



4 DOWN FRENZY

STUDENT TARGETS

- **Skill:** I will demonstrate defensive strategies and tactics for flag football.
- **Cognitive:** I will identify the importance of closing space when on defense.
- **Fitness:** I will stay actively engaged and show quick transitions from offense to defense.
- **Personal & Social Responsibility:** I will use positive language to encourage my teammates.

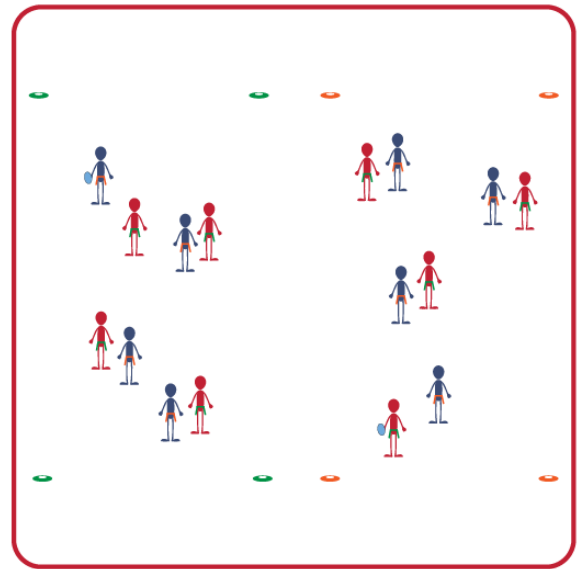
EQUIPMENT & SET-UP

Equipment:

- 1 football per group of 8 (or other tossable object)
- 4 cones per group of 8
- 1 flag belt per student

Set-Up:

- Create teams of 4 students. Each student wears a flag belt.
- Assign two teams and a football (or tossable object of their choice) to each activity space.
- Each activity space should use 4 cones for corner boundaries in approximately a 10 yard field (40' x 20' rectangle).



ACTIVITY PROCEDURES

1. Today's activity is called 4 Down Frenzy. The object of this game is to score more points than the other team.
2. Points are earned by completing 4 consecutive passes. In order to complete the pass, the person must catch and control the ball. Decide which team will start on offense. Each person on the defense will decide who they are guarding.
3. The offense will attempt to complete 4 passes while moving around the activity space. When the offense completes its first pass, they yell, "First down!" Then, "Second down!" on their second pass and so on. On their fourth completion, they yell, "Touchdown!" Teams score 7 points for each "Touchdown" they score.
4. The defense will attempt to knock down or intercept the passes. The defense can also pull the flag of the person with the ball.
5. Students who have the ball can move with it, but no more than 5 steps.
6. Teams will switch roles from offense to defense if:
 - A "Touchdown" is scored.
 - The ball hits the ground.
 - The offense takes the ball out of bounds.
 - The defense intercepts it.
 - The runner with the ball gets their flag pulled.

GRADE LEVEL PROGRESSION

- **Grade 6:** Play without flag belts. Teams are identified with pinnies and tag instead of pulling flags.
- **Grades 7 & 8:** Play as described above.

TEACHING CUES

- **Cue 1:** Communicate with your teammates using positive language.
- **Cue 2:** Shadow offensive players to deny space and evade defenders to create space.



4 DOWN FRENZY (continued...)

UNIVERSAL DESIGN FOR LEARNING

- **UDL 1:** Allow students to use tossable objects of different sizes, colors, weights, and textures.
- **UDL 2:** Decrease the size of the activity space if needed.
- **UDL 3:** Use peer partners as needed.
- **UDL 4:** Provide verbal cues and visual demonstrations for each challenge.

ACADEMIC LANGUAGE

Catch, Interception, Defend, Encourage, Advantage

PRIORITY OUTCOMES

Movement Concepts:

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

DEBRIEF QUESTIONS

- **DOK 1:** What does it mean to close space when on defense?
- **DOK 2:** How could closing space give your team a strategic advantage?
- **DOK 3:** If the defense was successfully closing space and you were on offense, what are some strategies you would use to create open space for yourself or your teammates?