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| **Lesson Plan** | **Class:**  **Physical Education 7** | | **Date:** Tuesday 9/6 |
| **Topic:** Introduction to Football | | | |
| **Learning Objectives** | | **Standards** | **Materials** |
| The Student Will Be Able To:  Throw and catch 5 passes cleanly with their partner  Identify 3 different routes that are used in football | | PA Standard:  10.4.9.D  10.5.9.B | 11 footballs  Proper fitness attire |
| **Introduction** ❏ **Discussion Question**  ❏ Media ❏ Activate Prior Knowledge | | | **Strategies**   * Peer Teaching * Self Assessment * Positive reinforcement throughout partner passing |
| Warmup  Run/jog 2 minutes  Pushups 30 seconds  Sit-ups 30 seconds | | |
| **Activities** ❏ Whole Group ❏ Small Group ❏ Cooperative Learning ❏ Centers | | |
| * Partner passing and catching * Intro to flag football and its rules | | |
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| **Evaluation** ❏ **Observation** ❏ Worksheet ❏ Test ❏ Project ❏ Presentation ❏ Published Work ❏ Rubric | | | |
| Class discussion before closing class. Things that we did well and skills that need more work next class | | | |
| **Differentiation** | | | |
| *Enrichment* |  | *Accomodations* |  |
| Students will get a partner and work on throwing and catching. This skill will be used countless times throughout flag football and ultimate football. |  | Students will start very close, around 5 steps from each other. If students complete 5 throws and catches in a row without dropping, they may move 5 steps further back. This will keep introductory level and experienced students engaged. |  |

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