

No-Prep Football Lesson Plans

6 X 1 HOUR PLANS FOR PE TEACHERS AND COACHES

Lesson 3: Agility

Learning Objective

to be able to move swiftly and agilely to simulate movements in football

SHAPE Standards

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance



Hula Hoop Challenge

SKILL FOCUS

- ★ Eye-foot coordination, balance, agility

GROUP SIZE

- ★ 8-20 children

EQUIPMENT

- ★ 18 hula hoops, cones, stopwatch

LOCATION

SETUP

Set the children up in a single file line. Set up a group of 9 hula hoops on one half of your room, then 9 more on the other half (as seen in image). Place a single cone at the other end of the room.

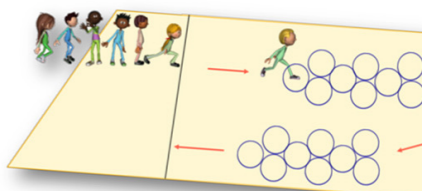
INSTRUCTIONS

1. The goal of the entire group is to do this obstacle course multiple times in an effort to better their time.
2. On 'go' the first child in line is going to run towards the initial set of hula hoops and proceed to move through each hoop, being careful not to touch any hoops. You can have children either hop on two feet in each hoop, or alternate left and right.
3. Any hoop that does get touched will add one second to their team score.
4. Once the child goes through the first set of hoops (as seen in image), they run around a cone and start heading back to the original line, going through the second set of hoops on the way.
5. Once the student gets back to the starting line, the next child follows the same

Lesson 3 - Overview

Hula Hoop Challenge

in one single line
a time will travel through the hoops
finish
as they go through the hoops



"Fields

ut all over the room
floor
balloon
balloon in the air while not hitting a cup



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Lesson 1: Throwing

Learning Objective

To be able to throw a football appropriately using the proper fundamentals

SHAPE Standards

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Success Criteria

I can throw the ball with accuracy

I can throw the ball with proper fundamentals

I can throw the ball stepping with the correct foot

Focus Questions

What foot do I step with while throwing a ball?

What is a proper follow-through while throwing a ball?

Equipment

4 x		Tall cones
2 x		Hula hoops
2 x		Footballs
15 x		Bowling pins
15 x		Kick balls

Coaching Points

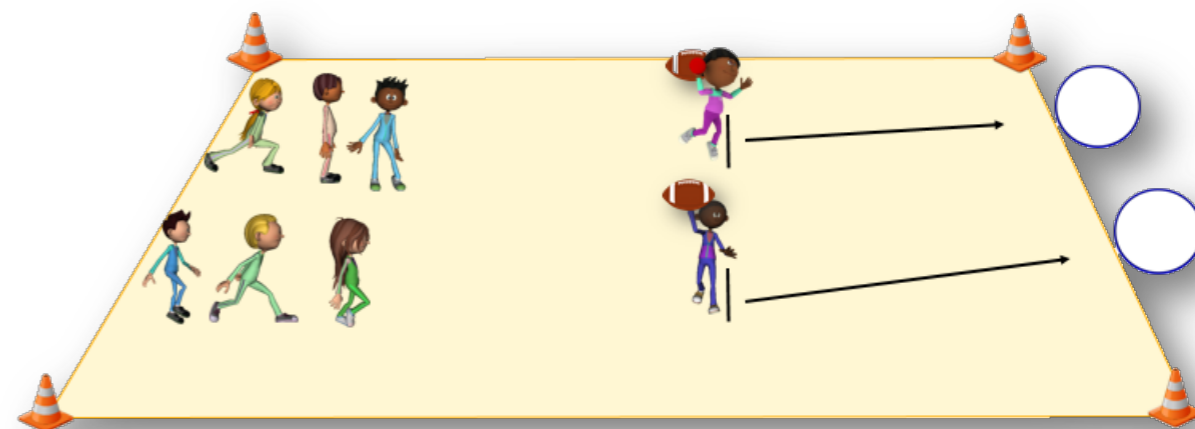
- ✓ Set throwing position
- ✓ Bring dominant arm back towards ear
- ✓ Step with the opposite foot
- ✓ Remember to follow through



Lesson 1 - Overview

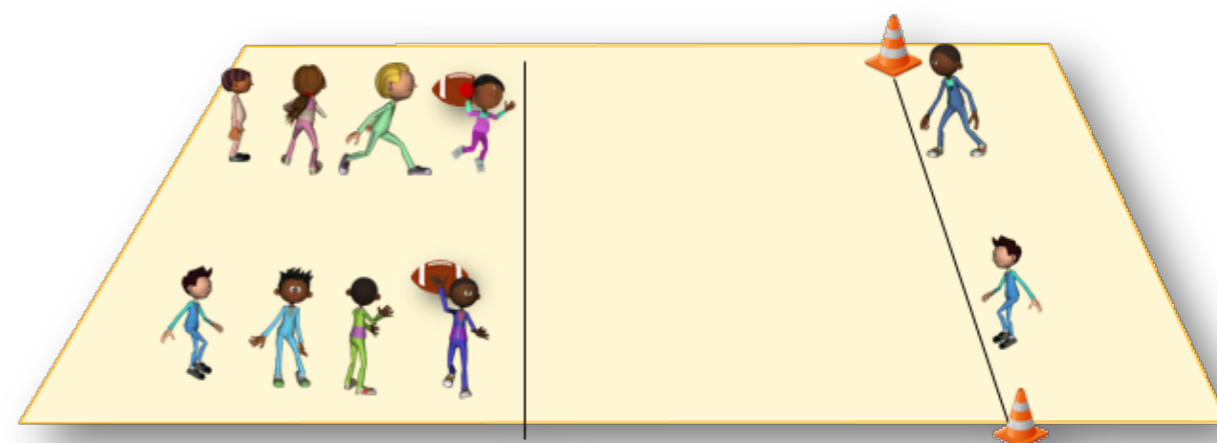
Activity 1: Target Throw

- Set up cones and get kids in a traditional relay race line
- Securely tape 2 hula hoops against the wall
- On 'go' the first child will try to throw a ball through the hoop
- Each time they get the ball through the hoop they get a point



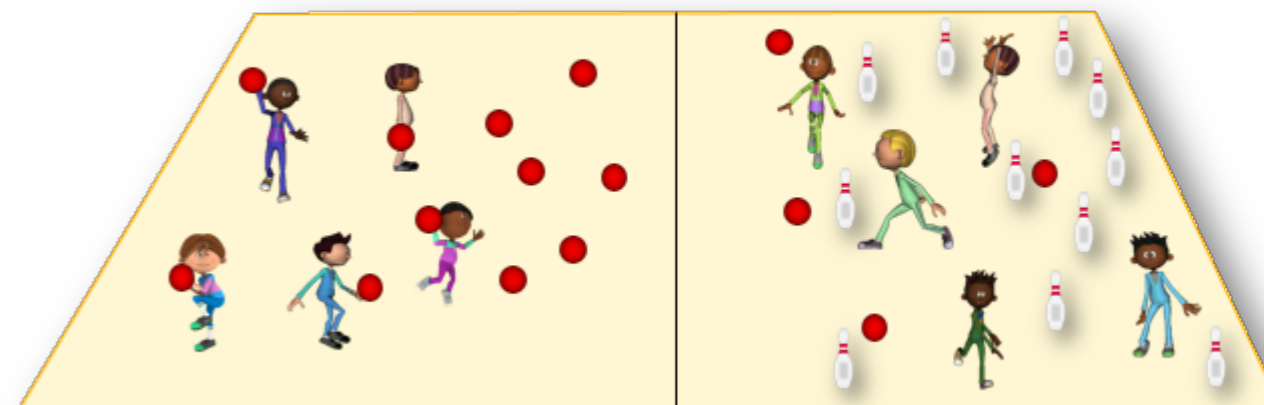
Activity 2: Touchdown Mania

- Set up cones and get kids in a traditional relay race line
- Each child will get a chance to be a quarterback and a receiver
- Create a contest to see how many times the receivers can catch the ball



Activity 3: Protect the End Zone

- Divide the class in half with each team on one side of the middle line
- One group is trying to knock over pins
- One group is trying to protect the bowling pins
- After a few minutes, switch sides so they get a chance to do both





Target Throw

SKILL FOCUS

- ★ To improve aiming skills and eye-hand coordination

GROUP SIZE

- ★ Any number of even teams

EQUIPMENT

- ★ 4 cones, 2 hula hoops, 15 rubber kick balls, tape for floor

LOCATION

- ★ Inside

SAFETY

- ★ Children should be careful not to throw a football in the direction of another child

SETUP

Set up the class in traditional relay race lines. Place a cone by each team's starting line, a piece of tape on the floor where they should throw a football, and hula hoops securely taped to the wall.

INSTRUCTIONS

1. On 'go' the first kid in line runs with a football to a line taped on the floor. From there, they must throw the football with proper mechanics at the hula hoop against the wall, trying to get the ball into the hoop.
2. After they throw the ball, they must retrieve it and bring it back to the next kid in line, and then they go to the end of the line, waiting patiently for their turn again.
3. Each child in line will follow this pattern.
4. The teacher should keep track of the score as they go along with the race. The teacher can also set a 5-minute time limit for each race.

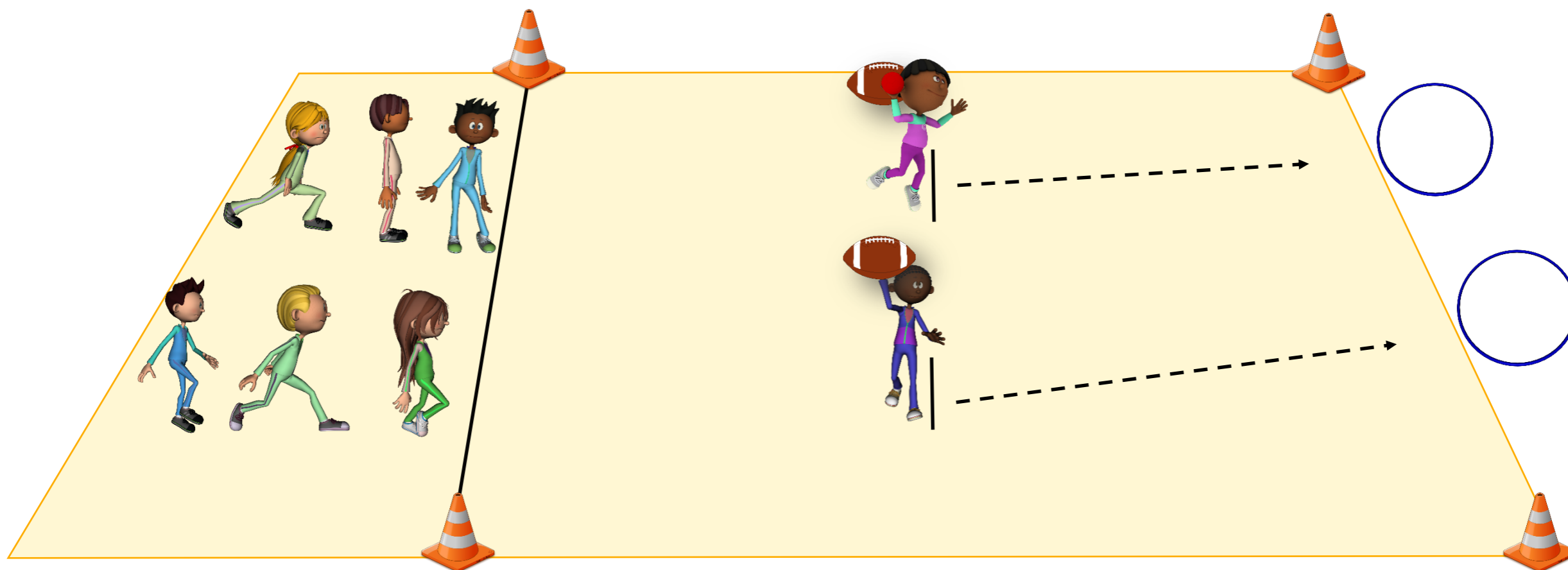
MODIFICATIONS

To make it harder, distance the throwing line back further.



