

**Fairfield Middle School**

*Weekly Lesson Plans*

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| **Name:** | Colby Coulter | **Week:** | 2017-2018 |
| **Course:** | PE - Football | **Period(s):** | 2,3,7,8 |

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| **Essential Question:** | What are the skills, tactics, and rules associated with Football and how do they relate to other Invasion games? |
| **Standard(s):**  SCAPES | (P) TSWBAT demonstrate offensive and defensive tactics related to football in both modified and full game scenarios. (8-2.1) |
| (P) TSWBAT monitor their own physical activity in class by using substitutions effectively to gain an advantage against opponents. (8-3.1) |
| (C) TSWBAT determine team strengths and weaknesses to determine best offensive and defensive formations. (8-2.4) |
| © TSWBAT monitor their own fitness levels in these categories: quickness, agility, strength, and power while performing NFL Combine events and recording these results on a record sheet. (8-3.1) |
| (A) TSWBAT work cooperatively to develop team positions, play formations, and team name/logo for tournament play. (8-5.1) |

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| **Lesson #1 NFL Combine Exercises (1 Day)** | |
| **Instructional Activities:**  (Should include warm-up, instructional strategies, closure, assessment, etc.) | **Warm-Up**  Cardio: 1-5 minutes of walking followed by jogging (30-90 secs)  Flexibility: Static - R/L hamstring, butterfly, ITB stretch; Dynamic - Knee to chest, quad pulls, straight leg kicks, high knees, butt kicks  Muscular Strength: Push-ups (5-12)  Muscular Endurance: Curl-ups (8-24)  BMI: (optional) Height/weight check on own  **RUN OUT! (Transition to Whiteboard)** |
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| **Lecture and Demonstration:** NFL Combine Stations (6 minutes)  Today we will perform 4 of the 6 NFL combine fitness tests. These tests are used as an assessment to analyze potential Pros and their athletic abilities that do not relate directly to their position. Your goal is to transition from station to station to complete each of the NFL Combine activities. Record these results on your score sheet and turn this in at the end of class.  Demonstration   * Broad Jump - flat footed jump for distance; must stick the landing   + Distance is measured in inches. * Bench Press - Push ups as many as possible in 60 seconds   + Student must use a ball beneath the chest which must be touched for a repetition to count. * 40 yard Dash -3 attempts from a 3 point stance; timed   + Stopwatches will be available. “Set, Go” * 3 Cone drill - agility drill that tests speed, agility, and quickness   + Picture of drill route must be displayed.   High scores for each station will be displayed throughout the day to motivate students to perform their best. |
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| **Student Practice:** Station rotations (24 minutes)  Students will rotate through each station as needed. A buzzer will sound every 6 minutes to keep them aware of their time left in class. Teacher will rotate to ensure student are making progress and each station is being performed correctly.  Recording Sheet:  The recording sheet will be used to record student individual results. The NFL Combine results will display student quickness, agility, strength, and power. |
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| **Formative Assessment**   1. Students will complete a record sheet that displays their results from the NFL Combine event in class. Students will monitor their results and have an opportunity to compare their results to the top students in the school. |
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| **Lesson Accommodations/Modifications:** |  |
| **Equipment Needed:** | 3 stopwatches, cones, yardstick, small ball for push ups. |
| **Notes:** | I always try to display a video of the NFL Combine, and records set there, to my students to get them pumped up for the class. |
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| **Summative Assessment for Unit** | Written test on rules, tactics, and syntax vocabulary terms related to Football. |

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| **Lesson #2 - Basic Skills/QB & WR Route Throwing & Running (2 days)** | |
| **Instructional Activities:**  (Should include warm-up, instructional strategies, closure, assessment, etc.) | **Warm-Up**  Cardio: 1-5 minutes of walking followed by jogging (30-90 secs)  Flexibility: Static - R/L hamstring, butterfly, ITB stretch; Dynamic - Knee to chest, quad pulls, straight leg kicks, high knees, butt kicks  Muscular Strength: Push-ups (5-12)  Muscular Endurance: Curl-ups (8-24)  BMI: (optional) Height/weight check on own  **RUN OUT! (Transition to Beginning Formation)** |
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| **Beginning Formation:** Cones are set up on the sideline for each group with 1 football next to the cone. A second smaller cone is set up roughly 10 ft from the “QB” cone. Students will be in groups of 3 with 1 student at QB and 2 students at “WR” cone.  **Teacher Lecture and Demonstration**  Today we will work on two very important offensive positions in football, the QB (Quarterback) and WR (Wide Receiver). These positions go hand in hand when it comes to Football. The Quarterback is known for his arm accuracy and power. While the Wide Receiver is known for his quickness and outstanding ability to catch footballs. But, neither of these positions can stand out if they are not on the same page when it comes to route running and throwing. You often hear commentators talking about QBs and WRs staying after practice to work on timing, today you will find out why it is so important.  I have setup a drill that is used for working on route running and timing. You will practice both the QB throwing and WR route running/catching of the ball today.  Follow along with your sheet of “Wide Receiver Routes” |
| **Student Practice:** Route Running Students will have multiple opportunities within a 3-5minute period to practice throwing each route with and without a defender. Each QB will throw to both of his/her WRs before rotating QBs. The teacher will announce when it is time to move to the next route. After all routes are completed, students will have the option to add a defender.  Routes   * Slant In/Out   + 2-3 step out and then diagonal run towards or away from center of field. * Square In/Out   + 3-8 step out then 90 degree turn towards or away from center of field. * Corner/Post   + 10 step out then diagonal run to either the end center or outer corner of the field. * Fly   + Straight run with great speed * Comeback   + 3-5 step out and 180 stop and turn.   Students will the opportunity to add a defender after all routes are completed. Rotations will remain the same. |
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| **Formative Assessment**   1. Teacher Observation - corrective feedback on student route running 2. Teacher Discussion - review of tactical advantage of each route. What types of strengths would a receiver need for each route to be successful. |
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| **Lesson Accommodations/Modifications:** |  |
| **Equipment Needed:** | 1 football, 2 cones per field of play. |
| **Notes:** | In small areas, the teacher must keep everyone running the same routes so there is no collisions between groups. |
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| **Summative Assessment for Unit** | Written test on rules, tactics, and syntax vocabulary terms related to Football. |

