

Purdue Lesson Plan Form

Teachers Name: Jocelyn Cavalier

Resource: Myself

Unit: Flag Football

Skills: Defending, Throwing, Catching

Equipment needed: 9 footballs, 30 assessment sheets, 30 pencils, 6 clipboards, 6 evaluation sheets, 36 cones, whistle, 30 UNO cards.

Grade: 9th

of students: 30

Lesson #: 2

Safety: No tackling, no rough play

Pre-requisite Skills: Running, catching, throwing, basic defensive knowledge

Teaching Style: Tactical Games/Direct

Global Goal: SWBAT recognize where you should position yourself in order to make it more difficult for the receiver to catch the ball during game play.

Indiana Standards: 9.1.1 Demonstrate the ability to use and appreciate activity-specific skills

9.2.1 Synthesize previously learned strategies into advanced game strategies

Lesson Objectives: Cognitive (1); Affective (1); Psychomotor/ Fitness (3) Assessment for each objective must be included.	Time	Lesson Focus and Transitions/ EXTENSIONS/Applications (Introduction to Closure)	Organization (Draw set-up)	Refinement/Cues
	3 min.	<u>Set Induction:</u> Teacher gives each student a card as they enter the class. Role is taken. Review of last lesson: Who remembers what we worked on last time we were here? (throwing and catching high and low) Who can tell me why it's important to be able to throw high and low? (to keep the ball away from the defender) Defensively, who can show me a good position to be in? Can someone describe what he is doing? (balanced, feet shoulder width apart, hands up in front of body, bent knees)	T X	Balanced weight Shoulder width apart Bent knees

	2 min.	<p><u>Introductory Game:</u> We are going to start today by playing 2 on 1 football. You will have a quarterback, a receiver and a defender. The receiver will line up next to the quarterback. One go, the receiver will run down the field and the quarterback will try to pass to him. The defender will try to prohibit the receiver from catching the ball. Once you catch the ball, the play is over. No excessive contact is allowed. It must be a forward pass. Rotate positions every 3 plays. CFU. Today, WISG, you may pick up your equipment and start your activity. If I blow my whistle, I want you to put your equipment down, turn to me and listen for further instruction.</p>	Same	Hands up Rotate positions after 3 plays Defense-stay with receiver
	1 min.	<p><u>Transition:</u> WISG, I want you to find a group of three. Your group must have the same color UNO card as yourself. Once you have your group of three. I will assign each of you to a field marked off my cones. The first set of cones will be the line of scrimmage; the second line of cones will be the out of bounds/end zone. You have to stay within the rectangle formed by the cones. Once you decide on the initial positions, you may begin. CFU. "GO"</p> <p>(Students go to field and start playing. Teacher moves around the field making sure all students are in view, reminding them of the rules and giving specific feedback and cues to the defensive players.)</p>	Same	
	5 min.		Same	Balanced weight Hands up Rotate positions after 3 plays Defense-stay with receiver

	30 sec	<p><u>Transition:</u> “Whistle” (wait for ball to be on the ground and for students to turn to me and listen.) Leave you footballs by the line of scrimmage and come back to me and sit down. CFU. “GO”</p>	<p>T X</p>	
	2 min.	<p><u>Breakdown of play:</u> I saw some good defensive positions. What were some strategies you used as defenders to keep the ball away from the receiver or to make it hard for the quarterback to make a pass? What positioning strategies did you use? Were you in front of the receiver? Next to the receiver? What were you looking at during the play? The receiver or the quarterback? When is it a good time to try to intercept the ball and when is it better to try and knock the ball down? Can I have two volunteers to demo a good defensive position if I am the quarterback? Today we’re going to work on defending the receiver and the pass. Our objective for you today is to recognize where you should position yourself in order to make it more difficult for the receiver to catch the ball during game play.</p>	<p>Same</p>	<p>Hands up Defense-stay with receiver Look at both receiver and quarterback</p>
	2 min.	<p><u>Transition:</u> Now let’s try/practice the strategies of defending. WISG, go back to your field and decide on positions. When you are on defense, position yourself in the best possible way to keep the receiver from getting the ball. Work hard to position yourself far enough away from the defender in order to anticipate their next move but not too far away that you can’t close in on them once the quarterback throws the ball. Switch positions after 3 plays. Demo. CFU. “GO”</p>	<p>Same</p>	

<p><u>Psychomotor</u>: SWBAT defend their opponent using the correct form and applying the cues that were taught during instruction and discussion during practice.</p> <p><u>Assessment</u>: Peer checklist to be filled out during practice.</p>	5 min.	<p>(Students go to field and start playing. Teacher moves around the field making sure all students are in view, reminding them of the rules and giving specific feedback and cues to the defensive players.)</p>		<p>Defense-stay with receiver Look at both receiver and quarterback Rotate after 3 plays</p>
	30 sec	<p><u>Transition</u>: “Whistle” (wait for footballs to be placed on the ground.) Leave the balls on the line of scrimmage and come back and sit down. CFU. “GO”</p>	<p>T X</p>	
	2 min.	<p><u>Rules of Game Play</u>: This time, you will play with another group of three from the field next to you. It will be 2 v 2 plus the quarterback. So, there will be 2 receivers and 2 defenders. The team who is on defense will have one extra person. He will use the checklist to determine the position of one defender at a time from their team. He will watch their positing and check what they do while defending their receiver. They will evaluate one defender on one play then the other defender on the next play. Then, switch roles with one of your teammates. Once everyone on one team has the opportunity to be the evaluator, switch offensive and defensive roles. There should be a total of 6 plays for each team, 12 total. CFU. “GO”</p>	<p>Same</p>	

<p><u>Affective</u>: SWBAT work cooperatively with the other team to decide on positions while rotating consistently through the drill quickly</p> <p><u>Assessment</u>: Teacher observation during game play</p>	6 min.	<p>(Students play 2 v 2 plus quarterback and evaluator. Teacher moves around the field making sure all students are in view, reminding them of the rules and giving specific feedback and cues to the defensive players.)</p>	Same	<p>Hands up Defense-stay with receiver Look at both receiver and quarterback Rotate after 3 plays</p>
<p><u>Cognitive</u>: SWBAT recognize where they should position themselves in order to make it more difficult for the receiver to catch the ball during game play.</p> <p><u>Assessment</u>: Quiz</p>	2 min	<p><u>Transition</u>: “Whistle” (wait for footballs to be placed on the ground.) WISG, Bring the cones from your fields and footballs back to the center and bring the assessment sheets and pencils to me as well and have a seat. Once all the equipment is collected, take a quiz sheet and pencil and fill it out. CFU. “GO”</p>	<p>T X</p>	
	1 min	<p><u>Closure</u>: So what did we work on today? What were some of the cues we used when defending a receiver? What is a good distance to have in between you and the receiver? Good job! Next time we will be using the Sport Ed model similar to the one you used for basketball.</p>	Same	
	5 min.	<p>Students change</p>		

Peer Checklist:

Name of Observer: _____
Name of person being observed: _____

- | | | |
|--|-----|----|
| 1. Did the defense stay with receiver? | YES | NO |
| 2. Did the defender look at both receiver and quarterback? | YES | NO |
| 3. Did the defender keep their hands up? | YES | NO |

Quiz:

Name: _____

1. T/F You should always stay behind the offensive player
2. T/F You should always keep your feet moving while defending the receiver
3. T/F You should keep 10 feet away from your receiver at all times
4. Short Answer: When should you try to intercept the ball and when should you try to just knock the pass away?