

Flag Football Unit – Middle School

LESSON #5 – Let the Games Begin

➤ Essential Knowledge (Objectives)

- Student will be able to demonstrate appropriate offensive and defensive strategies for all positions.
- Student will be able to demonstrate knowledge of game and class rules for modified flag football games.
- Student will be able to identify and define the skills and responsibilities of defensive positions – corner, defensive linesmen, and safety

➤ National Standards for Physical Education

- Standard 1 - Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- Standard 2 - Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- Standard 5 - Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

➤ Assessment Opportunities

- Informal teacher and/or student (peer) observations
- Student reflection questions
- Student performance/demonstration of skills
- Written assessment for defensive positions

➤ Pre-Requisite Knowledge and Skills

- Throwing and catching skills for football
- Pass patterns – hook, slant, fly/go
- Position responsibilities of the quarterback, center, and receiver
- Position responsibilities of the corner, defensive linesperson, and safety

➤ Fitness Focus

- See the Flag Tag activity in the Football and Fitness Mini Lessons and/or use other mini lessons

➤ Materials and Preparation

- 1 football for each game
- Large playing area divided into playing fields
- Cones to mark field
- One flag belt for each student – two colors, one for each team opposing one another
- Two hula hoops
- Written assessment for defensive positions

► **Link (Activate Students' Prior Knowledge)**

Ask students for strategies to pull flags. Emphasize the following:

- Pull only the flag, not clothing
- Belt should be visible and not hidden by clothes
- Use speed, agility, and dodging skills to evade the person trying to pull the flag
- Anticipate the movement of others to avoid having flag pulled

Ask students: In flag football games, whose flag do you pull? (A: Only the person with the ball.)

Explain that one of the ways to “down” the ball is to pull the flag of the person with the ball and leave the flag on the ground to mark where the ball will be placed to start the next play.

► **Instruction**

Say to students: Today we will be starting game play. We have four positions on offense and four positions on defense. Before we begin, we need to talk about how to start and stop play, how to score, and boundaries and field markings.

Explain the following:

The field is set up with two end lines marked by the corner cones, both called “end zones.” In order to score, a team must complete a pass to a person beyond the last cones or a person must run past the last cones, across the endline with flags/belt attached. The middle cones mark the center of the field, these cones will become more important in our next class. You will note that there are cones that are between the endline cones and the midfield cones. These mark the “kickoff” lines for our games.

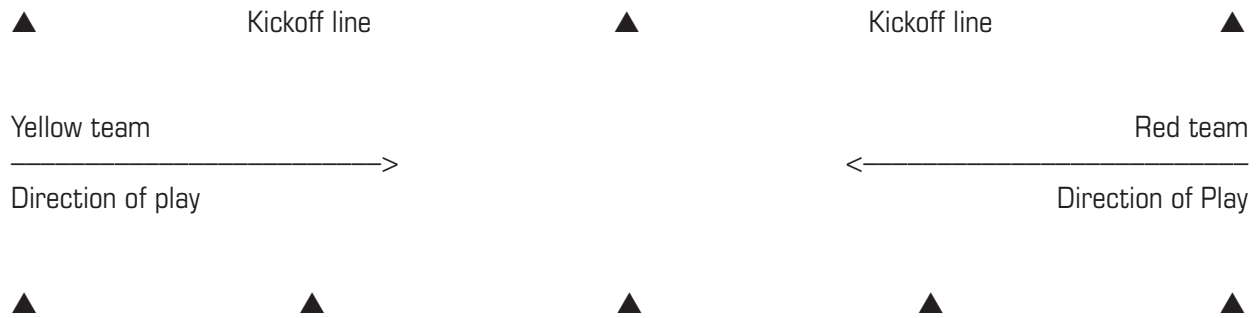
Today we will do a controlled scrimmage. Each team, when they are on offense, will start at their “kickoff” line. Each team will run four plays and then the other team will become the offensive team. Four plays are to be completed by each team no matter the outcome (whether or not a score occurs in less than 4 plays).

Remember the class rules:

- Players must rotate positions after each play
- The defensive linesperson must count aloud to “5 Alligator” before rushing the quarterback
- The quarterback has the option to run
- The center is “ineligible” and cannot run with the ball or receive a pass

Remember that the quarterback has to say “down, set, hike” to start each play. A play ends when the ball is “downed.” This means that the person with the ball had their flag pulled, or the ball hits the ground (incomplete pass). In the event of an incomplete pass, the ball is placed on the same line of scrimmage, “repeat the down.” The ball is placed on the “line of scrimmage” (imaginary line drawn from the forward tip of the football to the sidelines). The ball should be placed in the middle of the line of scrimmage.