Target Throw

A relay race where the children will throw footballs using proper fundamentals at a hula hoop in an effort to get a point.





Touchdown Mania

SKILL FOCUS

- ★ Eye-hand coordination, aiming, throwing, catching

GROUP SIZE

- ★ 20-25 depending on size of your room

EQUIPMENT

- ★ 2 footballs, marking tape, 4 cones

LOCATION

- ★ Inside or outside

SAFETY

- ★ Be aware of other children's space to avoid contact

SETUP

Place the kids in a traditional relay race line. Start off with one child from each team waiting on the line on the opposite end of the lines and give the first child in the line a football. Set cones and floor tape to mark off areas so the children know where to go.

INSTRUCTIONS

1. On 'go' the first child in line stands behind the throwing line and tosses the ball to their teammate waiting on the opposite end.
2. After they throw the ball, they must sprint to the opposite side and replace the child they threw it to.
3. The child who the ball was tossed to sprints with the ball back to the line and hands it off to the next child, then goes to the end of the line, waiting patiently for their next turn.
4. The children follow this process while the teacher keeps track of how many balls were caught.
5. The 'catchers' should do the best they can to stay behind the catching line.

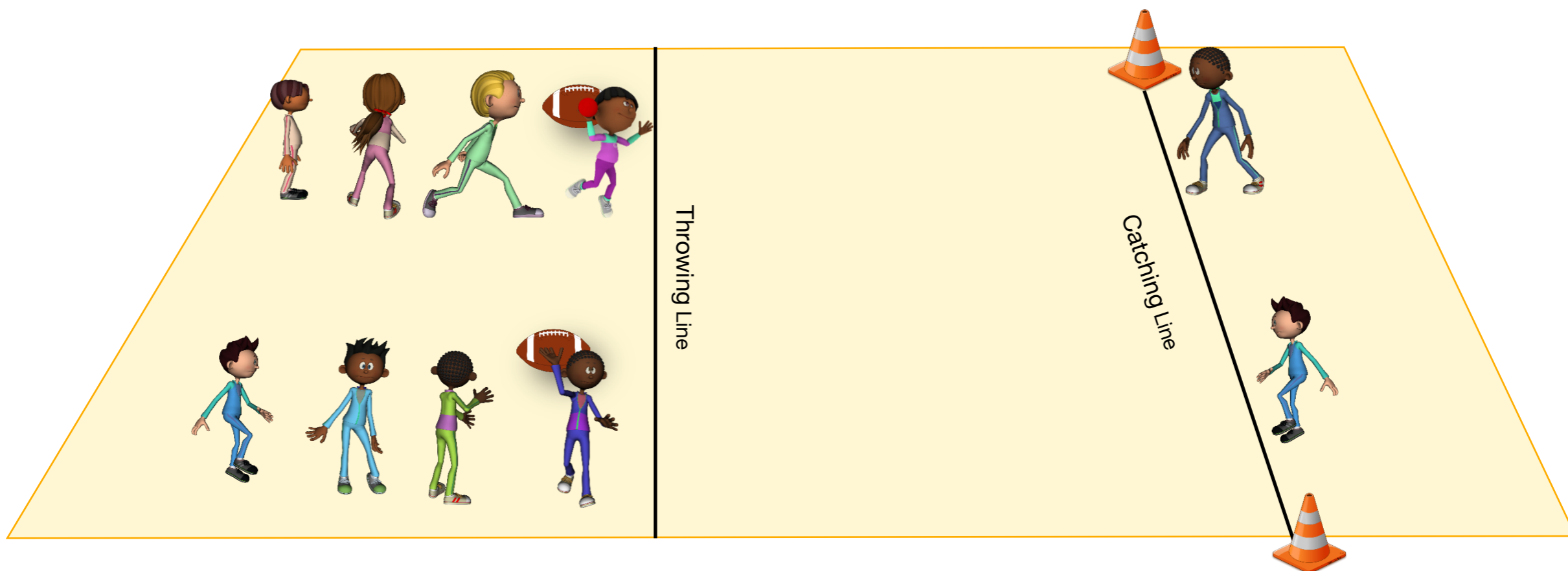
MODIFICATIONS

To make it harder, do not let the catchers come over the catching line at all to get a ball. If they do catch it before the line, it will not count.



Touchdown Mania

An activity where all the children will get a chance to be a quarterback and a receiver





Protect the End Zone

SKILL FOCUS

- ★ Throwing, catching, eye-hand coordination

GROUP SIZE

- ★ 15-25 children

EQUIPMENT

- ★ 12-15 rubber balls, 12-15 bowling pins

LOCATION

- ★ Inside or outside

SAFETY

- ★ As in all tag games, children should be careful not to bump into other children

SETUP

Put the children on two teams divided by the middle line in the room. Spread out rubber balls on both sides of the room, and place bowling pins on one side of the room. The side without bowling pins is on offense, the side with bowling pins is on defense. Children will work on throwing skills as well as defensive skills.

INSTRUCTIONS

1. On 'go' the children with the balls on the side with no pins starts throwing balls at the pins on the opposite side, not crossing the middle line.
2. The children on the side with the pins try to protect the pins from being hit.
3. When a pin gets knocked down, the throwing team gets a point and the pin must be placed back in a standing position by a child on the pin side.
4. Set a time limit for each round for about 4-5 minutes, then have each team switch sides to reverse roles.
5. When a ball gets stuck on the side with the pins, the children on that side must roll it back to the opposite side so the throwers always have balls to use.
6. The team that knocks down the most pins is the winner.

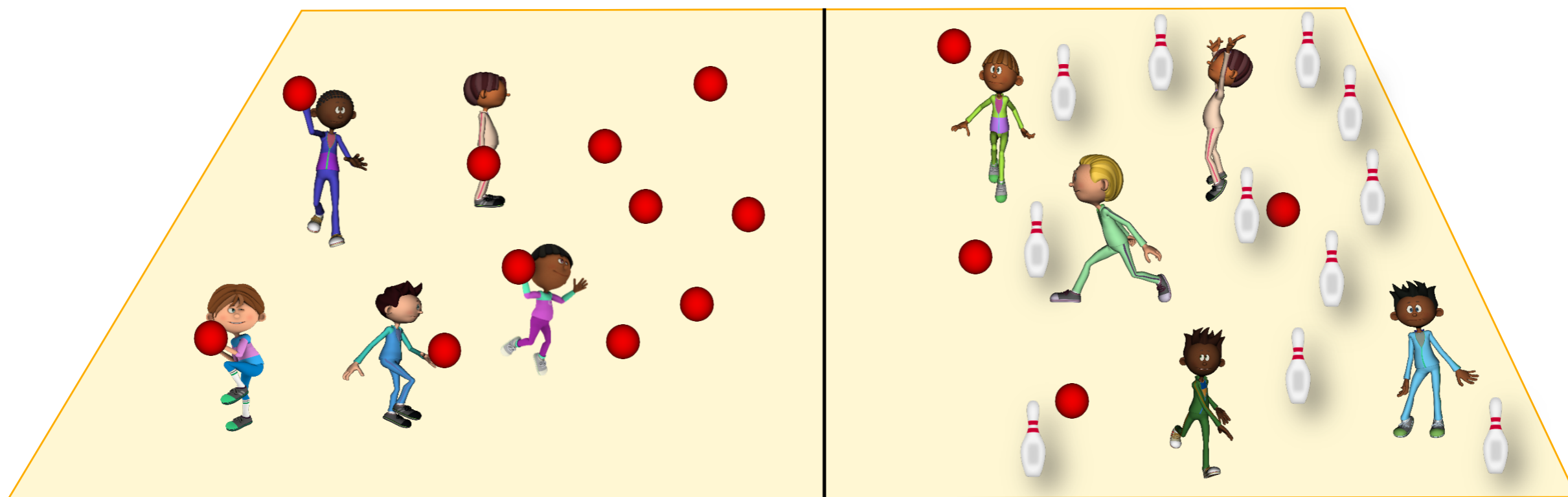
MODIFICATIONS

To make it harder, use less balls in the game.



Protect The End Zone

A fun activity that works on throwing skills and teaches about offense and defense



Lesson 2: Catching

Learning Objective

To be able to catch a ball correctly using the proper fundamentals

SHAPE Standards

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Success Criteria

I can catch the ball with proper eye-hand coordination

I can catch the ball with proper fundamentals

I can catch the ball consistently without missing it

Focus Questions

How do I concentrate on catching a ball properly?

How do I track a ball as it comes towards me?

Equipment

4 x		Tall cones
2 x		Playground balls
40 x		Tennis balls

Coaching Points

- ✓ Concentrate on ball the entire path
- ✓ Do not take your eyes off the ball.
- ✓ Learn how to track the ball
- ✓ Be confident about catching the ball



Lesson 2 - Overview

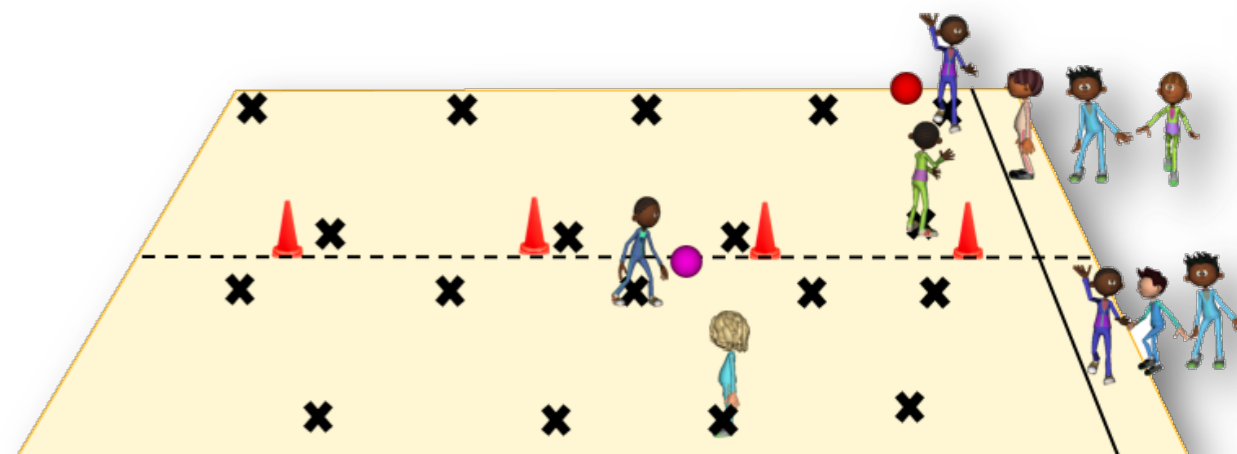
Activity 1: Ball Juggle

- Partner children
- Give each pair 2 balls
- Each child must be holding one ball to start
- On 'go' the children must toss their ball to their partner



