

Structured Recess Flag Football

Summary

Opportunity to play flag football with structured rules.

Group Size

Small Groups

Life Skills

Thinking & Reasoning, Communication, Social & Civic Responsibility

Materials

Cones to mark boundaries, flags for participants, soft footballs

Student Prior Knowledge

How to throw properly, catch properly and communicate with others.

Intended Learning Outcomes

The students should be able to gain a knowledge of basic football rules and how to be courteous of others. They will be able to participate in a group activity and realize others abilities may be different than theirs.

Instructional Procedures

Establish the boundaries of your playing field. For this activity you will probably want to make it fairly small.

Divide the class into groups of no more than 6.

(The opportunities are greater and the crowd is smaller if you keep the teams small.)

Each team is given four downs, no more. If they score before those four downs, the other team receives the ball.

When a flag is pulled, the person who has the flag yells GOTCHA, so everyone knows that the play has ended.

Rotate your teams every five minutes or so.

Normal football rules apply.

Strategies for Diverse Learners

Give people who need more space, time to actually catch the ball, before going to pull their flag. Do not defend at all until they catch it.

Authors

[TIMOTHY BEST](#)