



FLAG FOOTBALL: ROYAL FIELD

STUDENT TARGETS

- **Skill:** I will demonstrate a variety of Flag Football skills during small-sided games.
- **Cognitive:** I will identify offensive and defensive strategies needed for team success.
- **Fitness:** I will remain focused and actively engaged before, during, and after each game.
- **Personal & Social Responsibility:** I will demonstrate respect for myself and my classmates by following the rules of the game and encouraging others.

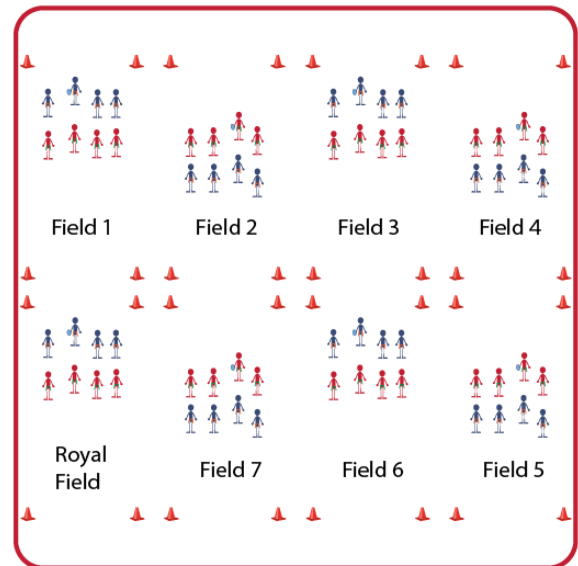
EQUIPMENT & SET-UP

Equipment:

- 1 field per 8 students
- 1 football per 8 students (or any tossable object that can be used)
- 1 flag per student
- Boundary cones for each field/end zone

Set-Up:

- Create enough fields so entire class can play.
- Number each field, with field 1 as the starting field and the highest number field as the “Royal Field.”
- Pair students in groups of 4 and send 2 groups to each field space. If you have more teams than fields, you can have a team waiting to rotate into field 1. They can use that time to plan and prepare as a team.



ACTIVITY PROCEDURES

1. This activity is called Flag Football Royal Field. This tournament will be a way to practice our skills and have fun with our friends.
2. The goal of today’s tournament is to compete with a positive attitude and to work your way to the Royal Field, while your team accumulates as many points as possible. We’ll play 5-minute games that use the rules from 4 Down Football. (*Teacher Note: See 4 Down Football Activity Plan for game rules*).
3. The winner of each game will earn 1 point for their team and move up one field. The losing team will move down one field and will not earn any points for that round. Each group needs to keep track of their points after each game. Before we begin, each team will have 5 minutes to strategize together.
4. On the start signal, you will play an opposing team for 5 minutes. The winner will move up 1 field toward the Royal Field. The winner on the Royal Field will stay and defend their position. The team that loses the game will move 1 field away from the Royal Field. The team that loses on field 1 will stay and try again. If the score is tied on any field when the 5-minute time expires, play Rock, Paper, Scissors to determine the winner.
5. We will continue to play until time runs out. The team who earned the most points and ended on the Royal Field will be the overall winners!

GRADE LEVEL PROGRESSION

- **Grade 6:** Pair students of similar skill levels and skip the royal field rotation. Instead, rotate students with a focus on setting them up for challenge, success, and fun.
- **Grades 7 & 8:** Play as described above.

TEACHING CUES

- **Cue 1:** Apply the Flag Football skills and strategies we have practiced.
- **Cue 2:** Help and encourage others by demonstrating kindness and using supportive language.
- **Cue 3:** Play with purpose but have fun!



FLAG FOOTBALL: ROYAL FIELD (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

Purpose, Rotation, Integrity, Cooperation, Enthusiasm

PRIORITY OUTCOMES

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.

Etiquette:

- Demonstrates knowledge of rules and etiquette by self-officiating modified physical activities/games.

DEBRIEF QUESTIONS

- **DOK 1:** What is integrity?
- **DOK 2:** Why is integrity important in physical activity or competitive settings?
- **DOK 3:** How is integrity related to the enjoyment of everyone playing a game of Flag Football?