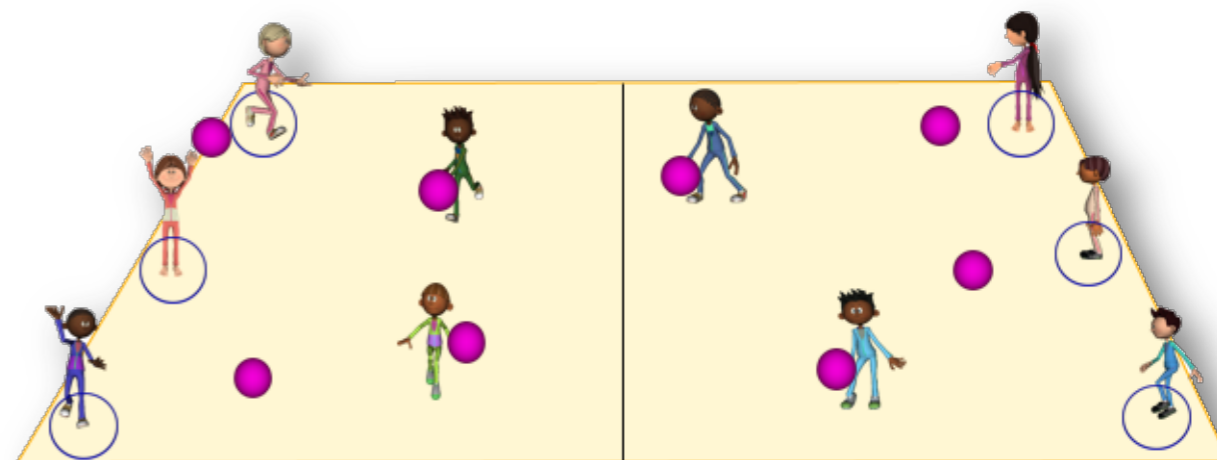
Activity 2: Catching Relay

- Set children up in traditional relay race lines
- Mark the letter 'X' with floor tape to designate throwing areas
- Children will travel from X to X in this game
- If balls are not caught, the children must start over



Activity 3: Rotating Catcher

- Divide the children into two teams on each half of the room
- Each side will have 3 hula hoops on each end line
- Children will toss the ball to their teammate on the other side
- If the ball gets caught, they rotate sides





Ball Juggle

SKILL FOCUS

- ★ Catching, throwing, eye-hand coordination

GROUP SIZE

- ★ 8-24 children

EQUIPMENT

- ★ Enough tennis balls for each child

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to be aware of each other so they do not bump into other students

SETUP

Spread your students out around the room and group them in pairs. Partners should stand about 5 feet apart, facing each other. Make sure that each child also has 1 tennis ball.

INSTRUCTIONS

1. On 'go' the children underhand toss their ball to their partner. At the same time, they are trying to catch their partner's ball.
2. Pause to allow the children who missed to get their ball, then say 'go' again to follow the same pattern.
3. After doing this for a few minutes, allow the children to toss and catch on their own.
4. Ask them to keep track of how many times in a row both kids catch the ball.

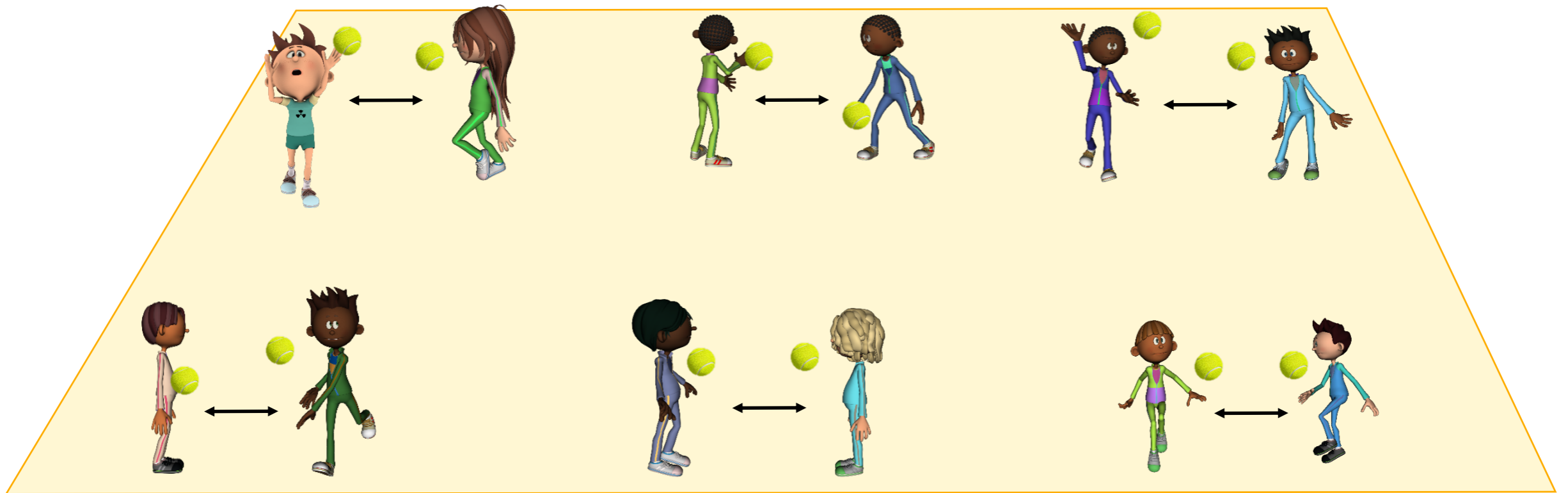
MODIFICATIONS

To make it harder, spread the children out 10 feet apart instead of 5 feet.



Ball Juggle

A fun activity where the children work on their catching skills with a partner by juggling 2 balls





Catching Relay

SKILL FOCUS

- ★ Catching, throwing, eye-hand coordination

GROUP SIZE

- ★ 8-24 students

EQUIPMENT

- ★ 2 rubber playground balls

LOCATION

- ★ Inside

SAFETY

- ★ Children need to be careful not to bump into one another

SETUP

Divide the room in half in the horizontal position with cones or floor tape as seen in the image. Mark the ground with X's or poly spots also shown in the image. Provide each team with a rubber playground ball.

INSTRUCTIONS

1. Set up the children in traditional relay race lines.
2. The first two kids in line must stand on the first two X's on the floor.
3. The child closest to the starting line holds onto the ball.
4. On 'go' the first child must toss the ball to their partner standing on the other X.
5. After they toss the ball, they move to the next X in their row as shown in the dotted line from the image. Once on this new X, they will catch a ball from their partner, then throw a ball to their partner who moved to their next X.
6. Each time the child tosses the ball, they must travel to the next X. With each catch, they are travelling across the room with the goal of getting to the last X.
7. If a ball gets dropped, they must start again.
8. Once they successfully catch the last ball on the last X, they must run the ball back to the next children in line who start the same pattern.
9. The first team that finishes is the winner.

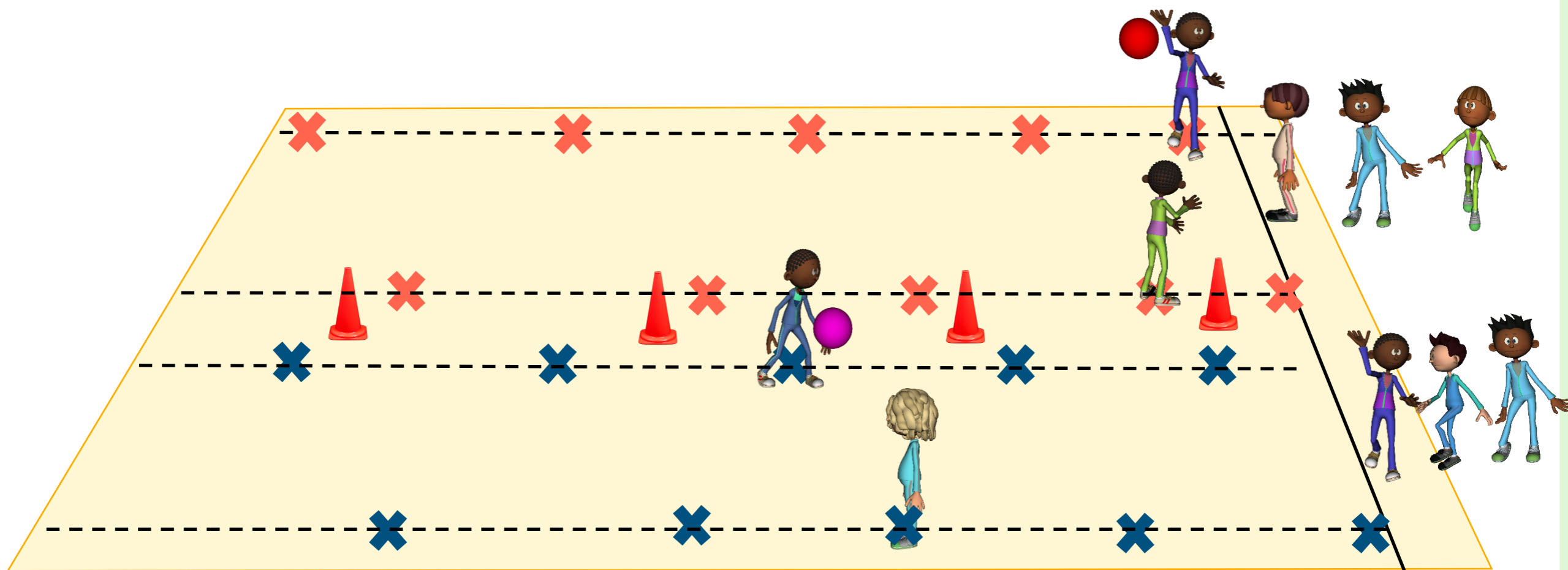
MODIFICATIONS

To make it harder, make the X's further apart.



Catching Relay

A throwing and catching relay where children move along the X's





Rotating Catcher

SKILL FOCUS

- ★ Throwing, catching, eye-hand coordination

GROUP SIZE

- ★ 8-30 students

EQUIPMENT

- ★ 8-12 soft sponge balls

LOCATION

- ★ Inside or outside

SAFETY

- ★ Students should be aware of each other to not bump.

SETUP

Place your students on two even teams divided by the middle line. Place 3 hula hoops on each end line. Spread 8-12 sponge balls around the room.

INSTRUCTIONS

1. Once the teams are made, each team should pick 3 teammates to cross the room and stand inside a hula hoop that is on the other side of the room.
2. On 'go' children not in a hula hoop pick up a loose ball and throw it across the room to a teammate standing in a hula hoop. They cannot cross the middle line to throw it.
3. If a ball gets caught, the child who caught the ball and the student who threw it switch spots.
4. There is no winner in this game, just practicing the skills.
5. Set a time limit for each round.

