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| **Lesson Plan** | **Class:**  **7th Physical Education** | | **Date:** 9/15 |
| **Topic:** Ultimate Football | | | |
| **Learning Objectives** | | **Standards** | **Materials** |
| The Student Will Be Able To:  \* Create less than 3 behavioral disruptions throughout the lesson  \*Comprehend and understand the rules for ultimate football  \* adequate participation from all students | | PA Standard:  10.4.9.D  10.5.9 A  10.5.9.C | 22 pinnies  2 footballs |
| **Introduction** ❏ **Discussion Question**  ❏ Media ❏ Activate Prior Knowledge | | | **Strategies**   * Peer Teaching * Self Assessment * Growth Mindset |
| Warmup: run 2 mins  30 seconds pushups  30 seconds sit-ups | | |
| **Activities** ❏ Whole Group ❏ Small Group ❏ Cooperative Learning ❏ Centers | | |
| Introduction to flag football rules  Monitored gameplay  Introduction of 2-ball ultimate football gameplay to increase speed of game and amount of students active | | |
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| **Evaluation** ❏ **Observation** ❏ Worksheet ❏ Test ❏ Project ❏ Presentation ❏ Published Work ❏ Rubric | | | |
| \*General observation on students participation, conduct, teamwork, and sportsmanship | | | |
| **Differentiation** | | | |
| *Enrichment* |  | *Accomodations* |  |
| Written Paragraph:  Ultimate football gameplay |  | Throwing and catching distances, positions throughout flag football gameplay. |  |

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