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**24-25 Lesson Plan Template Teacher: Westside PE Dept. Subject: Flag Football**

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| **Week of:**  **DATE Week 1** | **Monday** | **Tuesday** | **Wed./Thurs.** | **Friday** |
| **TEKS** | 116.64.1.A  116.64.1.C | 116.64.c.1.A  116.64.C.1.B | 116.64.c.1.E  116.64.c.1.3.5 | 116.64.c.2  116.64.c.1.3.5.a |
| **Learning Objective** | SWBAT: Understand the basic rules and objectives of flag football. | SWBAT: Develop fundamental passing and catching skills. | SWBAT: Improve defensive skills, including flag pulling and positioning | SWBAT: Learn basic offensive strategies and routes |
| **Higher Order Thinking Questions** | How do the rules of flag football compare to those of traditional tackle football? What impact do these differences have on gameplay strategies? | How can you adjust your passing technique to account for different weather conditions, such as wind or rain? | What are the key factors that determine the effectiveness of a flag pull? How do positioning and timing influence this? | How can understanding a defender's position help you choose the best route to run during a game? |
| **Agenda** | Activities:    - Overview of the game’s rules and field layout.    - Basic drills on flag pulling and the importance of flags | Activities:    - Drills focusing on proper throwing technique.    - Partner catching drills and catching under pressure | Activities:    - Practice flag pulling techniques.    - Defensive drills emphasizing positioning and reaction. | Activities:    - Introduction to common offensive plays and route running.    - Drills focusing on executing routes and timing. |
| **Demonstration of Learning** | Flag Pulling: Have students perform flag pulling drills against a defender to show their technique and timing. | Passing and Catching Drill: Set up stations where students demonstrate their ability to accurately pass and catch the ball, both stationary and while moving | Offensive and Defensive Plays: Students execute designed offensive and defensive plays. Emphasize teamwork, route running, and flag pulling techniques. | Game Situations: Simulate different game scenarios (e.g., last-minute plays, 2-minute drills) to assess how students adapt their strategies under pressure. |
| **Intervention & Extension** | One-on-One Coaching: Offer personalized feedback and hands-on guidance to address individual difficulties. | Simplify drills or adjust the complexity to help students gradually build confidence and competence. | Provide extra drills focusing on specific skills that students find challenging, such as passing accuracy or flag pulling. | Use slow-motion videos or detailed demonstrations to show correct techniques. |
| **Resources** | "Flag Football Fundamentals" by American Football Coaches Association:\*\* Provides a comprehensive overview of flag football rules, techniques, and strategies. | USA Football: Offers training videos, drills, and coaching tips for flag football. [USA Football Flag Football](<https://usafootball.com/>) | Flag Football University: Features instructional videos on drills, strategies, and game techniques. | Football Tutorials: Offers detailed video guides and tips on playing and coaching flag football. |