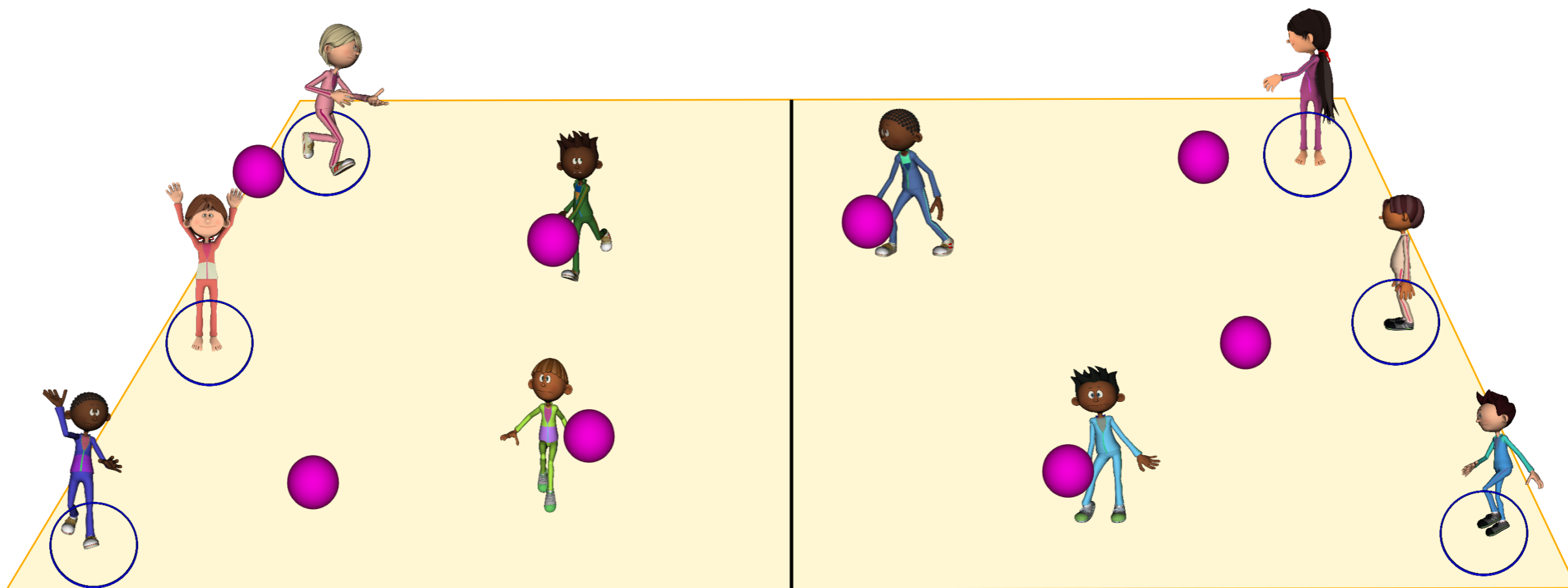
MODIFICATIONS

To make it harder, you can add more hula hoops to the end line.



Rotating Catcher

A fun activity where the children must toss a ball across to catchers on the other side of the room and then rotate spots



Lesson 3: Agility

Learning Objective

To be able to move swiftly and agilely to simulate movements in football

SHAPE Standards

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Success Criteria

I can run left and right quickly
I can sprint fast
I can move with agility

Focus Questions

How do I run as fast as I can?
How do I move at different angles while keeping my balance?

Equipment

2 x		Tall cones & whiffle ball
1 x		Stopwatch
18 x		Hula hoops
50 x		Plastic cups
5 x		Jump ropes

Coaching Points

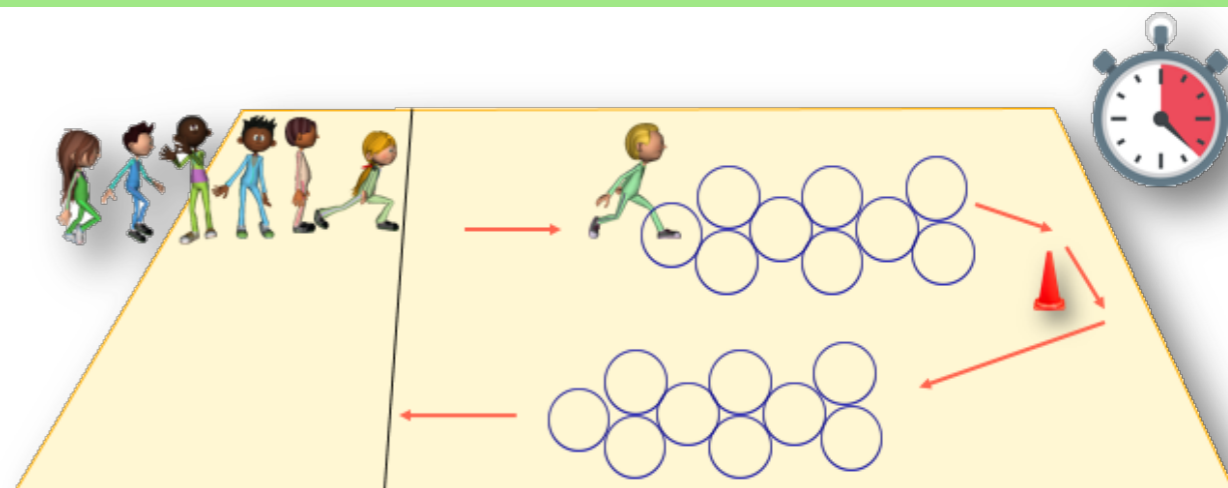
- ✓ Concentrate on balance
- ✓ Focus on being agile
- ✓ Remember to stay on task at hand
- ✓ Get into a rhythm while moving



Lesson 3 - Overview

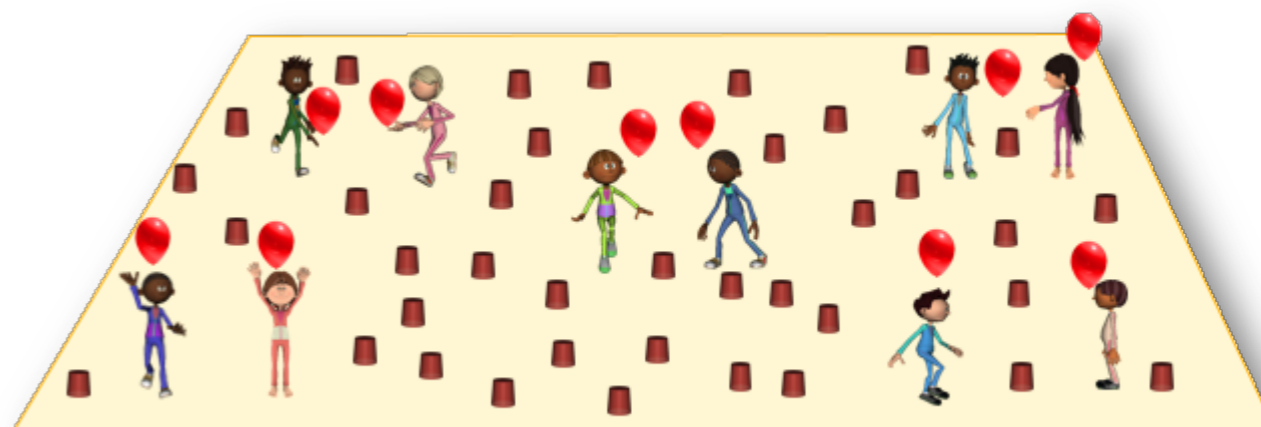
Activity 1: Hula Hoop Challenge

- Set up the children in one single line
- On 'go' one child at a time will travel through the hoops
- The entire line must finish
- They are being timed as they go through the hoops



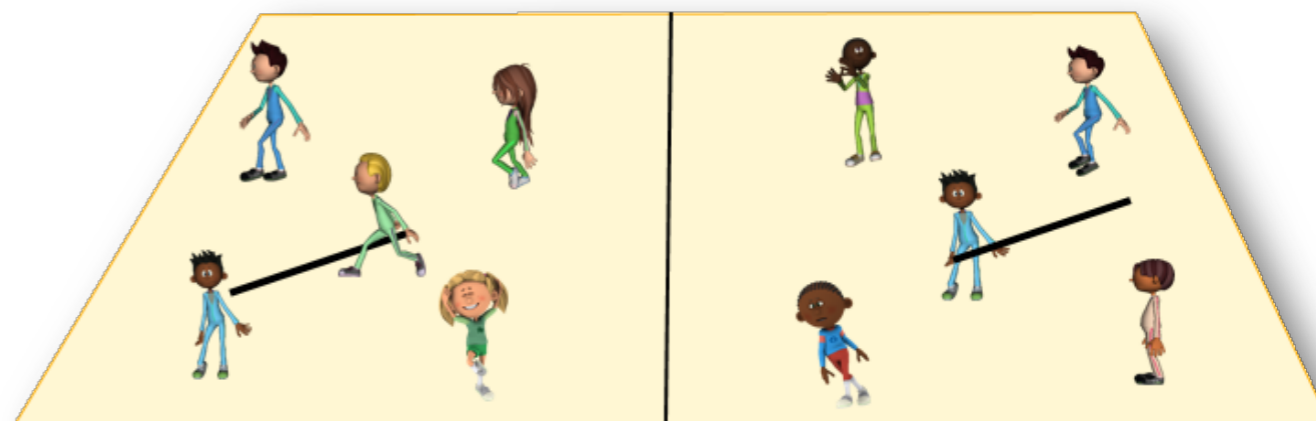
Activity 2: "Mine" Fields

- Spread the children out all over the room
- Place cups all over the floor
- Give each child a filled balloon
- Children must tap the balloon in the air while not hitting a cup



Activity 3: Spinning Tops

- Place the students in groups of 4 or 5
- Give one child a jump rope and have them stand in the middle
- The child with the jump rope will spin in circles with the rope
- The other children have to jump over the rope each time it passes





Hula Hoop Challenge

SKILL FOCUS

- ★ Eye-foot coordination, balance, agility

GROUP SIZE

- ★ 8-20 children

EQUIPMENT

- ★ 18 hula hoops, cones, stopwatch

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children should be careful not to trip on a hoop while moving through them

SETUP

Set the children up in a single file line. Set up a group of 9 hula hoops on one half of your room, then 9 more on the other half (as seen in image). Place a single cone at the other end of the room.

INSTRUCTIONS

1. The goal of the entire group is to do this obstacle course multiple times in an effort to better their time.
2. On 'go' the first child in line is going to run towards the initial set of hula hoops and proceed to move through each hoop, being careful not to touch any hoops. You can have children either hop on two feet in each hoop, or alternate left and right.
3. Any hoop that does get touched will add one second to their team score.
4. Once the child goes through the first set of hoops (as seen in image), they run around a cone and start heading back to the original line, going through the second set of hoops on the way.
5. Once the student gets back to the starting line, the next child follows the same process.
6. Once complete, the teacher will let the group know their team score (time).

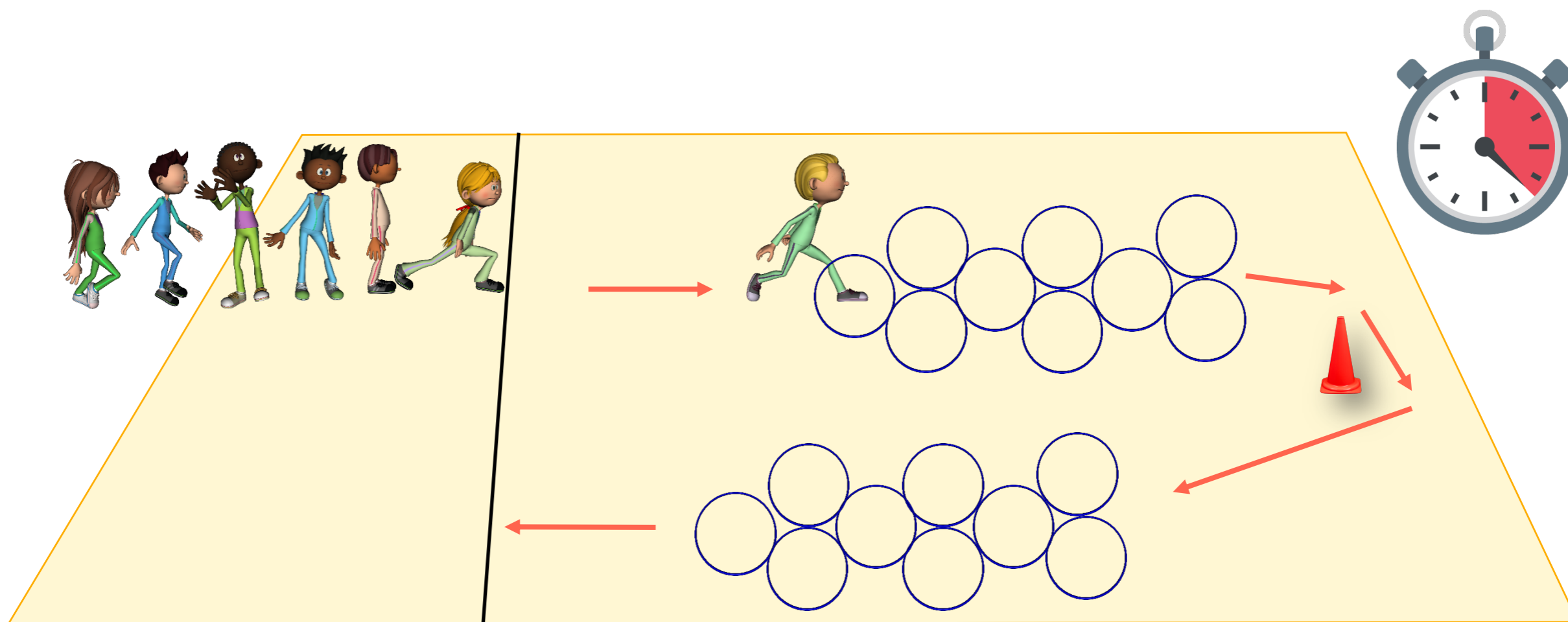
MODIFICATIONS

To make it harder, increase the amount of hula hoops used through the obstacle course.



