity.* | | |
| **Equipment:**  3 hula hoops, 18 pinnies, 9 footballs, 24 small cones, 6 tall cones, 6 soccer balls |
| **Activities** | | **Organization** | **Teaching Points** |
| **Introductory Activities**  Hula Hoop Pass (10 minutes)   * Group students into 3 groups of 6 and have them stand in 3 circles, holding hands. Put a hula-hoop between two students’ hands. The object of the activity is to get the hula-hoop around the whole circle without letting go of each other’s hands. First, each group is just working together to get the hoop around the circle. After they are successful, the groups will race each other. | |  | You will have to work together to get the hoop around the circle    Check for Student Understanding:  Can you let go of your group members’ hands? |
| **Warm up**  Dynamic Warm-up (5 minutes)   * Bum kickers * High knees * Side shuffle (both ways) * Tippy toes * Ground sweeps * Arm circles (forward then backward)   Pinnie Tag (5 minutes)   * Boundaries are set out according to group size and each student is given a pinnie or “tail” to tuck into their waistband. When the teacher says go, students begin trying to grab as many “tails” as possible in a set time (30-45 seconds). Students stop when the teacher blows the whistle. The student with the most “tails” collected wins. | |  | Try to move into space during pinnie tag.  Change direction and speed to get away from opponents and to move into space.  Students cannot hold onto their tails – tails must be visible at all times  Check for Student Understanding:  Can you tuck your “tail” in so no one can see it? |
| **Skill Development**  Throwing a football with a partner (10 minutes)   * Students work on their throwing technique with a partner.   Square Passing (10 minutes)   * “Pass and Move” – Students get into groups of 3 with one football and set up at one of the corners of the squares that will be set up. Students will create triangles around the student with the ball by passing and moving around the square (see diagram). Students must be set up at the nearest cones to the student with the ball (must always be one cone away). * “4 versus 2” – Students get into groups of 6. 4 students set up at each of the 4 corners and 2 set up in the middle of the square. The 2 players in the middle play defense against the 4 players on the outside, trying to intercept the ball while the outside students are trying to pass the ball around the square. Once a middle student gets the ball, both students in the middle change places with the students on the outside. | |  | Skill Breakdown:  (the same basic movements as a regular overhand throw)  -Body will be rotated sideways with feet shoulder width apart and weight on the back foot  -Throwing arm will be “cocked,” holding football at about shoulder height, and non-throwing arm will be outstretched and pointing towards the intended target  -Weight transfer to front foot paired with hip and shoulder rotation  -Non-throwing arm swings down while throwing arm follows through towards the intended target  Check for Student Understanding:  How many cones away from the student with the ball can you be?  Defenders – stagger yourselves to cover as much ground as possible and work together  Offense – look for the open student  Check for Student Understanding:  What happens when a student in the middle gets the ball? |
|  | |  |  |
| **Culminating Activity**  Modified Football (15-20 minutes)   * There will be 3 teams of 6 and teams will be playing rotationally. 2 teams will be playing at a time, using the basketball court boundaries, and after 2 minutes the teams will rotate. Three cones will be set up along both end lines, each with a soccer ball balanced on top of them. Play will start with a basketball-style jump ball. To score, students will have to knock one of the soccer balls off of the cones by throwing the football. Every student on the team must touch the ball at least once before your team is able to score. Once a point is scored, it is the non-scoring team’s ball and they restart play at their end line by throwing the ball in to a teammate. If the ball is dropped, it becomes the opposing team’s ball. | |  | Move around in space – get open for your teammates  Check for Student Understanding:  How many teammates have to touch the ball before you can score?  What happens if the ball is dropped? |
| **Closure** (1-2 minutes)  What are the main components of throwing a football? | |  |  |