

Football

Time Allocation

All physical education classes will meet five times per week (HS) and two times per week (MS) with an approximate teaching time of thirty minutes. Time spent on skills is dependent upon the skill level. The middle school grades will spend more time on skill development. The high school grades will be put in game situations. We are going on the premise that the skills needed in any given activity has been learned as tenth graders. This will show the physical education staff to sharpen skills of the older students and develop an appreciation of sport.

3. Blocking

3.1 Emphasize safety. The blocker must keep feet in contact with the ground.

4. Passing

4.1 Pass a football to a partner with proper form and release.

4.2 Pass a football to a partner with some degree of accuracy.

4.3 Pass to a receiver.

- a. Bottom hook pattern
- b. Curl in and out
- c. Side line and up pattern
- d. Fly pattern
- e. Post pattern
- f. Flag pattern

4.4 Take a snap from center, deep back to pass to a receiver running one of the before mentioned patterns.

5. Receiving

5.1 Receive a passed football from a partner using proper hand position.

5.2 Be able to catch a pass running the following patterns.

- a. Button hook
- b. Curl in and out
- c. Side line and up
- d. Fly pattern
- e. Post pattern
- f. Flag pattern

6. Tagging

6.1 Given a playing field the student will be able to tag the ball with average proficiency.