

4th Grade

Football Instructional Sequence

<p><i>Day 1</i> Skill: catching(above and below), throwing</p> <p>Concept: form, terminology, safety Activities: throwing and catching with a partner, one step Personal-Social: 1, 2, 3</p>	<p><i>Day 2</i> Skill: catching and throwing, snapping</p> <p>Concept: form, terminology, safety Activities: stations five minutes each Personal-Social:1, 2, 3</p>
<p><i>Day 3</i> Skill: catching, throwing, snapping, punting</p> <p>Concept: technique, form, safety, Activities: stations Personal-Social:1, 2, 3</p>	<p><i>Day 4</i> Skill: catching, throwing, running, dodging</p> <p>Concept: terminology, rules, safety Activities: four passes Personal-Social:1, 2, 3</p>
<p><i>Day 5</i> Skill: catching, throwing, running, dodging</p> <p>Concept: rules, safety, terminology, Activities: four passes, intro air force Personal-Social:1, 2, 3</p>	<p><i>Day 6</i> Skill: catching, throwing, running, dodging</p> <p>Concept: terminology, rules, safety Activities: air force football Personal-Social:1, 2, 3</p>