When the defensive team becomes the offensive team, they will start on their own "kickoff line" facing the opponents' endline/end zone.



► **Learning Activities (Application of Instruction)**

Conduct controlled scrimmage games. Provide specific and descriptive feedback to assist students with skills, game play and knowledge of rules.

► **Student Reflection (Connect to Essential Knowledge)**

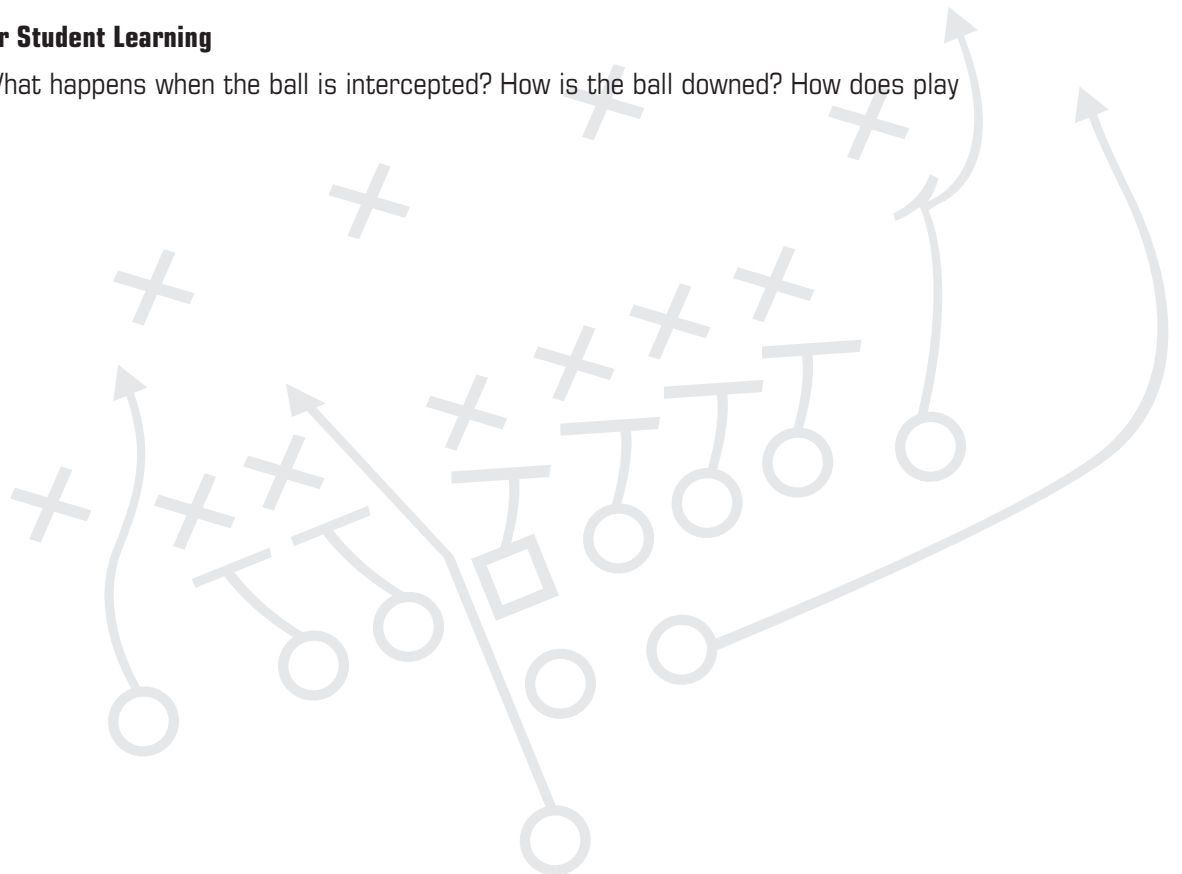
Ask each team to decide on two things they did well during the scrimmage and two things they need to improve. Have teams share.

Review the class rules and game play with students. Ask students to share their understanding of rules and game play and any questions they have.

Provide students the written assessment for defensive positions.

► **Next Steps for Student Learning**

Ask students: What happens when the ball is intercepted? How is the ball downed? How does play continue?



► **Assessments**

Written Assessment for Offensive Positions

1. List the three positions. List one skill and one responsibility for each position.

Offensive Position Name	One Skill for the Position	One Responsibility of the Position

2. Label the defensive positions:

