

We are currently in our Flag Football unit:

Middle school:

- Develop & refine motor skills & movement patterns as they relate to flag football
- Understand & apply concepts and strategies that will enhance student success in flag football
- Achieve & maintain a health-enhancing level of physical fitness
- Exhibit responsible personal & social behavior
- Recognize the value of physical activity for health, enjoyment, challenge & social interaction.

Skills:

- Throwing/Passing
- Catching
- Route Running
- Defense
- Ball carrying

K-5th:

This unit will focus specifically on developing, refining and mastering the following motor skills and movement patterns as they relate to flag football:

- Running
- Jumping
- Throwing/catching
- Carrying a football

Movement Patterns:

- Forward
- Backward
- Zigzag
- Curved
- High level
- Low level