

Football – It's Not Just For Boys?

- Engage ALL students with learning skills, rules, strategies, and tactics with a traditional sport in a fun new way!
- Activate student skills by helping students learn how to throw, catch, and punt an oddly shaped manipulative both in static and dynamic situations
- Motivate students by helping students feel successful with various skills as well as an appreciation and understanding for the modified game of football

I teach the Football Unit at Blaine Elementary School so ALL students can participate during each class session, progressively developing several of the necessary skills that help children know and be able to do the skills and activities that will help them become physically active for life: throwing, catching, and punting.

Football is a great sport to modify for your classroom setting. With appropriate progressions and instructional procedures both boys and girls can develop an interest and appreciation for America's traditional pastime activity and sport while improving essential skills necessary for success with many activities.

Performance Outcomes:

- Throws overhand with mature form:
 - Critical elements:
 - Stands sideways to target holding back of ball with fingers on back laces
 - Bring ball past ears
 - Throw overhand stepping toward receiver rotating at hips
 - Follow-through
- Catches an object in static and dynamic situations
 - Critical elements:
 - Keep eyes on ball
 - Thumbs/index fingers together for high pass
 - Thumbs apart for low pass
 - Absorb the ball bringing into body
- Drop kicks an object – Punting
 - Critical elements:
 - Drop the ball onto laces/toe area of foot
 - Keep toe pointed to where you want the ball to go
 - Keep eyes on ball
 - Kick upward and through the ball

Various sizes and types of footballs will be used during this demonstration, and then sold off to participating participants for 50% of their retail value through Sportime upon completion of the session

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Instructional Sequence (used with grades 3, 4 & 5 @ 25 minutes a lesson):

Day 1 (Students in groups of 2):

- Intro how to hold the FB; Throwing and catching
- Intro self-hiking, and then 3-steps back
- Intro fixed Line of Scrimmage (LOS), Quarterback (QB), Receiver (R) positions
- Simple play “Straight” pattern (or route); when R catches the ball run to the wall (touchdown)

Day 2 (Students in groups of 2):

- Review basics of Day 1
- Intro “Buttonhook” and “Slant” patterns using QB and R positions to score

Day 3 (Students in groups of 2):

- Review three patterns using QB and R positions
- (Students in groups of 3):
- Using QB and R positions intro Defensive Back (DB) position
 - Students rotate through positions; intro tactics R and DB can use against each other

Day 4 (Students in groups of 2):

- Review three patterns using QB and R positions
- (Students in groups of 3):
- Review three positions: QB, R, and DB; and “interception”
 - Intro “2-hand” touch by DB to stop the play, or a “down”

Day 5 (Students in groups of 2):

- Intro punting the ball
- (Students in groups of 3):
- Review positions, strategies, and tactics of QB, R, and DB; make up own plays
 - Intro the QB and R that they have up to 2 downs to make it to the wall to score
 - Intro the place of 2-hand touch is now new LOS

Day 6 (Students in groups of 2):

- Review punting and receiving the ball – stopping partner with 2-hand touch
- (Students in groups of 3):
- Review QB, R, and DB 2-down Rotation
- (Students in groups of 4):
- Intro Cornerback (CB) defense position, and QB has option to run with ball or pass to R
 - Play 2 on 2 with 2-down rule with 2-hand touch

Day 7 (Students in groups of 4):

- Intro punting to 2-man team of QB and R against the punting team (to be DB and CB)
- (Students in groups of 6):
- Intro Center (C – who hikes the ball, then acts as a 2nd R); intro Nose Guard (NG) who defends QB against the run
 - Use 2-downs, 3-downs, and then 4-downs if time permits

Day 8 (Students in groups of 4):

- Review punting to 2-man team of QB and R against the punting team (to be DB and CB)
- (Students in groups of 6):
- Review positions of QB, R, and C along with NG, CB, and DB; Have one team punt to the receiving team – play 3 or 4-downs;
 - During game play summative assess various critical elements of throwing, catching, and/or punting