Hula Hoop Challenge

A traditional drill where the children have to run through hula hoops as they are timed as a group





"Mine" Fields

SKILL FOCUS

- ★ Eye-hand coordination, balance, agility

GROUP SIZE

- ★ Any amount that can safely fit into the room

EQUIPMENT

- ★ Balloons for each child, 50 cups

LOCATION

- ★ Inside

SAFETY

- ★ Children need to be aware of the other children in the room so they do not bump

SETUP

Spread your students all around your room. Lay out about 50 cups around the room all over the floor. Give each child in the room a balloon filled with air.

INSTRUCTIONS

1. On 'go' the children will begin tapping their balloon in the air as they travel the room.
2. The balloon must be hit into the air at least 2 feet or higher.
3. At no time may a child catch the balloon.
4. As they continue to tap the balloon and move about the room, they must avoid the cups on the floor.
5. Any time a child knocks over a cup, they are eliminated. Keep playing until there is one child left or set a 3-minute time limit. All the children remaining after 3 minutes are the winners.

MODIFICATIONS

To make it harder, add more cups onto the floor. Also, increase the height of the balloon to going 5 feet or higher with each tap. Remember, this lesson is more about the agility aspect than finding a winner, but the students enjoy that part. You can also try doing this activity without eliminating children. They would just pick up the cup they knocked over and start again.



"Mine" Fields

A fun activity where the children have to tap a balloon up in the air around the room, being careful not to knock over cups on the floor





Spinning Tops

SKILL FOCUS

- ★ Eye-hand coordination, agility, jumping

GROUP SIZE

- ★ 12-30 students

EQUIPMENT

- ★ 5 jump ropes

LOCATION

- ★ Inside or outside

SAFETY

- ★ The spinning rope must always stay low to the ground

SETUP

Set the children up in groups of 4 or 5 around the room. Pick one child in each group to stand holding one end of a jump rope in the middle of their group. Once in the middle, the child with the rope will spin in a circle, making sure the extended jump rope passes by each of the children in their group (as seen in image).

INSTRUCTIONS

1. On 'go' the child in the middle will start spinning in a circle, making sure the jump rope is spinning along with them.
2. The other children must jump over the rope as it passes by.
3. If it hits a child, the group should pause, then start again when ready.
4. After a few minutes, rotate the child in the middle to a new spinner.
5. See which group can spin the longest without the rope hitting a child.

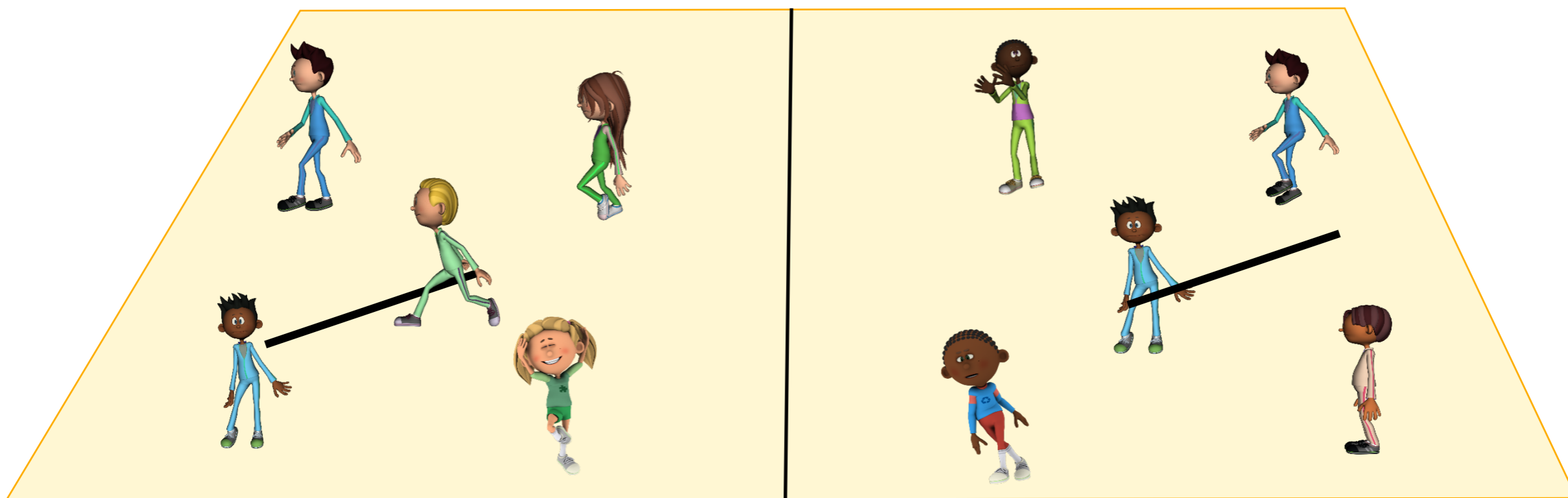
MODIFICATIONS

To make harder, the child in the middle can spin the rope faster. Always ask children to stop if they get dizzy spinning.



Spinning Tops

An activity where the children have to jump over a rope that another student is spinning



Lesson 4: Kicking

Learning Objective

To be able to kick a football with great accuracy and distance

SHAPE Standards

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Success Criteria

I can kick a football with accuracy most of the time

I can hit my desired target on a regular basis






I can use the proper fundamentals of kicking to achieve my goal

Focus Questions

How do I concentrate on kicking properly?

How do I kick the ball with great accuracy?

Equipment

4 x		Tall cones
4 x		Bowling pins
30 x		Foam balls
2 x		Footballs
10 x		Hula hoops

Coaching Points

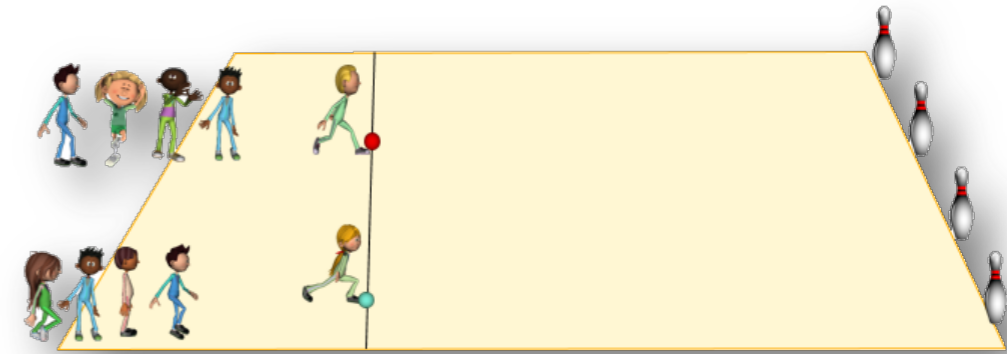
- ✓ Step in the direction you are kicking
- ✓ Remember to follow through on your kick
- ✓ Concentrate while kicking the ball
- ✓ Keep your eye on the ball when kicking



Lesson 4 - Overview

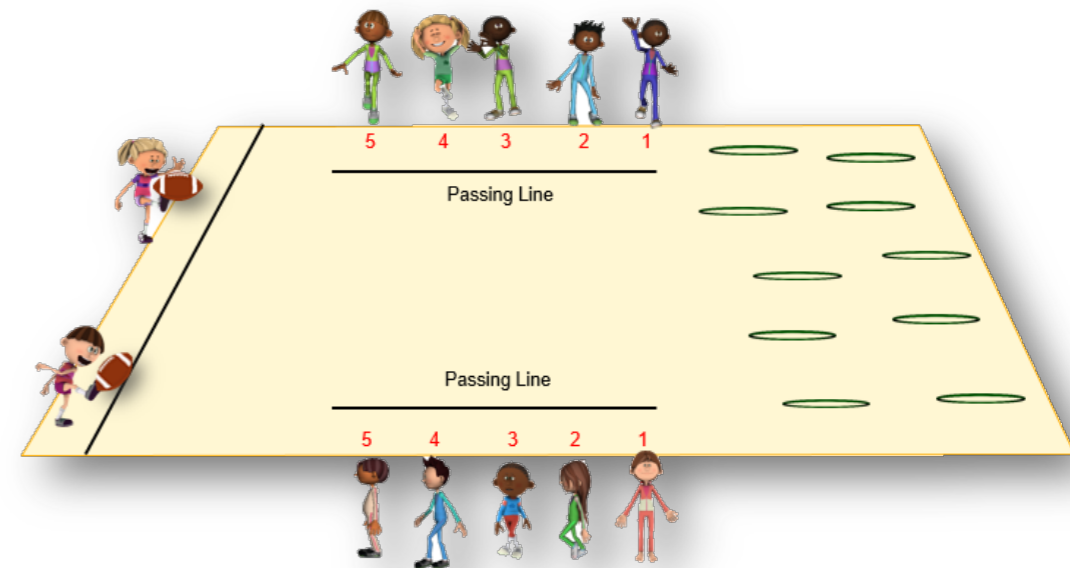
Activity 1: Kick the Pins

- Set the children up in 2 traditional relay race lines
- First child in line must kick a ball at the pins
- If they hit a pin, they get a point
- After they kick, they must stand up the pin and bring ball back



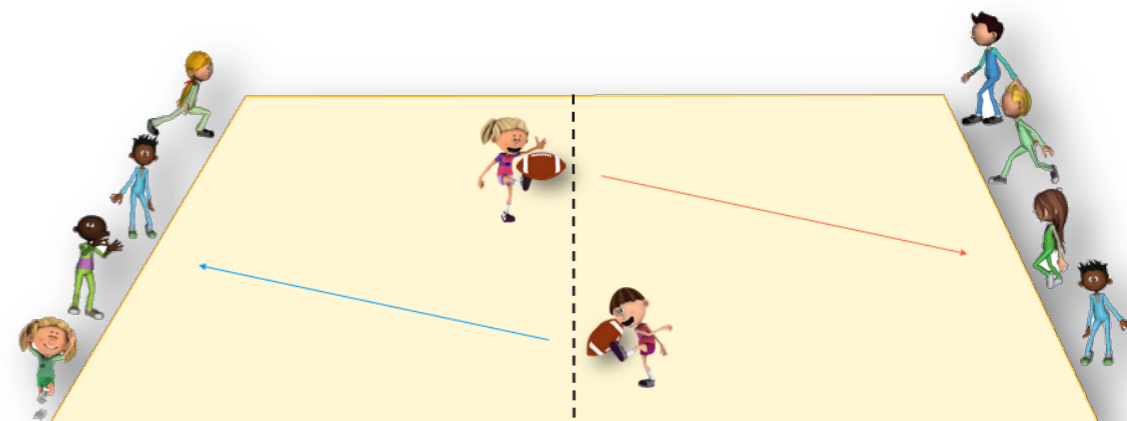
Activity 2: Punting Golf

- Put the children on 2 even teams
- On 'go' the first child must pass the football to each child in line
- Next, they will kick the ball at hula hoops, trying to score a point
- After the kick, they must get the ball to the next child in line



Activity 3: Freedom Ball

- Place the children on 2 even teams
- Each team will position on the sidelines
- One child is the kicker who frees up the other children
- When a child catches the ball on the end line, they are free





Kick the Pins

SKILL FOCUS

- ★ Aiming, eye-foot coordination, speed

GROUP SIZE

- ★ Any number with 2 even teams

EQUIPMENT

- ★ 4 pins, 2 rubber balls

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children have to be careful not to kick the balls at other children, they are aiming for the pins

SETUP

Place the children in 2 even relay race lines. Place 4 pins on the opposite end line as shown in image.

