

RPHS PHYSICAL EDUCATION		
UNIT PLAN: FOOTBALL		
Day 1:	Day 3:	Day 5:
<ul style="list-style-type: none"> ◆ Attendance ◆ Intro to unit/procedures: ◆ Intro to day's objectives ◆ Fitness components/warm-up ◆ Stance, Start, Cadence ◆ Partner Pass & Catch (10-15 yds.) ◆ Partner Pass Patterns: hitch, slant, square out and in, Chair, fly. ◆ 3 on 3 passing game ◆ Touch Football Game- Rules, teams of 6-8 players. ◆ Closure 	<ul style="list-style-type: none"> ◆ Attendance ◆ Days objectives ◆ Review Sheets ◆ Warm-up- DB man tech., stretch ◆ Review Throwing, Catching, Patterns ◆ Team Practice- Trick Plays ◆ Assessments: Skill assessments ◆ Game Play ◆ Day Closure 	<ul style="list-style-type: none"> ◆ Attendance ◆ Days objectives ◆ Team Warm-up/Practice ◆ Team Mtgs. ◆ Tournament finals ◆ Assessments: Final Teacher assessments ◆ Unit Closure
Day 2:	Day 4:	Assessment:
<ul style="list-style-type: none"> ◆ Attendance ◆ Day's objectives ◆ Warm-up- Ball-carrying, Stretch ◆ Drills- 1.Blocking- run, pass 2.Pass Progression- 10-40yds. 3.New Patterns-Curl, Post, Flag ◆ Team Practice- 2 Run&2 Pass plays ◆ Touch Football Games- Rules Rev. 	<ul style="list-style-type: none"> ◆ Attendance ◆ Day's objectives ◆ Quiz ◆ Warm-up- jog, stretch, skill practice ◆ Round Robin Tournament ◆ Assessments: Teacher assessments- strategy/application <ul style="list-style-type: none"> ○ Day Closure 	<p><u>SKILL ASSESSMENTS:</u></p> <ul style="list-style-type: none"> ○ Passing ○ Catching ○ Route Running ○ Off/ Def Skills ○ Skill Application ○ Strategy ○ Unit Test