

Level	Unit	Lesson Number 3	Equipment
First Grade	Football	Dodging Review	Flags and Field Markers, control cones, station cards, music, stereo, 18 playground balls, 6 hoops

### Objectives

1. Play Safe
2. Verbally answer the questions regarding dodging
3. Have fun.
4. Successfully dodge around their partner at least one time during the lesson.

Activity	Time (Minutes)	Procedure	Comments/Set-up/Diagram
Part 1 Warm Up	15	<p>Set up a circuit of twelve stations that include 3 cardiovascular activities and 3 strength activities and 6 ball handling cards. I will use the fitness music which has 1 minute segments to gauge the time and also for indicating when to switch to new stations.</p> <p>Stations: Jumping Jacks, Ski Jumps, Jump Rope, Sit ups, Push ups, Step ups, Underhand/Overhand Throw to target, Bounce-clap and catch, Toss-touch a body part and catch, Toss-Travel and catch, Toss or Bounce-Turn around and catch, Toss or Bounce-you pick a trick and catch.</p>	Using the control cones and three of each fitness card and six ball handling cards that are either easy to explain, or I have already taught. Have the balls (3 of each) in hoops at the ball handling stations. Be sure to remind the students to put the balls carefully inside the hoops when they move to the next station.
Part 2: Dodging	5	<p><b>This is all review so the process can be done quickly.</b></p> <p>Dodging:            “When I say go, get a field marker and find a partner to sit back to back with.”            Once everyone is partnered up I will give them their action task.            “When I say go, you and your partner will place your two markers about as far apart as the two I have already set up. One of you will start at either one of the cones, and the other partner will stand right in front of you, between you and the other marker. You are going to try to run to the other cone. Your partner, without touching you is going to try to stay in your way and not let you get to the other cone. While you are running to the marker, you cannot touch your partner either. After you have a try at running to the marker, switch places with your partner and be the blocker. Remember, neither person can touch each other. Ready, Go.”</p> <p>After watching them play, I will begin the Guided Discovery questions.</p> <ol style="list-style-type: none"> <li>1. What can you do with your body to get around the defense? (you can move from side to side, stop and then go, move forward and then backward, trying to fool them into going the wrong way.)</li> <li>2. What can you do with your eyes to help you get around the defense? (You can look one way, but go the other way.)</li> <li>3. What can you do with your arms or legs to get around the defense? (Move them in one direction while you go the other way.)</li> </ol> <p>When you are trying to get around the defense, that is called dodging!</p>	<p>I will place two markers about 15-20 feet apart to use as an example of how I want the individual stations set up.</p> <p>While the partners are playing, I will walk around to the groups, reminding them of the task, not to touch each other and praising them for the great job they are doing.</p> <p>At some point I am also going to tell them about the fact that the person running to the cone is the offense, and the person blocking them is the defense.</p> <p>I will allow the students enough time to work on the questions, both having a turn at offense, before I stop and ask them the answer. I will also walk around to the partners asking them individually what they are doing to get around their partner.</p>
Part 3 Practice	8	<p>“When I say go, you and your partner put away your markers and get a flag. Once you have a flag, sit together in a working space.” Once they are in an own space, I will explain how to play the game “Dodger”.</p> <ol style="list-style-type: none"> <li>1. When the game begins, you will try to get your partner’s flag, and they are going to try to get yours, at the same time! Stay in your working space, and watch out for other sets of partners who are playing the game. If you get your partner’s flag, give it back to them, let them put it on and then when you are both ready, begin again.</li> <li>2. After the partners have had a few minutes to play the game, I will encourage them to find other partners to play against. Once you get your partner’s flag twice, switch partners.</li> </ol>	
Closure	2	<p>What did you do with your body to try to dodge the defense? Great job today everyone!</p>	