

LEVEL	UNIT	LESSON Number 1	EQUIPMENT
First Grade	Flag Football	Throwing and Catching Review	Buckets, Hoops, Hoop Clips, Field Markers, Control cones, Bean Bags, Footballs, Bowling Pin, Jars, Cans, Chalk, 6 playground balls

### Objectives

1. Demonstrate good sportsmanship when playing the warm up game.
2. Have fun.
3. Verbally describe the points to throwing the bean bag overhand and underhand.
4. Verbally describe the points to catching the ball.
5. Play Safely.

Activity	Time (Minutes)	Procedure	Comments/Set-up/ Diagram
Part 1: Warm Up	10	<p style="text-align: center;"><b>RUNNING BACK FRENZY</b></p> <p>Equipment: 1 flag for every student and 1 football for every two students.            Space: Field about the size of a basketball court            Objective: If you don't have a football, try to pull the flag of a player who does. If you do have a football, try to keep away from players who are trying to pull your flag.</p> <p>Have your students get into partners. "When I say go, get a flag and sit back to back with a partner." Once they have a partner, instruct one of the partners to go get a football and go back to sit with their partner. After they get the football and come back to their partner, tell them to give it to their partner!</p> <p>When the game begins, everyone without a football is going to try to grab the flag of someone with a football. If a player pulls your flag, you must give them your football. After you give up the football, put your flag back on and go grab someone's flag that has a football! You may not run after the person who took your football. You may not pull a football out of someone's hand. If someone drops the football, you must give it back to him or her, because the only way to get the football is to pull the flag off of someone who is carrying a football.</p>	
Part 2	5	<p>Verbally Review the points to throwing and catching.</p> <p><u>Underhand Throwing</u></p> <ol style="list-style-type: none"> <li>1. Where do your eyes look when you throw the beanbag at your target? (The target)</li> <li>2. What does your arm swing toward when you throw the beanbag at your target? (The target)</li> <li>3. What can your weak leg* do to help you throw be stronger and more accurate? (Step toward the target)</li> </ol> <p>*At this point it is important to make sure the students know what the difference between weak and strong side of the body is. Strong side is the preference side i.e. right handed or left-handed. Weak side is the side that's not so coordinated! This is also when you can discuss opposition, and why it is better to step with the weak foot.</p> <p><u>Overhand Throwing</u></p> <ol style="list-style-type: none"> <li>1. If you want the ball to go to your target, where should you look? (At the target)</li> <li>2. What should your throwing arm move towards as you throw the ball to your target? (Toward the target)</li> <li>3. Where should your weak foot step toward as you throw the ball to your target? (Toward the target)</li> <li>4. What can your shoulders and trunk do (explain what trunk is) to help give you more power and accuracy in your throw? (Rotate with the throw/step)</li> <li>5. In order to let your shoulders help with the throw, which side of your body has to start the throw facing the target? (The weak side)</li> <li>6. Which surface of your body finishes the throw facing the target? (The front surface)</li> <li>7. How can you change how high or low you throw the ball? (Let go sooner/higher if you want the ball to go higher, and let go later/lower if you want the ball to go lower)</li> </ol>	

Catching

1. Where do your eyes look when you are catching the ball? (At the ball) How should you hold your hands so the ball will fall into them? (Like a basket to catch ball in, under the path of the ball)
2. When the ball hits your hands, what can you do to help the ball stay in your hands? (Close them around the ball)
3. If the ball isn't falling down right to you, what will you have to do if you want to catch it? (Move to where the ball is falling, and place your hands under the path of the ball)

Part 3

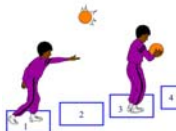
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**I will have 12 stations set up. The students will spend one minute at each station.**

1. Throw the ball up into the air and catch it when it comes back down. See if you can stay inside the hoop while you do it.



2. Throw the ball up in the air, starting inside box number 1 and try to catch it inside box number 2, 3, and 4.



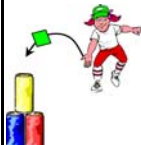
3. Throw the ball so that it goes through the hoop or into the hoop that is clipped to the fence.



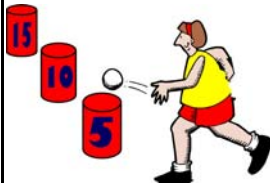
4. Throw the ball so that it knocks the jars down.



5. Throw the ball so that it knocks the cans down.



6. Throw the ball so that it lands in the bucket.



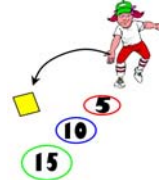
7. Throw the ball so that it lands inside the net.



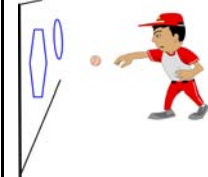
8. Throw the ball and knock as many of the pins down as you can.



9. Throw the ball so that it lands inside the hoop on the ground.



10. Throw the ball so that it hits inside the shape drawn on the wall.



11. Choose one of the rings inside the net to try to throw the ball inside.



12. Throw the ball so that it lands inside the marker.

