

UNIT PLAN

Capture The Flag UNIT	Grade Level
Length of unit: Two Weeks Written By: Steve Nikodym	<input checked="" type="checkbox"/> 7 th Graders <input checked="" type="checkbox"/> 8 th Graders <input checked="" type="checkbox"/> 9 th Graders

Educational Objectives & Standards	
Unit Objectives	State Standards
1. To demonstrate understanding of rules of game	5PA-E3PO1, 5PA-E4PO1
2. To work together as a team	1PA-E2PO1, 5PA-E2PO2, 5PA-E3PO2, 5PA-E4PO1, 6PA-E2PO2
3. To demonstrate effective offensive strategy	1PA-E2PO1
4. To demonstrate effective defensive strategy	1PA-E2PO1
5. In game situations, demonstrate fair play	6PA-E2PO2, 5PA-E4PO1
6. To do several flexibility exercises correctly	4PA-E1PO1, 4PA-E2PO1
7. To do several muscular strength exercises correctly	4PA-E1PO1, 4PA-E2PO1
8. To demonstrate sport specific skills in general space and with a team.	1PA-E1PO2

Mastery Elements		
<ul style="list-style-type: none"> ◇ Rules of Play/Field of Play ◇ Position Play ◇ Evasive Moves ◇ 	<ul style="list-style-type: none"> ◇ Offensive Strategy ◇ Defensive Strategy ◇ Regulation Game Play ◇ 	<ul style="list-style-type: none"> ◇ Modified Game Play ◇ Advanced Game Play ◇ Infractions and Penalties ◇

Daily Overview

Week 1

Day 1

W.U. and Stretch
Introduction
Rules of Play
Field of Play

Day 2

W.U. and Stretch
Review Rules
Flag Pulling Game
Evasive Moves

Day 3

W.U. and Stretch
Pre-test / Practice
Game with Batons

Day 4

W.U. and Stretch
Regulation game with
Batons

Day 5

W.U. and Stretch
Regulation Game
with Batons and
Advanced Rules

Day 6

W.U. and Stretch
Regulation Game
with Footballs

Day 7

W.U. and Stretch
Regulation Game with
Footballs and Hand-
offs and/or Passing

Day 8

W.U. and Stretch
4-Way Capture The
Flag Game

Day 9

W.U. and Stretch
4-Way Capture the
Flag Game

Day 10

W.U. and Stretch
Written Exam

Week 2

Capture The Flag

Introduction:

Capture the Flag is a very active game and requires a great deal of running. Kids of all abilities enjoy the game and can be successful playing it. The game combines the evasive maneuvers of flag football with the fun of "sneaking" into the enemy's territory and "stealing" their batons (or footballs). Students can play any of three positions at any time and can invade enemy territory whenever they choose. The students referee their own games and learn to play using the "honor system".

Object of the Game:

The object of the game is to "sneak" into enemy territory and "steal" all of the enemy's objects (either batons or footballs). The first team to have all six items on the ground in your own team's "box" wins the game. Each player wears a flag belt and may pull an opponent's belt if they come into your territory. Anytime a player gets his flag belt pulled on the opponent's side of the field, he must go to "jail" More about this in a moment.

The Game:

Field/Equipment

1. The game can be played anywhere outdoors with reasonable open field space. You can mark off exact distances on a football field or use the outfield grass of a baseball or softball field.
2. The field must be divided in half, most often by 15-20 small, half cones, but there are no out-of-bounds lines per se.
3. You will need 10 other cones of some kind, 4 to mark each team's "box" and one for each team's "jail."
4. Every player needs a flag belt the same color as that of the rest of their team.
5. You will need six items total to use to capture. Track and Field batons work great and so do nerf footballs or regular footballs.

