

Bienestar/NEEMA

Physical Education Activities

Middle School

Flag Football Unit



Moving for Life

4th Edition

**Bienestar/NEEMA 6th-8th Grade
Physical Education Activities: Moving for Life
(4th Edition)**

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Flag Football

Lesson 1

■ NAME OF ACTIVITY: Pull the Flag

Objective:

- Students will demonstrate how to throw a football on the run to the right and left sides.
- Students will also demonstrate how to run an out pattern and catch the football.

Equipment:

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

Warm-Up:

- ✓ Ask 2 students to demonstrate a roll out to the right side.
- ✓ 2 students line up parallel to each other about 10 steps apart. 1 is quarterback, 1 is receiver.
- ✓ On quarterback's signal, quarterback takes 3 steps back and then rolls to the right.
- ✓ Receiver will run an "L" shape pattern with right turn.
- ✓ Receiver should catch quarterback's pass at end of his or her route.
- ✓ Roll out to left side: Same as above, though to left side rather than right.

■ ACTIVITY:

1. Use a large area 25 yd x 25 yd.
2. Form 2 teams (size varies according to class size), one team defense and one team offense.
3. All offense players have a football and flag.
4. On your signal, students pull flags off opposite team members while holding on to a football (if not enough footballs, enact the position).
5. Students are to pull as many flags as possible from opponents in allotted time.
6. If a student's flag is pulled off, he or she reattaches it and continues.
7. Ask students who had the highest number of pulls within time limit.
8. Play multiple times as students try to beat their own scores.
9. After a specified amount of minutes, have teams switch from offense to defense and vice versa.



Flag Football

Lesson 1

■ COOL DOWN:

- ✓ Students return equipment.
- ✓ Students form semi-circle around you to stretch and review today's lesson.
- ✓ Stretch the arms over the head and across the body.
- ✓ Students are stretching their legs by standing and reaching for the ground while keeping their legs straight. Students hold the stretch for 20 seconds and then come up. Repeat several times.
- ✓ While students are stretching, ask students:
 - Why do you think it is important to know how to throw the ball on the run?

■ SUNNY SIDE

Eat foods higher in fiber such as cooked dry beans, broccoli, tomatoes, leafy greens, potatoes with skin, and carrots.

■ STANDARDS ADDRESSED:

NASPE National Standards P.E. 1,2,3,4,5,6
TEKS

6th Grade: 6.1A, 6.2AB, 6.3AB, 6.4A, 6.6ABC, 6.7A, 6.12ABC, 6.13ABC, 6.16B

7th Grade: 7.1A, 7.2AB, 7.3AB, 7.4AB, 7.6ABC, 7.7A, 7.12AB, 7.13ABC, 7.16B

8th Grade: 8.1A, 8.2AB, 8.3AB, 8.4AB, 8.6ABC, 8.7A, 8.12AB, 8.13ABC, 8.16B



Flag Football

Lesson 10

■ NAME OF ACTIVITY: 5-on-5 Football Game

Objective:

- Students will apply previously learned football skills in a game.
- Students will demonstrate teamwork while working together in order to attain a common goal.

Equipment:

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

Warm-Up:

- ✓ Two players stand 10 feet away from a goal-line (mark by cones) and toss the football back and forth.
- ✓ The third person stands near the goal line and calls a number between 1 and 10.
- ✓ The two players tossing begin to count every time they throw.
- ✓ They throw and catch until they reach the number called by the third player.
- ✓ The player making the final catch must run with the ball and carry it across the goal line.
- ✓ The number caller attempts to tag (pull flag) the player before she/he can run over the goal line.
- ✓ If the runner makes it, they get the point - If the tagger gets the runner's flag, the tagger receives the point.
- ✓ Rotate positions and play games up to 5 points. (More if time allows)

■ ACTIVITY:

1. Use cones to mark boundary lines and end lines. If possible, use different colored cones to mark end lines. Make as many mini fields as needed.
2. Regular football rules, except you, do not tackle the opponent; instead, you pull their flag off.
3. The game starts with a center snap at midfield.
4. The team with the ball (offensive team) has four downs to make a touchdown.
5. The other team (defensive team) takes over at midfield if they do not score a touchdown in their four allotted downs.
6. If the ball is run or passed across the end line - the team scores 6 points.
7. If the opponent takes the flag of the person with the ball, it is considered a down.
8. If a touchdown is not scored in 4 downs, it is considered a turnover on downs, and the football now goes to the opposing team. (Offense is now defense and vice versa)
9. Play continues until time is up.



Flag Football

Lesson 10

■ COOL DOWN:

- ✓ Students collect equipment.
- ✓ Lead class in stretches that stretch calves, quadriceps, and hamstrings.
- ✓ Remind students the importance of proper stretching and hydration during any sort of physical activity.

■ SUNNY SIDE

Have a great time moving your body. Being active - whether in sports, dancing in your room, or taking a brisk walk - is the best way to feel good, look good, and give your body what it needs. Exercise is also a great stress reducer.

To prevent dehydration and heat illnesses, remember to drink plenty of water, or sports drink if necessary, before, during, and after any physical activity.

■ STANDARDS ADDRESSED:

NASPE National Standards P.E. 1,2,3,4,5,6

TEKS

6th Grade: 6.1A, 6.2AB, 6.3AB, 6.4A, 6.6ABC, 6.7A, 6.10B, 6.12ABC, 6.13ABC, 6.16B

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Soccer Unit



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■ **NAME OF ACTIVITY:**
Knock Out

Objective:

- Students will learn basic dribbling skills while learning how to protect their soccer ball (shielding) and learning stealing techniques.
- Students will demonstrate an ability to maintain MVPA.

