

Secondary Instruction Sequence 7th Grade

Week	Day 1	Day 2	Day 3	Day 4	Day 5
1 Flag Football Overview - History (handout) Passing Catching Blocking	History -Handout Intro to Passing Technique Partner Passing Drill Passing Receiving Drill Personal Social: Best Effort/ Teamwork	Review -History -Passing Intro to Catching Technique -Above the waist -Below the waist Passing Receiving Drill Star Partner Passing Personal Social: Best Effort/ Teamwork	Review -Passing -Catching Intro to Blocking Technique Guarding Passing Receiving Drill Personal Social: Best Effort/ Teamwork	Review -Catching -Blocking Intro to Kicking Technique Punting Drill Personal Social: Best Effort/ Teamwork	Review -History -Blocking -Kicking Football Speedball Homerun Football Personal Social: Best Effort/ Teamwork
2 Flag Football Review Week 1 Rules (handout) Defense Offense	Partner Passing Drill Star Guarding Passing Receiving Drill Personal Social: Best Effort/ Teamwork	Intro to Defense Technique -Stance -Footwork -Hand Position Guarding Passing Receiving Drill Personal Social: Best Effort/ Teamwork	Review Defense Intro to Offense Technique -Plays and Strategies Personal Social: Best Effort/ Teamwork	Review Offense Review Defense Intro to Rules (handout) Discussion Personal Social: Best Effort/ Teamwork	Review Rules Discussion/Review 6 on 6 Practice Game Personal Social: Best Effort/ Teamwork

<p>3 Flag Football Testing Tournament</p>	<p>Skills Test -Passing</p> <p>6 on 6</p> <p>Personal Social: Best Effort/ Teamwork</p>	<p>Skills Test -Catching</p> <p>6 on 6</p> <p>Personal Social: Best Effort/ Teamwork</p>	<p>Skills Test -Blocking</p> <p>6 on 6</p> <p>Personal Social: Best Effort/ Teamwork</p>	<p>Skills Test -Kicking</p> <p>6 on 6</p> <p>Personal Social: Best Effort/ Teamwork</p>	<p>Written Test</p> <p>Personal Social: Best Effort</p>
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