INSTRUCTIONS

1. On 'go' the first child in line kicks their team's ball across the room at the bowling pins.
2. The goal is to knock over a pin to get a point for their team.
3. Whether they hit or miss the pin, they must retrieve their ball (pick up pin if they did knock it over) and bring it back to the next child in line.
4. The next child follows the same process.
5. Set a 5-minute time limit on each round.
6. The team who knocks the pin over the most wins.

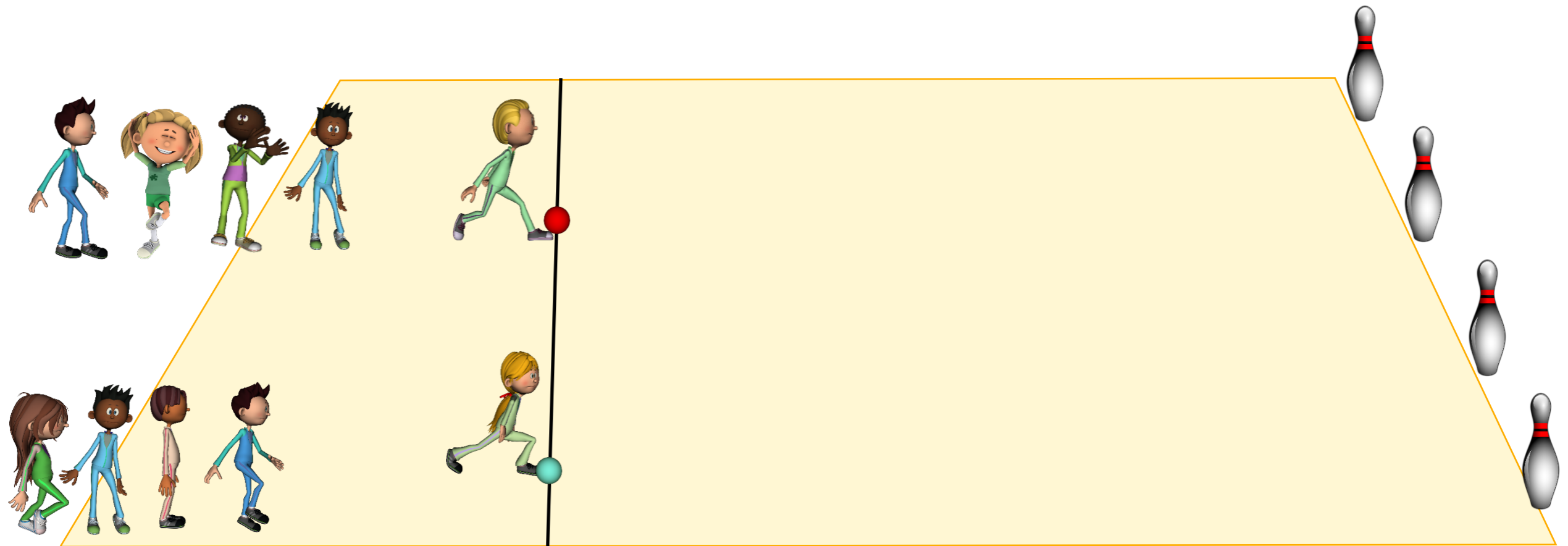
MODIFICATIONS

To make it harder, increase the distance between the children and the pins.



Kick the Pins

A kicking accuracy game where children have to kick a ball at a pin





Punting Golf

SKILL FOCUS

- ★ Aiming, throwing, kicking, catching, eye-hand coordination

GROUP SIZE

- ★ 8-20 children

EQUIPMENT

- ★ 2 football, 10 hula hoops, 4 cones

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to stay alert when a ball is being thrown to them

SETUP

Divide your class into 2 even teams. Place each team on one of the sidelines of your room. Every child is assigned a number as shown in our image. Set up 10 hula hoops on the other half of your room or at a greater distance if you try this activity outside.

INSTRUCTIONS

1. Give the child who is number 1 on each team a football. On 'go' this child will leave the sideline and run over to their throwing line (as seen in the image).
2. At the throwing line, they must pass the ball to each child on their team successfully. Number 1 must catch each ball as well as the child on the sideline who the ball is being thrown at. If a child misses, the throw must be repeated.
3. Once each child on the sideline catches the ball, number 1 must run with the football to the kicking line, where they punt the ball at the hula hoops.
4. If they get their ball into the hoop, they receive a point. They must retrieve the ball and bring it back to the sideline and give the ball to number 2 on their team.
5. Number 2 must follow the same process.
6. Set a 5-minute time limit on each round.
7. The team with the most points wins each round.

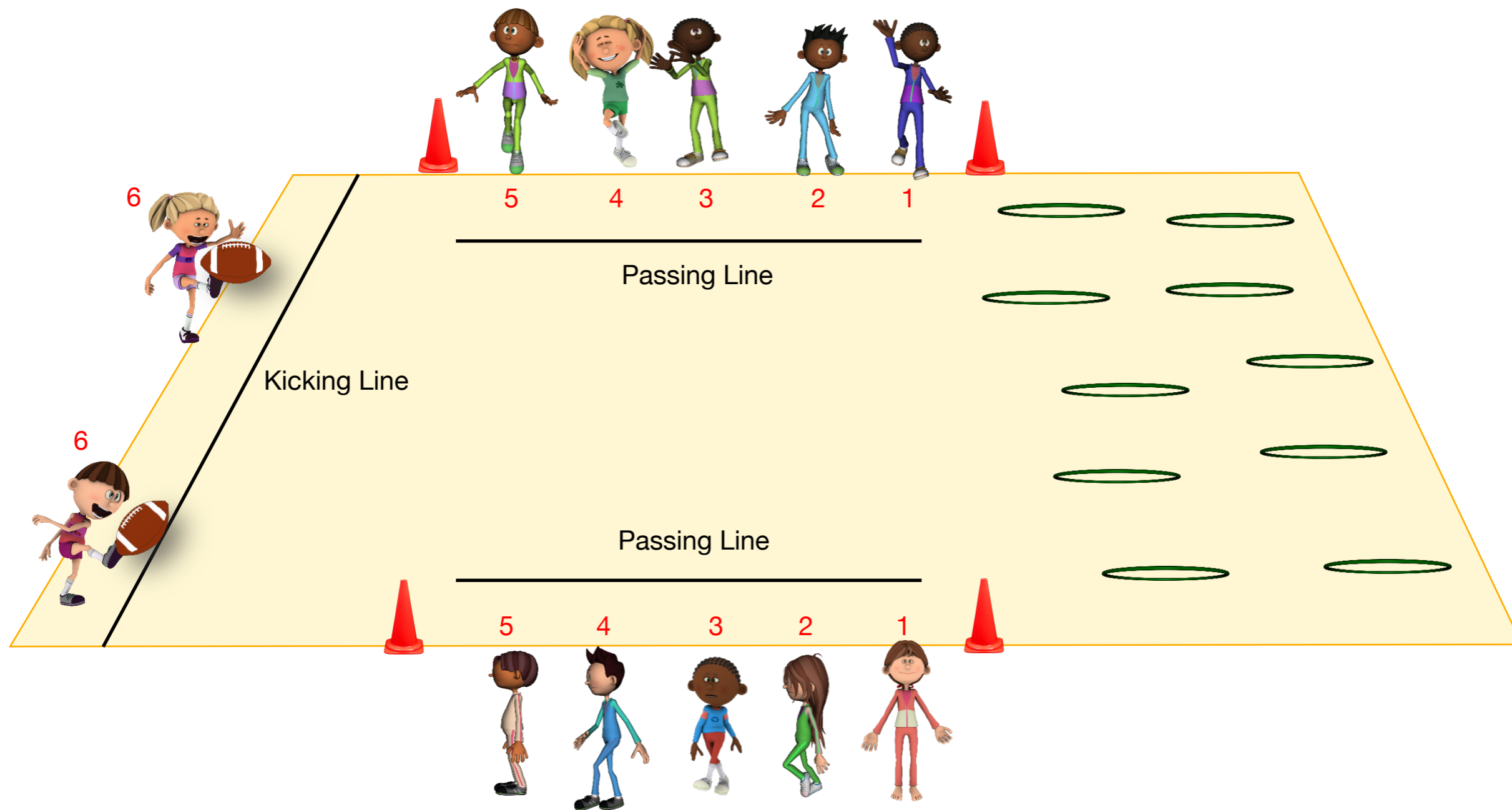
MODIFICATIONS

To make it easier, you can give out a point if the football even touches a hula hoop. You can make it harder by increasing the distance of the hula hoops.



Punting Golf

A punting game where the children are kicking for distance and accuracy. Children will also work on throwing during this activity.





Freedom Ball

SKILL FOCUS

- ★ Aiming, kicking, catching, eye-hand coordination

GROUP SIZE

- ★ 6-30 children

EQUIPMENT

- ★ 2 footballs, 2 cones

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to be careful not to bump into one another while trying to catch the ball

SETUP

Divide the class into 2 even teams. Each team has an end line to stand on. Pick one child from each team to be the kicker who stands in the middle of the room. Give each kicker a football.

INSTRUCTIONS

1. The object of the game is to free everyone in your end line before the other team.
2. On 'go' the kicker punts the ball from the middle line to their teammates waiting in the end line area (as shown in our image).
3. Each time a child catches the ball, they are released from this area, and must go to the sideline until the game is over.
4. After the ball is kicked, the punter must retrieve it and return to the middle line.
5. Once they get back to the middle, they must punt it again.
6. The first team to get everyone freed first wins the round.
7. Rotate kickers after each round.

