**Football Unit Organizer**

**3rd Grade Wilcox/Reeves**

**Previous Unit Next Unit Continuous Unit**

Volleyball Basketball Throwing, Catching, Kicking and Punting

**Summary**

In this unit students will be introduced to football. They will build a foundation which will help them in 4th-8th grade when preparing and competing in Punt, Pass and Kick. They will use some of the mechanics regarding opposition and body position that they learned previously in our throwing unit. They will also review the proper hand position that we used in our catching unit.

**The Big Idea**

Students will practice the skills of center snap, passing, catching and pass patterns correctly. They will play a game of sideline football to display the skills they worked on.

**Colorado Physical Education State Standards  
Standard: 1. Movement Competence and Understanding in Physical Education**

1A. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activity.

1B. Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performing physical activities.

**Standard: 2. Physical and Personal Wellness in Physical Education**

2A. Participate regularly in physical activity.

2B. Achieve and maintain a health-enhancing level of physical fitness.

**Standard: 3. Emotional and Social Wellness in Physical Education**

3B. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Integrated Units/Activities – Similar ideas**

**Passing-**Whiffle ball, Baseball, Team Handball, Speedball

**Catching-**Basketball, Whiffle ball, Baseball, Team Handball, Soccer, Speedball

**Core Knowledge Language Arts - NA**

**Prior Knowledge**

Kindergarten –

K – Throwing- Students learn the mechanics of Load, Step and Snap while working through the throwing progression. We do not cover the exact hand follow through that is covered when passing a football.

Catching- We practice catching above our waist with our thumbs closer together. We also talk about catching a ball below our waist with our pinkies closer together. We practice stationary throwing and catching with a partner.

1st-2nd- Throwing- Students learn the mechanics of Load, Step and Snap while working through the throwing progression. We do not cover the exact hand follow through that is covered when passing a football.

Catching- We practice catching above our waist with our thumbs closer together. We also talk about catching a ball below our waist with our pinkies closer together. We talk about using the pads of our fingers as well as giving with the ball when you receive it. We practice throwing and catching with a partner and also step backs. For every two catches made the partner on the red line can take a step back.

4th- -6th Students review the mechanics of passing, punting, kicking and catching.

Students will practice and then perform each skill while competing in the Punt, Pass and Kick competition. They will look at their scores from previous years and attempt to beat their previous score.

**What they will learn in future grades?**

7th-8th –Core class will focus on sports, skill cues, game rules and history of the football. Students will participate in a game of dodge ball, team handball, Alfonso ball and also a football unit. Students do have the option of taking an elective class in which they will play all of the games but not have a formal football unit. Electives class is smaller in numbers and the focus is on fitness and weights. Because of the lower numbers the games we play tend to be more fun and competitive. We review/learn game rules, practice for a short time and then play the game. In elective there is not any new skill development other than repetition and correction on skills that may be done incorrectly.

9th-12th – Students may take PE as an elective class in which they will play ping-pong, paddleball, badminton, pickleball, and tennis. The main unit covered in high school elective is a two week tennis unit. The students learn the rules and practice the skills before playing games. The first half of the unit is played inside at Liberty on smaller indoor courts learning control with less reactive tennis balls and the second half is played outside at Edora Parks tennis courts. They do not cover specific throwing and catching units.

**Core Knowledge Links – Connections to Core Knowledge in other classrooms**

In general, our Football unit follows the basic core knowledge principles. Students learn the basics which build upon each other year after year. We make sure to overlap/practice what was learned the year before and build upon their current skill set. Each year a little more time is spent on the sport and it is taught more in depth.

**Additional Resources**

G.A.S.P poster in gym & white board with tournament information on it.

**Standards for Achievement**

**Student’s will-**

**Know the skill cues for passing, punting and catching.**

**Understand the concept of leading a target while throwing.**

**Understand the importance of a proper warm-up.**

**Display appropriate safety for themselves and their partner throughout the unit.**

**Be able to throw, kick and punt a football for distance and accuracy.**

**Display appropriate safety for themselves and their peers throughout the unit.**

**Display good sportsmanship and display integrity throughout the lesson.**

**Types of Assessments**

\*A visual assessment will be used by the teacher to determine if students are ready to move from skills practice to game play.

\*Students will be quizzed orally regarding skill cues, rules and safety daily.