The Box

1. Each team has a "box" marked by four cones centered equidistant from the center dividing line. (The distance from the line is up to you). Three batons or footballs are placed inside each box.
2. An opponent who enters the box with his flag still on is considered safe for twenty seconds.
3. There is no diving, sliding, or physical contact allowed while trying to get into the box. The penalty for any infraction is that you are automatically sent to jail.
4. You may not leave the box, come right back in, and have the twenty seconds start over. Once you leave the box, you must cross the center dividing line into your own territory. You may then try to reach the opponent's box again.
5. Once inside the box, grab a baton or football and try to make it back across the center line safely. If you do, take it to your **OWN** team's box and place it in. If you get your flag pulled before you "steal" it, you must return the item to the opposing team **AND** go to jail.

6. You may have as many players in the box as there are items. If a player does not have an item to pick up, an opponent may enter the box and pull their flag. The game ends when all six items are in the box and **ON THE GROUND**. i.e. The game would not be over if one team had five batons but an enemy was in the box holding one.

Jail

1. "Jail" is marked by a single cone centered between the box and the center line and off to the right side of each team's field. (See Diagram)
2. If a player crosses the center safety line, he or she is fair game. If an opponent pulls their flag, he should hand it back to them so they can go to jail.
3. The first player sent to jail stands touching the cone and stretches toward the center line. Every player in jail after that stands feet to feet so that a long chain begins to form. ALL players can be rescued if a teammate comes across the line and high fives the first player in line. That is called a jail break. Players must make it back across the line or into the "box" or else risk being caught again.

Defense

1. There are three field positions on defense. The front line players stand near the center dividing line. Mid-field players are obviously halfway between the center line and the box. Box guards have the all important job of trying to limit the number of items taken and are the ones to count to twenty when an opponent enters the box.
2. After students have played for a day, we implement the "jail guard" as a defensive position. One player can guard the first jail bird in line, however, if he gets too close, the "jail" can actually pull the jail guards' flag and send him to his jail.
3. Once a team has a few players in jail, someone has to be courageous enough to try to rescue them. If a player can cross the line and high five the first in line, a jail break occurs. Some players designate themselves as the "jail breaker".

Infractions and Penalties

All of the following infractions result in automatically going to jail.

1. Flag guarding.
2. Diving, sliding, or bullying your way into the box.
3. Your flag belt falls off on **OPPONENTS** side.

Miscellaneous

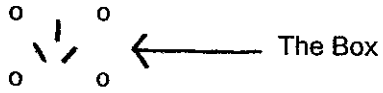
1. The Daydreaming Rule: Some students never want to cross the center line and actively participate. We incorporated a rule where you may reach across the center line as long as you keep one foot on your side and pull off a "daydreamer's" flag. This rule keeps everyone actively participating and attentive.
2. The Honor System: All students must play fairly and go to jail when caught. It can be very easy to cheat at this game. If cheating becomes a problem, we simply stop the game and begin an alternative fitness activity.

Advanced Rules

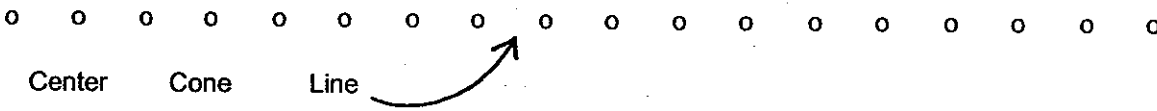
After learning and playing the basic game, we introduce some advanced rules.

1. Only allow two box guards. We give selected members a jersey to wear so the other team knows who they are.
2. Jail Guard. After learning how the jail works, it becomes too easy to get out of jail. A jail guarder helps.
3. Hand-offs and passing the football. When using this rule, you may toss or throw the football to a teammate before getting your flag pulled. If the pass is incomplete, the ball goes back in the box and the players must cross the center line before coming back.
4. 4-way. Divide the field in four quadrants (See Diagram) Team #1 wear red flags only and jail is on diagonal field. Team #2 wear blue flags with diagonal jail. Team #3 wear a red flag AND a red jersey or pinnie. Jail will have a red jersey on the cone. Team #4 wear a blue flag AND blue jersey or pinnie. Jail has a blue jersey on it. Only put **ONE** item in each box. The team that gets all four items in their own box wins. This is great for classes that need a challenge.