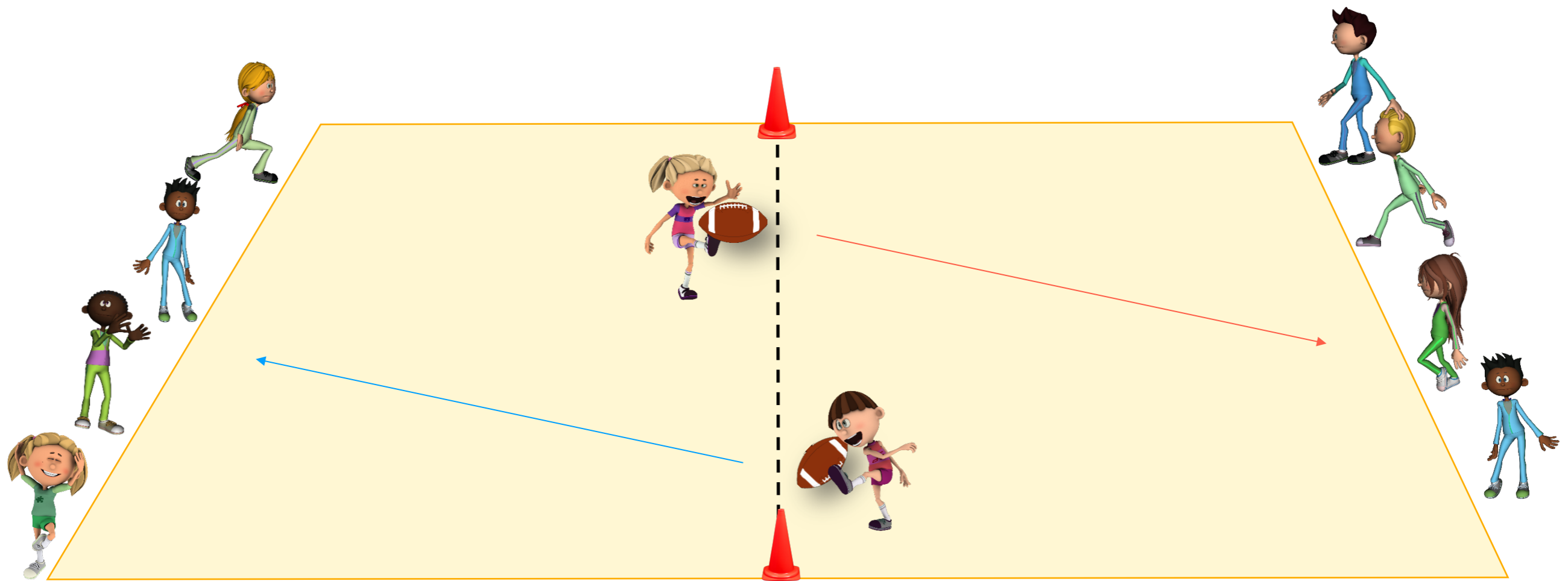
MODIFICATIONS

To make it harder, increase the distance the children have to kick the ball.



Freedom Ball

A kicking game where each team chooses a child to punt the ball to their teammates who need to catch the ball behind the end line to get freed



Lesson 5: Speed

Learning Objective

To be able to run with the football efficiently and with greater speed

SHAPE Standards

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

Success Criteria

I can run efficiently

I can run with great speed

I can run with proper fundamentals

Focus Questions

How do I concentrate on running properly?

How do I run faster?

Equipment





2 x  Footballs

4 x  Cones

5 x  Hula hoops

100 x  Bean bags

Coaching Points

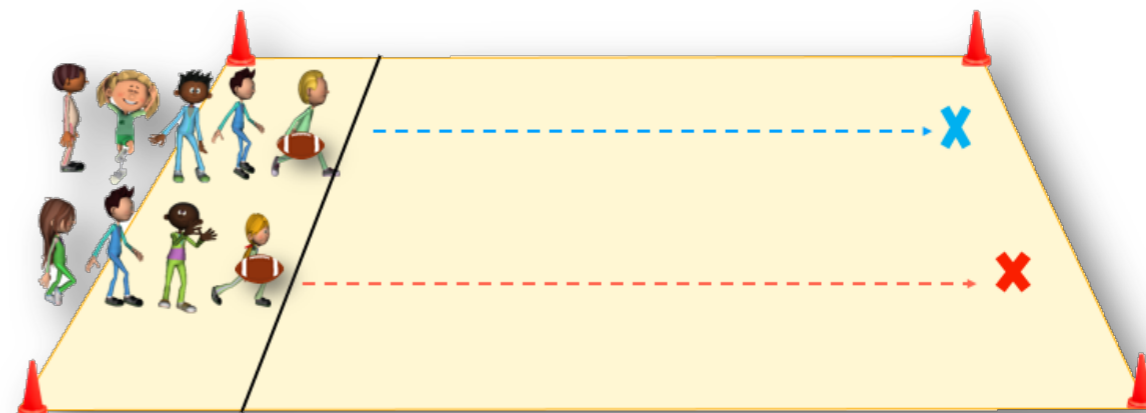
-  Move your arms side to side while running
-  Lean forward while running
-  Focus on coordination and balance
-  Hold on to the football tightly while running



Lesson 5 - Overview

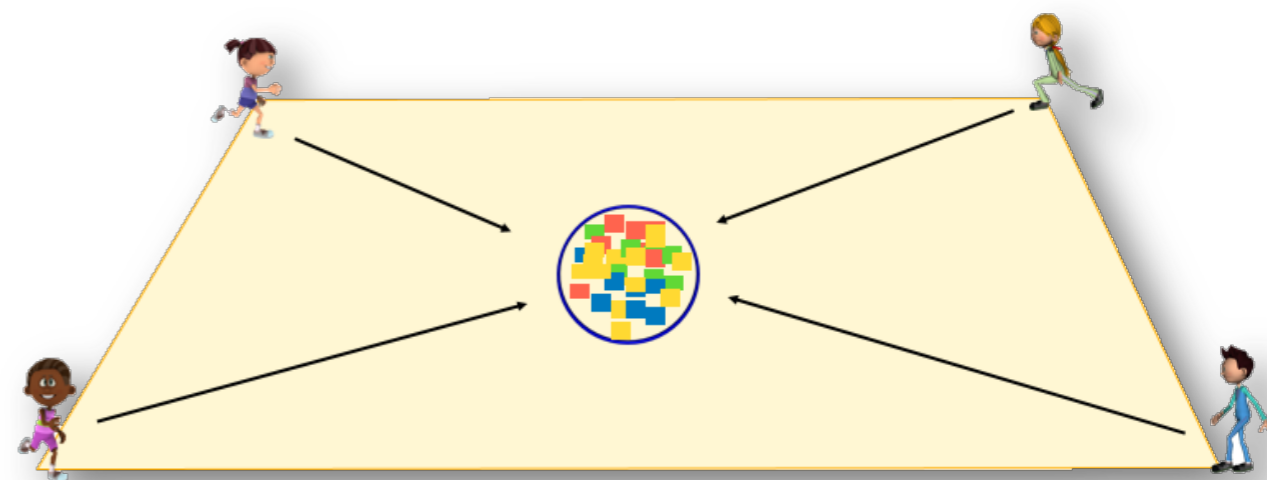
Activity 1: Running the Football

- Set the children up in a traditional relay race line
- One at a time, they must sprint with the football to a marked area
- Once they get to this area, they turn around and sprint back
- As they get back, they should hand off the ball to the next child



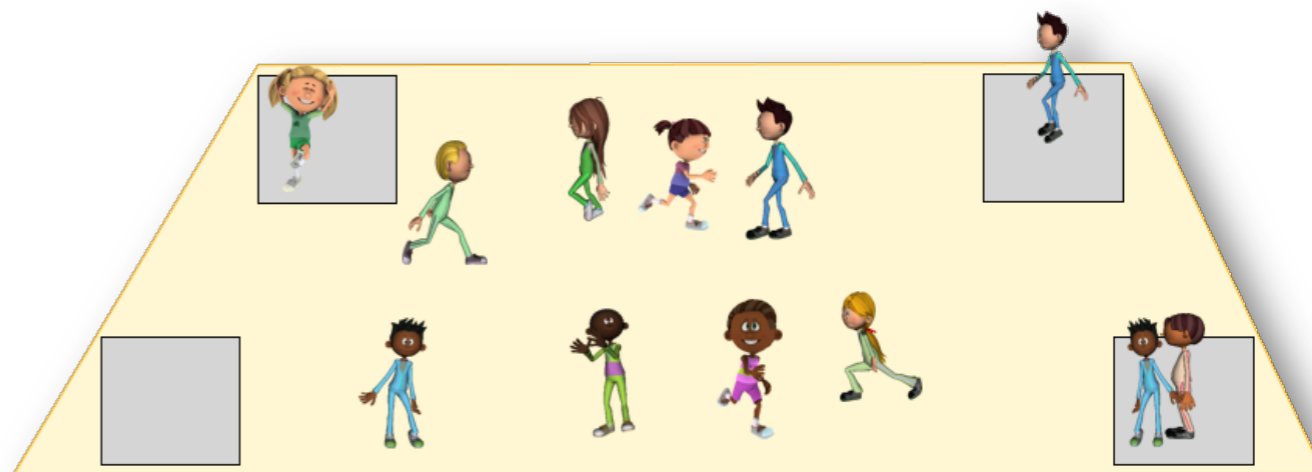
Activity 2: Bean Bag Sprint

- Set up 4 kids to participate at a time
- On 'go' the children sprint to the middle hula hoop
- When they get there, they must take one bean bag
- The child who gets the most bean bags wins



Activity 3: Bug Catcher

- Mark off large square in the corners
- Choose 4 kids to be the bug catchers
- The rest of the kids are bugs
- Bug catchers will chase the bugs





Running the Football

SKILL FOCUS

- ★ Running, speed, agility

GROUP SIZE

- ★ 8-30 students

EQUIPMENT

- ★ 2 footballs, 4 cones

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children should be careful not to trip while attempting to run so fast

SETUP

Set up the children in traditional relay race lines. Mark off a distance where they will run to with a cone or poly spot. Give the first child in each line a football.

INSTRUCTIONS

1. On 'go' the first child sprints to the designated area.
2. As they run, they are carrying a football.
3. Once they get to the designated area, they turn around and run back.
4. As they get back, they hand the ball off to the next child.
5. The next child follows the same pattern.
6. The first team to finish wins the race.

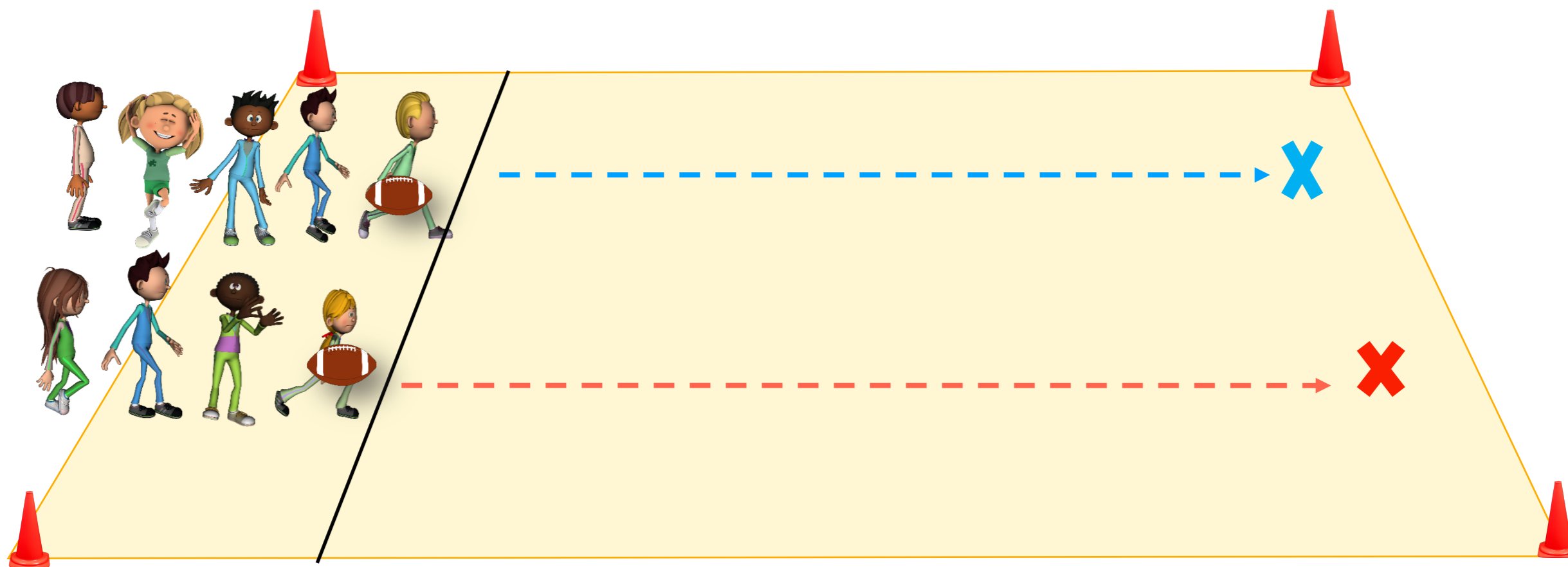
MODIFICATIONS

To make it harder, increase the distance the children run.