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| **Lesson #3 - Handoffs and Basic Formations (1 day)** | |
| **Instructional Activities:**  (Should include warm-up, instructional strategies, closure, assessment, etc.) | **Warm-Up**  Cardio: 1-5 minutes of walking followed by jogging (30-90 secs)  Flexibility: Static - R/L hamstring, butterfly, ITB stretch; Dynamic - Knee to chest, quad pulls, straight leg kicks, high knees, butt kicks  Muscular Strength: Push-ups (5-12)  Muscular Endurance: Curl-ups (8-24)  BMI: (optional) Height/weight check on own **Sport Specific:** Passing with a partner (3mins) and shooting on goal (3mins)  **RUN OUT! (Transition to Whiteboard)** |
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| **Lecture and Demonstration:** Defense and Formations (6 minutes)  Teacher Lecture   * Formations   + Offense     - Gun - no running back; for teams that like to throw; Strengths - QB, WR     - Singleback - Balanced attack with a single running back in the back field; Strengths -Good throwing game complimented by a solid RB     - I Form - run heavy offense; two RB in the back field; Strengths- running,blocking   + Defense     - Cover 2 and 3 - zone defense with 2 or 3 safeties covering the deep part of the field. Other players are middle zone     - Cover 1 man - single safety covering the deep field with every player matched up 1 on 1 |
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| **Student Practice:** Modified Gameplay Situation (12 minutes)  Defense:   * Defensive coverage option   + Students will determine their strengths and weaknesses on defense to determine which defense they will run   + Students will assign a player to each position on defense and complete man coverage portion of playbook   Offense/Defense:   * Practice/Scrimmage   + Teams will make adjustments to offensive/defensive playbook for first 10 minutes   + Last 10 minutes, teams will scrimmage using playbook and defensive coverage assignments.   + Last 5 minutes before dismissal, playbook adjustments and team breakdown |
| **Formative Assessment**   1. Student creation of playbook, defensive coverage option, and assignment of positions. 2. Teacher questioning of team strengths/weaknesses to develop best fit for team. |
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| **Lesson Accommodations/Modifications:** |  |
| **Equipment Needed:** | 1 football, 3-4 jerseys and 4 cones |
| **Notes:** |  |
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| **Summative Assessment for Unit** | Written test on rules, tactics, and syntax vocabulary terms related to Football. |

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| **Lesson #4 - Skill Summary and Tournament play (2 days)** | |
| **Instructional Activities:**  (Should include warm-up, instructional strategies, closure, assessment, etc.) | **Warm-Up**  Cardio: 1-5 minutes of walking followed by jogging (30-90 secs)  Flexibility: Static - R/L hamstring, butterfly, ITB stretch; Dynamic - Knee to chest, quad pulls, straight leg kicks, high knees, butt kicks  Muscular Strength: Push-ups (5-12)  Muscular Endurance: Curl-ups (8-24)  BMI: (optional) Height/weight check on own  **Sport Specific:** Passing with a partner (3mins) and shooting on goal (3mins)  **RUN OUT! (Transition to Beginning Formation)** |
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| **Student Cognitive Cooperative**   * Warm-Up   + Student will run plays against “air” defense to prepare for first round game. |
| **Student Skill Summary**  Football Playoff: (10 minute halves)  The two day Football tournament will allow continuous student demonstration of knowledge as well as formative assessment by the teacher.   * Set-up: 30yd length by 10-yd end zone (indoor or outdoor). * Rules: Basic rules of football are followed with the exception of contact defense. All other rules are found below:   + First down at mid-field   + No Blitz/QB run   + Handoffs must happen for a run to occur   + No blocking with hands * Winners advance to finals, losers play for 3rd place on day 2 |
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| **Formative Assessment**   1. Teacher will provide ***corrective feedback*** on rule comprehension, skill use, and play development. |
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| **Lesson Accommodations/Modifications:** |  |
| **Equipment Needed:** | 1 football, 8 cones per field of play. |
| **Notes:** |  |
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| **Summative Assessment for Unit** | Written test on rules, tactics, and syntax vocabulary terms related to Football. |