COURSE TITLE: FOOTBALL

COURSE NUMBERS: 2572

DEPARTMENT: Physical Education

PRE-REQUISITE: None

CO-REQUISITE: 9th Grade must be co-enrolled in core 9 PE

LENGTH OF COURSE: One semester

SEMESTER PERIODS OF CREDIT: Five

GRADE LEVEL(S): 9-12

DATE ADOPTED: 1990

Meets EUHSD Elective Credit (May Satisfy EUHSD Physical Education Requirement According to EUHSD Board Policy)

COURSE DESCRIPTION: Football class will increase strength, size, and speed of individuals needing to be in competitive football program.
## COURSE UNITS/TOPICS

AND

## SUGGESTED PACING GUIDE

### FOOTBALL

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I. WEIGHT TRAINING

1.0 (Goal) To develop strength, size and speed needed to be competitive in football program.

1.1 (Objective) Students will increase strength, size and speed by following prescribed workouts for four basic lifts – bench, military, squats and power clean.

   1.1.1 PI: Students will demonstrate proper technique to complete the four basic lifts.

ESSENTIAL

   1.1.2 PI: Students will be able to perform repetitions of the four basic lifts.

EXPECTED

   1.1.3 PI: Students will be able to perform repetitions of the four basic lifts three times weekly. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

Students will be organized into groups of three. Groups will be assigned to one of the four basic lifting areas (stations). Class time will be divided into four equal time slots. Students will be rotated through all four stations during exercise time.

II. SPEED RUNNING DEVELOPMENT

2.0 (Goal) To increase running speed of students.

2.1 (Objective) Students will be able to perform running drills which will aid in development of speed.

   2.1.1 PI: Students will perform basic running form in 40 yard dash. ESSENTIAL

   2.1.2 PI: Students will perform basic running form while training uphill, downhill, stadium steps and stride lines. EXPECTED

   2.1.3 PI: Students will perform 40 yard dash in quicker time. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

Instructor will time students in 40 yard dash

III. FILM EVALUATION

3.0 (Goal) To break down and analyze football game film.
3.1 (Objective) Students will become knowledgeable of film analysis to better their own performance and better prepare for opponents.

3.1.1 PI: Students will be able to identify from film offensive and defensive positions and alignments. **ESSENTIAL**

3.1.2 PI: Students will be able to identify proper and improper technique of one’s particular position and suggest corrections. **EXPECTED**

3.1.3 PI: Students will be able to identify opponents’ techniques and assignments to better prepare themselves for game situations. **EXTENDED**

**SAMPLE INSTRUCTIONAL ACTIVITY**

Students will watch game films from high school games and verbally identify positions.

**IV. CATCHING**

4.0 (Goal) Students will develop the ability of catching a thrown football properly.

4.1 (Objective) Students will be able to demonstrate proper catching technique.

4.1.1 PI: Students will perform basic catching skills. **ESSENTIAL**

4.1.2 PI: Students will perform catching skills while moving. **EXPECTED**

4.1.3 PI: Students will perform catching skills vs. defender. **EXTENDED**

**SAMPLE INSTRUCTIONAL ACTIVITY**

Students will line up to an opposite partner and throw the ball back and forth.
V. THROWING

5.0 (Goal) Students will develop the ability to throw a football properly.

5.1 (Objective) Students will be able to perform the proper throwing motion to compete in a football class.

   5.1.1 PI: Students will demonstrate the proper grip and throwing motion.

ESSENTIAL

   5.1.2 PI: Students will demonstrate proper grip and throwing motion while throwing to a moving receiver. EXPECTED

   5.1.3 PI: Students will take center position, run to certain area and while running, make a decision as to whom to throw to or when to run. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

Students will line up to an opposite partner and throw the ball to each other.

VI. BLOCKING

6.0 (Goal) Students will develop the knowledge and ability to perform a proper blocking technique.

6.1 (Objective) Students will be able to demonstrate the proper technique needed to perform a block.

   6.1.1 PI: Students will move from basic position stance and alignment to point of attack. ESSENTIAL

   6.1.2 PI: Students will perform basic blocking techniques. EXPECTED

   6.1.3 PI: Students will perform blocking techniques in conjunction with a complete offensive play. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

Students will match up with a partner and mirror their movements and perform blocking skills.

VII. KICKING

7.0 (Goal) Students will develop the proper method of punting a football.

7.1 (Objective) Students will be able to demonstrate the proper skills needed in punting a football.
7.1.1 PI: Students will demonstrate the proper footwork and release necessary prior to punting a football. **ESSENTIAL**

7.1.2 PI: Students will demonstrate the proper footwork, release and follow through it. **EXPECTED**

7.1.3 PI: Students will demonstrate the ability to punt a football to different spots on the football field. **EXTENDED**

**SAMPLE INSTRUCTIONAL ACTIVITY**

Students will pair up with a partner and kick the ball back and forth with proper technique.

**VIII. PERFORMING PASS ROUTES**

8.0 (Goal) Students will develop the ability and understanding of running pass routes.

8.1 (Objective) Students will show an understanding and ability to perform some basic pass routes.

8.1.1 PI: Students will demonstrate the ability to change direction while running. **ESSENTIAL**

8.1.2 PI: Students will demonstrate various individual pass routes. **EXPECTED**

8.1.3 PI: Students will demonstrate various pass routes. **EXTENDED**

**SAMPLE INSTRUCTIONAL ACTIVITY**

Students will get into proper stance and run an assigned pass route.

**IX. FORMATIONS**

9.0 (Goal) Students will develop the knowledge of various formations used in football.

9.1 (Objective) Students will be able to demonstrate knowledge of various formations used in football.

9.1.1 PI: Students will identify basic formations used in football. **ESSENTIAL**

9.1.2 PI: Students will identify basic formations and the use of motion. **EXPECTED**

9.1.3 PI: Students will identify the effects various offensive formations have on defenses. **EXTENDED**

**SAMPLE INSTRUCTIONAL ACTIVITY**

Written/oral exam demonstrating knowledge of various formations.
X. OFFENSIVE PLAYS – TOSS, SWEEP, REVERSE, PASS, PLAY ACTION ROLL OUT

10.0 (Goal) Students will develop knowledge and the skills needed to execute various offensive football plays.

10.1 (Objective) Students will be able to demonstrate the skills needed to execute basic offensive football plays.

10.1.1 PI: Students will be able to organize a team into an offensive formation to execute a play. **ESSENTIAL**

10.1.2 PI: Students will be able to organize a team into an offensive formation and teach that team to execute a football play. **EXPECTED**

10.1.3 PI: Students will be able to organize a team to run an offensive play against a particular defense. **EXTENDED**

**SAMPLE INSTRUCTIONAL ACTIVITY**

Each student will organize at least one play for their team during the competition period.

XI. BASE DEFENSE

11.0 (Goal) Students will develop a knowledge of basic defense used in football.

11.1 (Objective) Students will identify the components (positions) of a basic defense.

11.1.1 PI: Students will be able to organize a team into a proper defensive alignment. **ESSENTIAL**

11.1.2 PI: Students will be able to organize a team to react properly to an offensive play. **EXPECTED**

11.1.3 PI: Students will be able to change a defense according to an offensive set. **EXTENDED**

**SAMPLE INSTRUCTIONAL ACTIVITY**

Each student will organize his/her team for one defensive play during competition period.