Running the Football

A relay race holding the football and sprinting to a designated area





Bean Bag Sprint

SKILL FOCUS

- ★ Speed, agility, balance, eye-hand coordination

GROUP SIZE

- ★ 4-20

EQUIPMENT

- ★ 5 hula hoops, 50-100 bean bags

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to be careful not to bump into one another when going to the middle

SETUP

Place a hula hoop filled with bean bags in the middle of the room. Then, place one child in each corner of the room. Only 4 students will participate at a time, so arrange the rest of the children on the sidelines.

INSTRUCTIONS

1. On 'go' all the kids in the corners will sprint to the middle of the room.
2. Once they get there, they must grab one bean bag.
3. After they pick it up, they run back to their corner and place the bean bag in a hula hoop there (as seen in image).
4. Next, they sprint back to the middle and grab another bean bag, then return it to their hula hoop.
5. Follow this process until there are no more bean bags left in the middle.
6. At the end, whichever child collected the most bean bags wins.
7. After they complete it, have 4 new children do the same process.
8. Ensure that all the kids in the class get a turn.
9. Try matching kids up by skill level when you pick the 4 children to go.

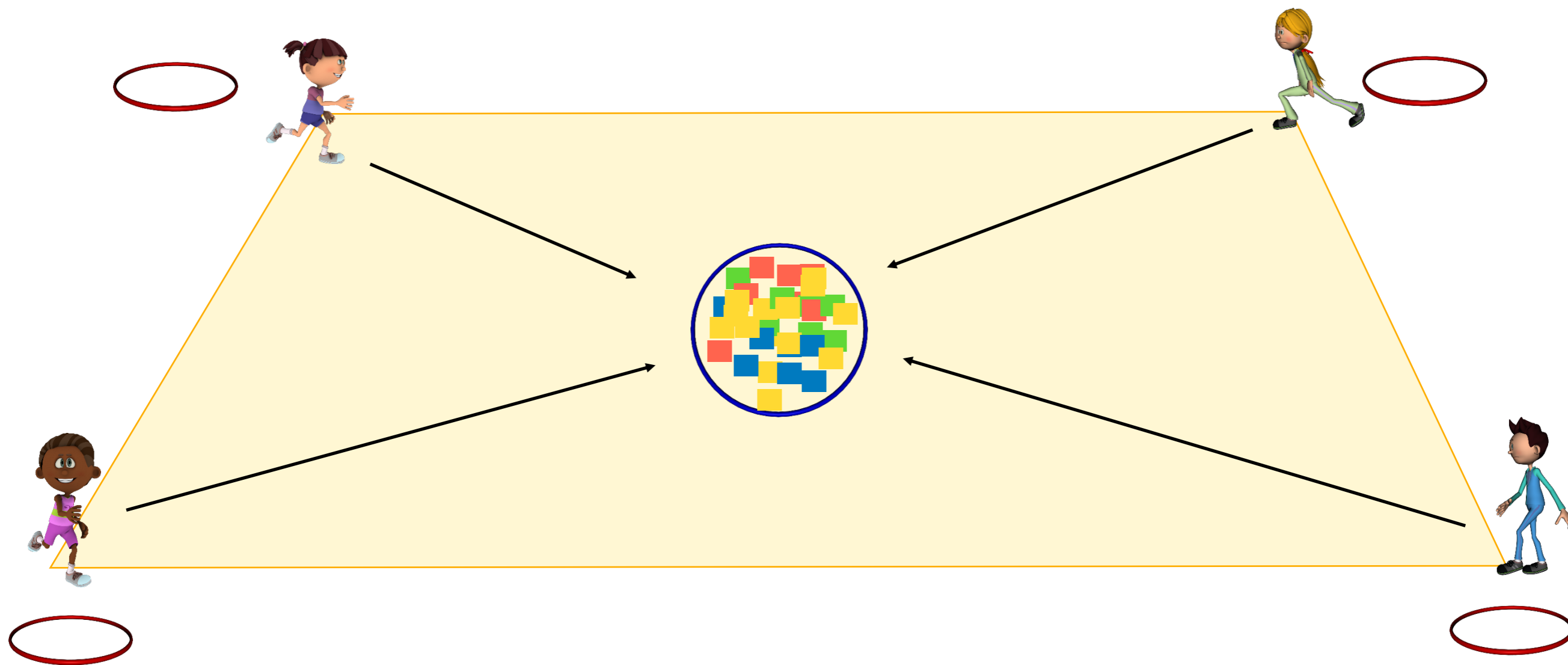
MODIFICATIONS

To make it harder, increase the number of bean bags in the middle.



Bean Bag Sprint

A sprinting race where the children have to race to the center of the room and collect bean bags





Bug Catcher

SKILL FOCUS

- ★ Running, speed, agility, cognitive skills

GROUP SIZE

- ★ 5-25 children

EQUIPMENT

- ★ Tape to mark off floor

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children should be careful not to bump into each other

SETUP

Mark off a big square in the corner of your room with tape or place a cone in a corner to designate the bug catcher's home. Choose 4 kids in the class to be bug catchers. The remaining kids are bugs.

INSTRUCTIONS

1. On 'go' the 4 bug catchers will run around the room, chasing the bugs.
2. If a bug gets caught, they must go to the home of the bug catcher that got them.
3. Before the game starts, let the bugs know which corners belong to each bug catcher so they know where to go when they get caught.
4. The last bug caught in the game won that round against all the other bugs.
5. The bug catcher who caught the most bugs also won.
6. Start a new round with new bug catchers so they all get a turn.

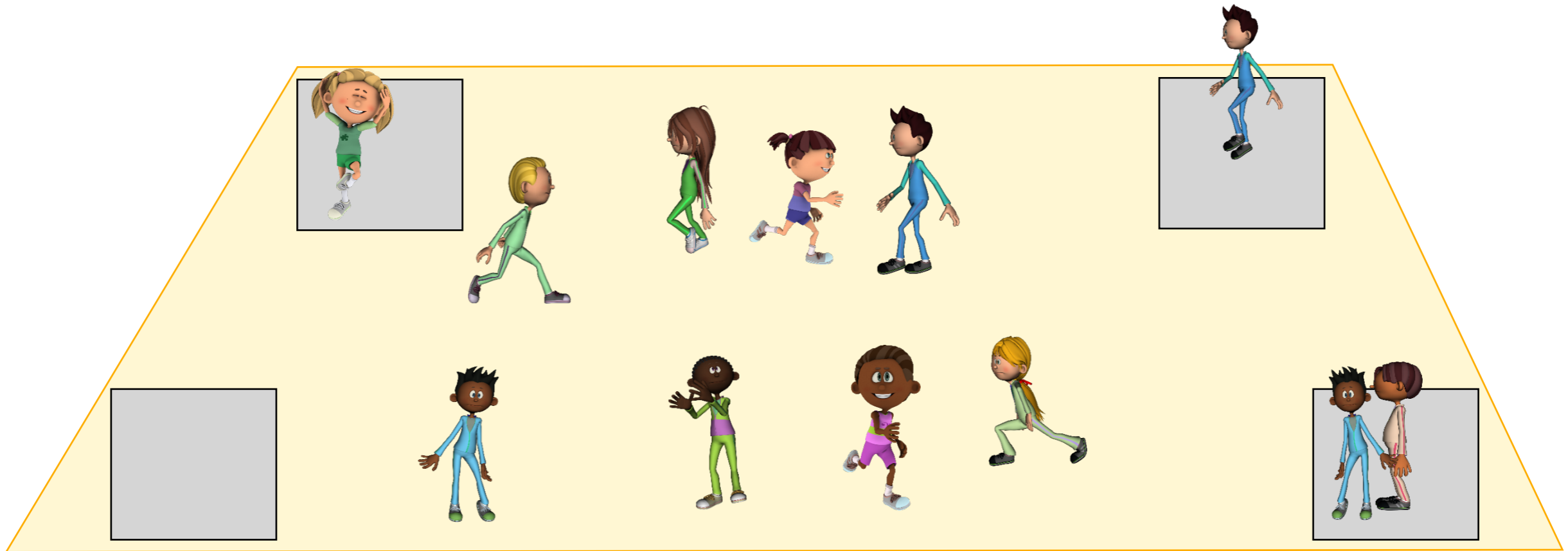
MODIFICATIONS

To make it easier, only have 2 bug catchers.



Bug Catcher

A tag game where all the children are bugs trying not to get caught by the 4 bug catchers



Lesson 6: Game Play

Learning Objective

To be able to simulate a game of football using the skills of throwing, catching, kicking, agility, and eye-hand coordination.

SHAPE Standards

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Success Criteria

I understand how to apply the skills needed to play football

I can catch efficiently

I can throw efficiently

I can kick a ball efficiently

Focus Questions

How do I apply my skills to play football

How can I throw, catch and kick efficiently?

Equipment

8 x  Cones

1 x  Football

Coaching Points

- ✓ Focus on the task at hand
- ✓ Be a good teammate
- ✓ Use all the proper fundamentals
- ✓ Apply the skills used in this unit



The Super Bowl

SKILL FOCUS

- ★ Gameplay, Teamwork

GROUP SIZE

- ★ Any number of even teams

EQUIPMENT

- ★ 8 cones, 1 football

LOCATION

- ★ Inside or outside

SAFETY

- ★ No tackling allowed. Tagging the player with the ball or using flags is safer.

SETUP

This is a chance for your students to put their skills to work in a real game environment. Divide your group in teams and set up cones to outline your football field. Play a series of games to determine a champion.

INSTRUCTIONS

Your students will be playing a real game of touch or flag football, with a focus on learning the positions, rules and scoring of the game. Teams will have 4 downs to go the complete length of the field and score. The defense can rush the quarterback but must start 8 yards from the line of scrimmage. For all levels, we recommend using a smaller sponge football instead of a regulation ball.

MODIFICATIONS

To make it easier:

- The teacher can quarterback
- Use a smaller ball or sponge ball
- Start off using a round foam ball until the students get used to positions
- Allow 5-6 downs instead of 4
- Make the field smaller
- Do not keep score

To make it more challenging:

- Kids can quarterback
- Keep score and have a reward for the winning team
- Play 4 downs strictly
- If a team gets 2 catches per series, they get a new set of 4 downs



Football Unit Assessment

Name: _____

Class: _____

Skill	Beginning	Developing	Mastering
Throwing			
Catching			
Agility			
Kicking			
Speed			
Eye-Hand Coordination			
Teamwork			
Gameplay			
Effort			