

ASD Academic Plan

Physical Education: Flag Football

Grade Level: 9-12 grade	Course Description: The purpose of this course is to introduce students to the basic skills and knowledge associated with flag football. By applying these principles through active participation, students develop the necessary skills and knowledge to play flag football. In addition, this course provides students with opportunities to improve physical fitness, acquire knowledge of fitness concepts and practice positive personal and social skills. Students will gain an understanding of how a wellness lifestyle affects one's health, fitness and physical performance.
Length: Semester	
Prerequisites: None	
Repeatable for additional credits: Unlimited	

Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
Understand basic flag football rules, terminology, and safety concerns.	Understand basic flag football scoring and officiating procedures.
Demonstrate the basic flag football skills of passing, three point stance, catching, blocking, hand-offs, punting, the carry and kicking.	Successfully participates in skill improvement and offensive game strategies.
Demonstrate the ability to perform individual offensive and defensive skills and strategies.	Consistently responds defensively to the opponent's play.
Demonstrate the ability to perform team offensive and defensive skills and strategies.	Demonstrate proper etiquette and good sportsmanship.
Understand and apply the knowledge of basic rules of flag football.	Develop an awareness of community resources and opportunities related to flag football.
Demonstrate proper etiquette and good sportsmanship.	Demonstrate an understanding of health-related fitness components: muscular strength, muscular endurance, and stress management.
	Assess current personal fitness levels.
	Identify the major muscle groups and their application to flag football.
	Improve personal fitness through participation in yoga, Pilates, muscular strength, muscular endurance, and flexibility activities.
	Assess flag football in terms of fitness value.
	Identify and apply injury prevention principles related to aerobic activities.
	Understand and correctly apply biomechanical and physiological principles related to exercise and training.
	Demonstrate an understanding of health problems associated with inadequate fitness levels.
	Demonstrate an understanding of sound nutritional practices as related to health and physical fitness.