



LOOK IT IN

STUDENT TARGETS

- **Skill:** I will demonstrate accurate throwing and catching techniques.
- **Cognitive:** I will identify ways to show integrity during the activity.
- **Fitness:** I will remain focused and actively engaged during the activity.
- **Personal & Social Responsibility:** I will demonstrate respect for myself and my classmates by following the rules of the game and encouraging others.

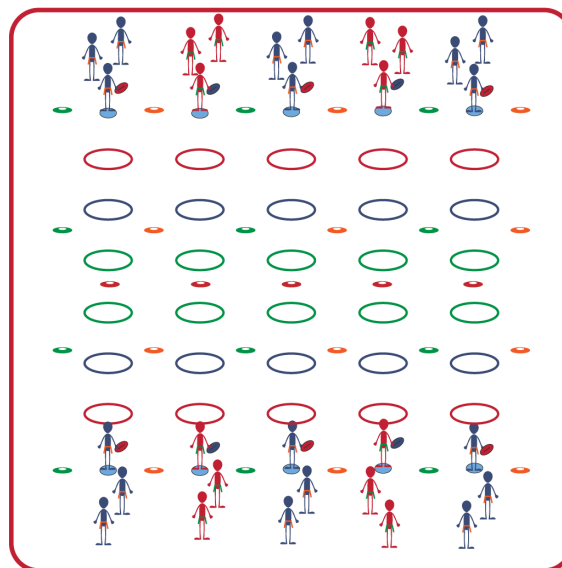
EQUIPMENT & SET-UP

Equipment:

- 3 flat hula hoops per group of 3 students
- 1 foam football (or any tossable object) per group of 3 students
- 1 spot marker per group of 3 students

Set-Up:

- Along each sideline, create 2 parallel lines with spot markers. Line up 3 flat hoops in a straight line in front of each spot marker that are 3-5 yards apart.
- Use low profile cones to separate each team's zone.
- Create groups of 3. 1 group begins at each spot marker. Decide who will begin as the Quarterback.



ACTIVITY PROCEDURES

1. This activity is called Look It In. The object of this activity is to complete passes between a Quarterback and a Receiver at a variety of distances.
2. You will begin with the Quarterback on the spot marker and Receivers standing next to them on the end line. The Quarterback will have a foam football. The Receivers will begin next to the spot marker facing the hoops.
3. On the start signal, the Quarterback will say "Down, Set, Hut" to let the first receiver know when to move. The Receiver will move and choose to stand in hoop 1, 2, or 3 depending on how far away they want to be from the Quarterback. Once the Receiver is inside a hoop (facing the Quarterback), the Quarterback will throw the ball to them. If the ball is caught with two feet inside a hoop, the team collects 3 points. If the ball is caught with one foot inside a hoop, the team collects 2 points. If the ball is caught, but the Receiver does not have any feet inside a hoop, the team collects 1 point. If the ball is not caught at all, the team will not collect any points for that play.
4. You will rotate the Quarterback and Receiver positions after each play. The Quarterback will become the Receiver, the Receiver will now wait for their turn, and the teammate who was waiting will now become the Quarterback. Receiver cannot begin their route until the new Quarterback has the ball and says "Down, Set, Hut".
5. After a 3-5 minute game, we will add up all of the points for each team. The team with the most points wins that game. The person who was the Quarterback on the last play before the stop signal will rotate one zone to their right before we play another game.

GRADE LEVEL PROGRESSION

- **Grade 3:** Play as described above. Allow students to choose what object is used by their group.
- **Grades 4 & 5:** Increase the distance between the Quarterback and the hoops.

TEACHING CUES

- **Cue 1:** Receivers will "look it in" when catching the ball by watching it all the way into their hands.
- **Cue 2:** Quarterback will make sure the Receiver is looking at them and is ready to receive the ball.



LOOK IT IN (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

Rotation, Integrity, Cooperation, Enthusiasm

PRIORITY OUTCOMES

Manipulative Skills:

- Combines locomotor and manipulative skills using mature patterns for accuracy and control in static and dynamic environments.

Etiquette:

- Exhibits etiquette and adherence to rules in a variety of physical activities.

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?