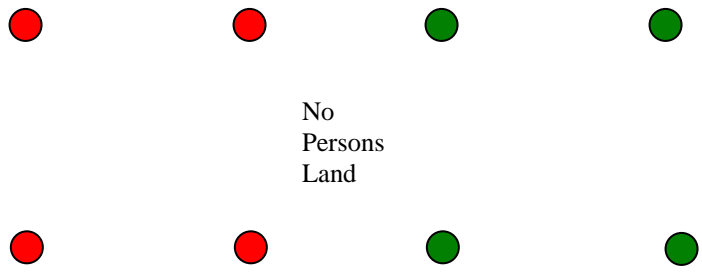


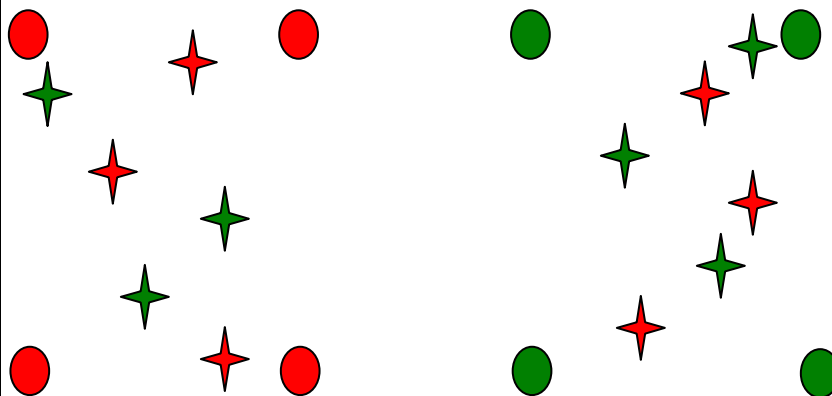
LEVEL	UNIT	LESSON Number 2	EQUIPMENT
First Grade	Flag Football	Throwing and Catching with a Partner	Footballs, flags, Markers, Bean Bags

Objectives

1. Play catch and the game “Interception” safely and fairly with their teams.
2. Have fun.
3. Verbally describe the points to throwing a ball to their partner.
4. Verbally describe the points to catching a ball thrown from their partner.

Activity	Time (Minutes)	Procedure	Comments/Set-up/Diagram
Part 1 Warm Up	10	Warm up with the flag game “Running Back Frenzy.”	
Part 2 Throwing and Catching with a Partner	10	<p>Students get a partner and practice throwing and catching. Review the points of throwing and catching. <i>USE ROUND BALLS OR BEAN BAGS FOR THIS AND THE REST OF THE LESSON ACTIVITIES.</i></p> <p>Guided discovery questions:</p> <ol style="list-style-type: none"> 1. When you want the ball to go out to your partner, what direction does the weight of your body move as you throw the ball to your partner? (Toward your partner.) 2. What do you look at as you throw the ball to your partner? (Your Partner) 3. What is your palm facing as you release the ball when you are throwing it to your partner? (Your Partner) 4. What do you look at as you are trying to catch the ball that your partner throws? (Look at the ball) 5. When the ball is not coming directly to you, what should you do, or how should you position your body in order to have the best chance to catch it? (Get behind the ball) 	As the students are working, I will walk around, asking individuals the answers to the questions. When I see that most of the students are able to answer the question I will stop the class and ask the group what they have found out. I will make a point of calling on the students that I know have found out the correct answer.
Part 3 Practice throwing and catching.	8	<p><u>INTERCEPTION</u></p> <p>Two teams of 6 or less. This will work with the six flag colors each being their own team. Two colors will play on each field. You will need three fields, or equipment to set up three fields.</p> <p>The fields should consist of Two squares with a space in between. Each team will need to have eight field markers, four of each flag color. The space in between the two squares is called “No-Person Land”.</p> 	

The teams will divide up by putting half their team on one side of the field (red) and the other half will go to the opposite side (green). This means there will be three of each team on each side. No one is allowed to play in no-person's land.



Begin with four balls or bean bags per game. Each team should begin with two of the balls. They do not need to be on the same side of the field. On the signal go, the players with the ball will attempt to pass it to a teammate who is in the other zone. The object is to catch a pass from your teammate. Your team will win one point for every pass that they catch from your own teammate. You can try to keep the other team from scoring by either batting the ball away from them or catching a pass from the other team. If you catch the ball from the other team you do not score a point. You can however pass the ball to one of your teammates on the other side and score a point if they catch it!

You may not touch another player or cause the ball to go out of bounds. If you touch another player while you are blocking them or the ball, you must let them get a free pass (no one blocking the thrower) to their team on the other side. If you cause a ball to go out of bounds, or touch the ball last, before it goes out of bounds, you must let the other team throw the ball into their own teammates from out of bounds. They may not score a point if they throw it to the other side to bring it in from out of bounds.

Closure	2	Review the points of throwing to a partner.	
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