

ROCK PORT HIGH SCHOOL PHYSICAL EDUCATION

2012-2013		
UNIT PLAN: TEAM SPORTS II		
Day 1: Basketball	Day 3: "Ultimate" Ball or Frisbee	Day 5: Football
<ul style="list-style-type: none"> • Warm-up • Skill Practice: Shooting, Passing, Dribbling <p><u>INSTRUCTION:</u></p> <ul style="list-style-type: none"> • Offensive/Defensive tactics • Utilization of support players <p>Game- Basketball Small Sided games implementing day's instruction <i>Game- Full Court</i></p>	<ul style="list-style-type: none"> • Warm-Up • Skill Practice: Passing, Catching, Running <p><u>INSTRUCTION:</u></p> <ul style="list-style-type: none"> • Offensive/Defensive tactics • Keep-Away • Small Sided (6v6) games, implementing day's instruction • Game of "Ultimate" 	<p>Warm-up Skill Practice: Passing, Catching, Patterns Football 21 (Passing Game)</p> <p>Razzle-Dazzle Football</p> <p>Touch Football</p>
Day 2: Team Handball	Day 4: Kicking Games	Assessment:
<ul style="list-style-type: none"> • Warm-Up • Skill Practice: Passing, Catching, Dribbling, Shooting <p><u>INSTRUCTION:</u></p> <ul style="list-style-type: none"> • Offensive/Defensive tactics • Utilization of support players • Small Sided (6v6) games, implementing day's instruction 	<ul style="list-style-type: none"> • Warm-Up • Skill Practice: Passing, Dribbling, Shooting <p><u>INSTRUCTION:</u></p> <ul style="list-style-type: none"> • Offensive/Defensive tactics • Utilization of support players • Soccer Game- Endline Soccer, Sideline Soccer, or Indoor Soccer • Kickball Game • Games implementing day's instruction 	<p><u>Quiz: (8)</u></p> <ul style="list-style-type: none"> • Day 5 <p><u>Skill Assessments: (16)</u></p> <ul style="list-style-type: none"> • Offensive Skills • Defensive skills • Sporting Skills • Awareness Skills <p><u>Strategy & Application: (6)</u></p>