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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.D10.5.9 A10.5.9.C | 22 pinnies2 footballs  |
| **Introduction** ❏ **Discussion Question**  ❏ Media ❏ Activate Prior Knowledge | **Strategies*** Peer Teaching
* Self Assessment
* Growth Mindset
 |
| Warmup: run 2 mins 30 seconds pushups30 seconds sit-ups |
| **Activities** ❏ Whole Group ❏ Small Group ❏ Cooperative Learning ❏ Centers |
| Introduction to flag football rulesMonitored 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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