

LEVEL	UNIT	LESSON Number 2	EQUIPMENT
Second Grade	Flag Football	FOOTBALL THROW	Football, Hoops, Chalk, Flags

Objectives

1. Throw the football accurately to their partner three times in a row.
2. Catch a football thrown from a partner at least three times in a row.
3. Have fun.
4. Play safely.
5. Verbally describe the steps to throwing and catching a football.
6. Play fair.

Activity	Time (Minutes)	Procedure	Comments/Set-up/Diagram
Part 1	8	<p><u>Flag Football Tag</u></p> <p>Field: At least the size of a basketball court up to as big as a football field! Objective: For the defense to pull the flags of the ball carriers before they reach the goal line. The offense will receive a touchdown for each player that crosses the line without having his or her flag pulled.</p> <p>Set up three fields and choose two colors to play on each field. One team, the Offense, begins on the start line with a ball for each player. The other team, the defense, begins spread out on the field. When the signal is given, the offense tries to run with their football to the opposite side of the field without getting their flag pulled. If a defensive player pulls their flag, you must give your football to the player that pulled the belt and they will go to the start line. Once all the players have either made a touchdown or have had their belt pulled, the teams switch rolls to allow each team turns to be offense and defense. Have the players keep their own score.</p> <p>Remember:</p> <ul style="list-style-type: none"> • No Contact, even when pulling the flags. • No blocking your flags. • Play safely, watching to avoid hurting yourself or another player. <p>Variations: Strategy run. Have the ball carrying team devise a plan. Example-Send two runners as decoys down one sideline, when the defense goes after these two players, the remaining runners escape down the other sideline.</p>	
Part 2	15	<p>Be sure to TEACH the skill, either command or questions. Give each student his or her own ball, along with a hoop or chalk to make a target. Throw at a wall or fence individually.</p> <p>Throwing the football:</p> <ol style="list-style-type: none"> 1. What do you look at as you are throwing the football toward your target? (The target) 2. Which surface of your body faces the target as you begin your throw to the target? (The weak side of your body) 3. What can your weak leg do to help assist your throw? (Step toward the target) 4. As you are throwing the ball, what should your shoulders and trunk do to help your throw? (Rotate to with throw toward the target) 5. When you finish your throw what surface of your body is facing the target? (The front surface) 6. Where on the football should your fingers grip to get the best hold on the ball as you throw it? (Slightly behind the middle, fingers on the laces, thumb wrapped around the other side.) 7. Where should your fingers be pointing as you are releasing the 	As your students are working on the questions, walk around and discuss the answers with individuals. When you find enough students know the correct answer, you can stop the class and discuss the answers. It is best to choose students who you know have figured out the answers and then discuss the reasons for the students who had not completely figured it out yet.

		<p>football? (Toward the target)</p> <ol style="list-style-type: none"> 8. Where should the palm of your hand be pointing as you release the football? (Sideways away from the target.) 9. What can you do with your wrist to help get more spiral on the ball as you release it? (Snap the wrist downward on follow through as the ball leaves your hand.) <p>When I say go, get a partner and put one hoop and one football away. Find an own space where you and your partner can practice throwing and catching the football. Be sure when you set up to throw, one partner should be facing the school and the other partner should be facing the fence. (These directions should use specific land marks that cause the class to all throw in the same direction, so that you do not have cross throwing.)</p> <ol style="list-style-type: none"> 1. What do you look at as you are catching the ball? (The ball) 2. If the ball is lower than your waist, how should you position your hands and where should your fingers be pointing when you catch the ball? (Cradle hands/basket so that fingers are spread out and pointing downward, little fingers together.) 3. If the ball is above your waist how should you position your hands and where should your fingers be pointing when you catch the ball? (Spread fingers, fingers pointing up, and thumbs together.) 4. As the ball falls into the cradle/basket that you are making with your hands, what can you do to help absorb the impact of the ball and keep the ball from popping out of your hands? (Give or move with the direction of the ball as it drops into your hands. You can use elbows, wrists and knees to draw the ball toward the body as it falls into your hands.) 5. After you catch the ball, it is important to protect it from falling out or being knocked out by another player. What can you do to protect the ball after you catch it? (Tuck it into your body protected by the body and two arms cradled over the ball.) 	<p>After you are sure your class has a good concept of throwing and catching the football you can move onto part three.</p>
Part 3	5	<p>STARS</p> <p>Pass the ball to your partner, counting each time you catch a pass. Every time you catch the ball three times in a row, you get one letter from the word STARS. If you and your partner spell the word Stars then you are the stars of the game!</p> <p>Once you and your partner have spelled STARS find another set of partners who have also finished and play the game with your new partner.</p> <p>If time allows, find another partner. See how many players you can be a star with!</p>	
Closure	2	<p>What are the points to throwing a football? Catching a football? Have a great day. Be sure to get some water before you go back to class.</p>	