**Unit: Football**

**Basic Skills**

1. Passing
2. Catching
3. Route running
4. Offensive/ Defensive skills- including positions
5. Positive sportsmanship/ team communication

**Basic Game Information:**

OFFENSIVE RULES (IHS PE rules):

* The offensive team must have a center snap the ball
* The offense has 4 plays to score either by passing or running
* Handoffs and laterals are legal
* All players are eligible to catch a pass

DEFENSIVE RULES:

* The defense must have one defensive lineman who is responsible for pass rushing
* Once ball is handed off, all defensive players may rush pass the LOS (line of scrimmage)
* Teams are allowed one blitz per 4 downs

**Field/ Positions:** see Positions at Line of Scrimmage sheet

**Assessment could be any combination of the following:**

1. Written test
2. Visual observation of student game play (assessing student understanding of rules)
3. Basic skills test

**Resources:**

* CA State PE Standards <http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf>
* History of Football <http://inventors.about.com/od/fstartinventions/a/HistoryFootball.htm>
* Pac 10 Football <http://www.pac-10.org/Sports/Football.aspx>