

(created by Jason Shantz, 2006)

COURSE: TACKLE FOOTBALL (elective class)

INSTRUCTOR: Jason Shantz

GRADE: 6<sup>TH</sup> Grade

AREA: Upper Football Field

SCHOOL PHONE: 952.988.3677

ROOM HOURS: 8am to 3:30pm M-F or by appointment

E-MAIL: [JSHANTZ@BLAKESCHOOL.ORG](mailto:JSHANTZ@BLAKESCHOOL.ORG)

RESOURCES:

1. [http://en.wikipedia.org/wiki/American\\_football](http://en.wikipedia.org/wiki/American_football)
2. <http://www.wbs.cs.tu-berlin.de/user/tiny/fhistory.html>
3. <http://www.sportsknowhow.com/football/index.html>

COURSE DESCRIPTION:

Fundamentals of football will be covered in this class, including: throwing, catching, kicking, blocking, tackling, instruction in game rules, positioning, offensive and defensive strategies. An interclass scrimmage will be played between the two class periods at the end of the unit.

SPECIFIC STUDENT COMPETENCIES:

The course activities, experiences, assignments and sequences are intend to provide opportunities for class members to accomplish the following:

STUDENTS WILL:

1. Develop positive attitudes and concepts about the need for implementing recreational and competitive activities into their lives.
2. Identify key terms and its relationship to the game.
3. Demonstrate knowledge and understanding of the game of football.
4. Exercise specific kinesthetic movements in relation to the sport of football.
5. Research a multicultural aspect of the history of football.

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TENATIVE CLASS SCHEDULE:

(based on a 16 day section)

Day 1	Introduction to football, class procedures, safety guidelines, grading policy, length of course, history of the game, parent permission slip and pre-test for knowledge.
Day 2	Introduction to equipment and distribution of equipment.
Day 3	Introduction to equipment and distribution of equipment.
Day 4	Mandatory form tackling drills. (Walk through), catching form, footwork and pre-test for skills.
Day 5	Live tackling drills (one on one), blocking form (walk through), passing form and footwork.
Day 6	Live tackling drills, live blocking drills, handoff drill.
Day 7	Offensive alignments, strategies, and players.
Day 8	Offensive alignments, strategies and players.
Day 9	Defensive alignments, strategies, and players.
Day 10	Defensive alignments, strategies, and players.
Day 11	Offensive play execution and review all drills.
Day 12	Offensive play execution and review all drills, Exam.
Day 13	Offensive play execution and review all drills.
Day 14	Offensive play execution and review all drills, Post test on skills.
Day 15	Review defensive alignments and responsibilities.
Day 16	Interclass scrimmage.

COURSE EVALUATION:

Affective Behavior	1/3 of your grade
Knowledge	1/3 of your grade
Skill Improvement	1/3 of your grade

GRADING SCALE:

(Refer to Blake student handbook)

ACADEMIC DISHONESTY:

(Refer to Blake student handbook)