Equipment:

- 1 soccer ball per student
- 6 cones to set boundaries

Warm-Up:

- ✓ All students need one soccer ball.
- ✓ Students dribble the soccer ball outside the boundaries, 1 lap, then go to the nearest cone and perform 10 toe taps on the soccer ball.
- ✓ When finished, students dribble to the next cone and do 10 toe taps on the soccer ball.
- ✓ This pattern continues until time is up.

■ **ACTIVITY:**

1. Students are to protect their soccer ball while trying to kick another student's soccer ball out of set boundaries.
2. Students dribble their soccer balls in the set boundaries.
3. If the student's soccer ball goes out of the boundaries, whether kicked out or accidentally dribbled out, the student retrieves the ball and does 5 jumping jacks before entering back into the grid and continuing play.
4. All students must have their own ball under control before striking another student's soccer ball.



■ COOL DOWN:

- ✓ Students return equipment.
- ✓ Students form semi-circle around you to do leg stretches.
- ✓ Have students do standing quad stretches holding for 20seconds, calf stretches holding for 20 seconds, and then sitting butterfly stretches holding for 20 seconds.
- ✓ As students stretch, remind them of what are the basic skills of dribbling and that physical endurance and agility will play an important part in soccer.
- ✓ Ask students:
 - Is playing soccer a good activity that can keep you moving in a moderate to vigorous way?
 - What are the long term benefits of maintaining MVPA on our overall health?
 - What skills were used while dribbling or passing?

■ SUNNY SIDE

Melons like mango, watermelon and other fruits filled with Vitamin A can help you see better, Bananas are a good source of potassium and can help prevent cramps during soccer matches. Eating proper nutrition can help give you optimal physical performance.

■ STANDARDS ADDRESSED:

NASPE National Standards P.E. 1,2,3,4,5,6

TEKS

6th Grade: 6.1A, 6.2AB, 6.3D, 6.4A, 6.6ABC, 6.8AC, 6.10A, 6.12ABC, 6.13ABC, 6.16B

7th Grade: 7.1A, 7.2AB, 7.3D, 7.4AB, 7.6ABC, 7.8AC, 7.10A, 7.12AB, 7.13ABC, 7.16B

8th Grade: 8.1A, 8.2AB, 8.3D, 8.4AB, 8.6ABC, 8.8A, 8.10A, 8.12ABC, 8.13ABC, 8.16B



■ NAME OF ACTIVITY: Sideline Soccer

Objective:

- Students will apply learned soccer skills in game type situation while communicating to attain a common goal.
- Students will demonstrate an ability to maintain.

Equipment:

- Soccer balls
- Foam Balls
- Cones (if outdoor for boundaries)

Warm-Up:

- ✓ Create a team of goalies along one end of the gym.
- ✓ Create a team of attackers in the rest of the gym area.
- ✓ Mark a boundary line 15 feet in front of the goalies where attackers can't go passed or too near to the goalies.
- ✓ Throw in a bunch of foam balls or soft soccer balls for the attackers.
- ✓ On signal, attackers will have 2 minutes to score as many goals against the team of goalies.
- ✓ When a goal is scored, or a shot is saved, the goalie kicks the ball back into the attacker's playing area.
- ✓ After 2 minutes, attackers and goalies switch roles.
- ✓ Continue as long as you'd like!



■ ACTIVITY:

1. Divide the class into 2 teams. If the class is large, divide it into 4 teams.
2. You can play this game outdoor where you will need cones to set your boundary lines or inside a gym where you can use the sidelines and or baselines of the basketball court.
3. Place one team on each sideline. Use baseline also, if 4 teams. Outside use all 4 boundary lines.
4. All students on the sideline/baseline/boundary line spread out across the length of the line and become goalies using their best goal-tending skills.
5. The first 5 players from each team enter the playing area from the front of their line to play soccer-stress dribbling and passing with teammates.
6. Choose 2-3 (more if 4 teams) balls to use all at the same time.
7. A goal is scored when the soccer ball is kicked passed a goalie on an opposing team.
8. One point is awarded to the team that kicks the ball passed the goalie.
9. The goalie rolls the ball back into play whenever a goal is scored on a team and keeps going.
10. After 2 minutes, blow the whistle, and the 5 players from each team on the playing area will go to the back of their team's line of goalies, and 5 new players who were at the front of the line enter in as players.
11. Continue the game until time expires.

■ COOL DOWN:

- ✓ Students return equipment to its proper place.
- ✓ Have students gather around to do their stretches. Students will do small arm circles going forward and then backwards.
- ✓ Students will put one arm straight out across their body at shoulder height and use the other arm to pull the straight arm towards themselves. Hold for 20 seconds, switch arms, and repeat several times.
- ✓ Have students do toe raises going up on their toes and holding it for 10 seconds and then down. Repeat several times.
- ✓ Review the different skills that are used in order to play a proper soccer match.

■ SUNNY SIDE

Read the Nutrition Facts Label on foods in the grocery store so you can choose whole grain products. For example, look for whole wheat, whole oats, whole rye, or brown rice.

■ STANDARDS ADDRESSED:

NASPE National Standards P.E. 1,2,3,4,5,6

TEKS

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