



## MODULE OVERVIEW

### ABOUT THIS MODULE:

Flag football is one of the fastest growing sports for youth, especially girls. This module introduces students to flag football focusing on fundamental skills, teamwork, strategy, and leadership. Activities combine skill development with leadership and communication skills through a dynamic and supportive environment where all students can thrive.

Development of specific skills and strategies that involve passing, receiving, flag pulling, and defending are targeted learning outcomes. This module provides lead-up activities and small-sided games aimed at developing the movement concepts, movement patterns, and strategic knowledge commonly associated with flag football.

In addition, the activities within this module develop and reinforce responsible behaviors, while introducing strategies and skills that require leadership, communication, teamwork and cooperation in order to be successful. All participants are given the opportunity to explore the movement concepts in a fun and engaging environment where everyone can feel successful.

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## PRIORITY OUTCOMES:

### Etiquette:

- Demonstrates knowledge of rules and etiquette by self-officiating modified physical activities or games.
- Identifies the rules and etiquette for physical activities/games and dance activities.

### Locomotor Skills:

- Combines locomotor skills with movement concepts in dance, fitness, and sport environments.

### Movement Concepts:

- Creates open space to create an advantage or with a specific purpose in dance, fitness, and sports activities.
- Closes space to create an advantage or with a specific purpose in dance, fitness, and sports activities.
- Analyzes movement and activity situations and makes adjustments with a specific purpose or to create a strategic advantage.

### Social Interaction:

- Demonstrates respect for self and others in activities and games by following the rules, encouraging others, and playing within the spirit of the game or activity.
- Demonstrates the importance of social interaction by helping and encouraging others, avoiding trash talk, and providing support to classmates.

### Working with Others:

- Accepts differences among classmates in physical development, maturation, and varying skill levels by providing encouragement and positive feedback.

## SUGGESTED BLOCK PLAN

Lesson #	Activities	Suggested Academic Language
1	<b>Instant Activity:</b> Toss 3 <b>Flag Football Focus:</b> Pass and Chase	Etiquette, Teamwork, Leadership, Pass, Chase, Flee, Agility
2	<b>Instant Activity:</b> 1v1 Flag Tag <b>Flag Football Focus:</b> Touchdown Run	Encourage, Support, Offense, Defense
3	<b>Instant Activity:</b> Pass and Chase <b>Flag Football Focus:</b> 4 Down Frenzy	Interception, Communication, Close Space, Advantage
4	<b>Instant Activity:</b> Catch and Score <b>Flag Football Focus:</b> 4 Down Football	Quarterback, Receiver, Create Space, Strategy
5	<b>Flag Football Focus:</b> Royal Field	Purpose, Integrity, Cooperation, Enthusiasm