

LESSON PLAN: GAMES - FLAG FOOTBALL: YEAR 5/6: WEEK 1

LESSON OBJECTIVE: To be able to correctly demonstrate and describe cues for carrying a football while moving and pulling an opponent's flag off.

WARM UP (10/15 MINS) Flag Tag:

- Each pupil puts on a flag belt and joins the game.
- The object of the game is to not get your flags pulled. When a flag is pulled; the student must hold it in their hand and remain playing until their second flag is pulled.
- When a student's second flag is pulled, they must stand still and try to pull the flags of other students running by. **Everyone is "it."**

TASK ONE (15/20 MINS) Snake Run:

- Pupils divided into groups of 4 and placed at the start of a series of zigzagged cones, and at each cone.
- One student will run through the series of cones demonstrating the correct skills for carrying a football while the other students will be positioned at each cone and try to swipe the football from the carrier as they go by.

Challenge: Ask pupils to carry two balls at the same time.

TASK TWO (15/20 MINS) Team Touchdown:

- Divide the pupils into teams of four on opposite sides of playing area.
- Each team wears a different colour flag.
- The object is to run with the football into the other teams' territory and place the football into their end zones (hula-hoops) scoring a touchdown. When in the opponents' territory, they can pull the students' flag.
- When a student's flag is pulled, he/she must give the ball to the opposing team and return to his or her own side.

EVALUATION (5/10 MINS) Skill Recap & Check for Understanding:

- Refer back to objectives and ask pupils to verbally repeat the cues for correct ball-carrying & flag pulling. Also ask for an answers to the essential questions.

EQUIPMENT

- Mini American footballs
- Hula hoops
- Tags

ESSENTIAL QUESTIONS

- Why is it important to cover both tips of the football?
- What can I do to make it easier to pull off the opponents flag?

KEYWORDS/PHRASES

- Eyes on hips
- Stay low, stay square
- Reach for the hip
- Outside hand (away from defence)
- Tuck to the chest

DIFFERENTIATION/HOMEWORK

MORE ABLE

Only give the student one swipe at the ball as their teammate passes by

Make different levels of hula-hoops and assign point values

LESS ABLE

Use Larger balls during task one

Distance of cones to be further away from each other

Allow children to hold ball for three seconds before being tagged

INCLUSION: TA/Support staff to support those less able children when working in groups.

For access to all lesson plans please contact
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Lesson activities can also be found on our
YouTube channel

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