

# ROCK PORT HIGH SCHOOL PHYSICAL EDUCATION

<b>2012-2013</b>		
<b>UNIT PLAN: BOYS TEAM SPORTS</b>		
<b>Day 1: Indoor Football Games</b>	<b>Day 3: "Ultimate" Ball or Frisbee</b>	<b>Day 5: Basketball or Class Choice</b>
<p><b><u>Unit: INTRODUCTION :</u></b></p> <ul style="list-style-type: none"> <li>• Warm-Up</li> <li>• Skill Practice: Throwing, catching</li> </ul> <p><b><u>INSTRUCTION:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive/Defensive situations</li> <li>• Offensive/Defensive Strategy</li> </ul> <p><b><u>Game:</u></b></p> <ul style="list-style-type: none"> <li>• Bombs Away-passing to basket</li> <li>• End Zone Football</li> <li>• Flickerball-football/basketball</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-Up</li> <li>• Skill Practice: Passing, Catching, Running</li> </ul> <p><b><u>INSTRUCTION:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive/Defensive tactics</li> <li>• Keep-Away</li> <li>• Small Sided (6v6) games, implementing day's instruction</li> <li>• Game of "Ultimate"</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-Up</li> <li>• Skill Practice: Shooting, Passing, Dribbling</li> </ul> <p><b><u>INSTRUCTION:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive/Defensive tactics</li> <li>• Utilization of support players</li> </ul> <p>Game- Basketball Small Sided games implementing day's instruction Game- Choice of previous activities</p>
<b>Day 2: Team Handball</b>	<b>Day 4: Kicking Games</b>	<b>Assessment:</b>
<ul style="list-style-type: none"> <li>• Warm-Up</li> <li>• Skill Practice: Passing, Catching, Dribbling, Shooting</li> </ul> <p><b><u>INSTRUCTION:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive/Defensive tactics</li> <li>• Utilization of support players</li> <li>• Small Sided (6v6) games, implementing day's instruction</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-Up</li> <li>• Skill Practice: Passing, Dribbling, Shooting</li> </ul> <p><b><u>INSTRUCTION:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive/Defensive tactics</li> <li>• Utilization of support players</li> <li>• Soccer Game- Endline Soccer, Sideline Soccer, or Indoor Soccer</li> <li>• Kickball Game</li> <li>• Games implementing day's instruction</li> </ul>	<p><b><u>Quiz: (8)</u></b></p> <ul style="list-style-type: none"> <li>• Day 5</li> </ul> <p><b><u>Skill Assessments: (16)</u></b></p> <ul style="list-style-type: none"> <li>• Offensive Skills</li> <li>• Defensive skills</li> <li>• Sporting Skills</li> <li>• Awareness Skills</li> </ul> <p><b><u>Strategy &amp; Application: (6)</u></b></p>