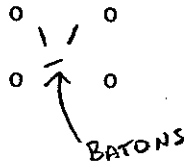




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The Jail → Δ



REGULATION GAME

DATE: _____ **EQUIPMENT:** Flag football flags, 10 cones, 6 batons, several mini-cones

UNIT: Capture The Flag **Day:** 1 of 10 **LOCATION:** Any field with space

STANDARDS: 5PA-E3PO1, 5PA-E4PO1, 4PA-E1PO1, 4PA-E2PO1

OBJECTIVE: Today we will begin a new unit, Capture the Flag. Students will be given an introduction/overview and play a five minute game on the field.

<p>Intro: 2 minute warm-up jog around a specified area.</p>	<p>Try not to walk if possible.</p>
<p>Fitness: Student led pre-determined stretching and strength exercises. i.e. jumping jacks, leg stretches, push-ups, crunches, arm circles, etc.</p>	<p>Students in squad formation with leaders.</p>
<p>Lesson Focus:</p> <ol style="list-style-type: none"> 1. Introduction – Object of the game. 2. Explain the field of play/boundaries. 3. Explain the center line rules and rules of “The Box”. 4. Explain rules of the Jail. 5. Safety concerns-competitive nature of the game. 6. If time, divide into two teams and play a 5 to 10 minute practice game. 	<p>Best done using a white board or chalk board – draw field of play and where the box and jail are located.</p> <p>“Daydreaming” Rule for students who don’t cross the line. Also, no diving, sliding, or bullying to get in the box.</p> <p>What happens when you get caught stealing something----you go to jail!</p> <p>Stop game frequently to correct and instruct.</p>
<p>Closure:</p> <p>Leave time for questions/answers.</p> <p>Dismiss to dress out.</p>	

DATE: _____ **EQUIPMENT:** Flag football flags, 10 cones, 6 batons, several mini-cones

UNIT: Capture The Flag **Day:** 2 of 10 **LOCATION:** Any field with space

STANDARDS: 5PA-E3PO1, 5PA-E4PO1, 4PA-E1PO1, 4PA-E2PO1

OBJECTIVE: Today we will continue our new unit, Capture the Flag. Students will demonstrate proper flag wearing procedure and evasive moves.

SCENARIO	CUES/PURPOSES/INSTRUCTIONS
<p>Intro: 2 minute warm-up jog around a specified area.</p>	<p>Try not to walk if possible.</p>
<p>Fitness: Student led pre-determined stretching and strength exercises. i.e. jumping jacks, leg stretches, push-ups, crunches, arm circles, etc.</p>	<p>Students in squad formation with leaders.</p>
<p>Lesson Focus:</p> <ol style="list-style-type: none"> 1. Demonstrate how to properly wear a flag belt. 2. Demonstrate flag guarding and that it will not be tolerated. 3. Demonstrate the three basic moves: speed run, zig-zag or "juke" move, and spin move. 4. Give flag belts to all students, check that they are wearing them correctly. 5. Demonstrate "Paper, rock, scissors" game. 6. Students find a partner, work on evasive moves during live game. 	<p>Two flags on each hip, one in the back.</p> <p>Also, mention tying of flag belt.</p> <p>Teacher starts all groups together. Winner of paper, rock, scissors chases the loser until getting their belt.</p> <p>Put belt back on, wait at center line for the next game.</p>
<p>Closure:</p> <p>Leave time for questions/answers.</p> <p>Dismiss to dress out.</p>	

DATE: _____ **EQUIPMENT:** Flag football flags, 10 cones, 6 batons, several mini-cones

UNIT: Capture The Flag **Day:** 4 of 10 **LOCATION:** Any field with space

STANDARDS: 1PA-E2PO1, 4PA-E1PO1, 4PA-E2PO1, 5PA-E3PO1, 5PA-E4PO1,

OBJECTIVE: Today we will play a modified game of Capture the Flag. Students will be given an opportunity to apply and practice skills gained to date.

Intro: 2 minute warm-up jog around a specified area.	Try not to walk if possible.
Fitness: Student led pre-determined stretching and strength exercises. i.e. jumping jacks, leg stretches, push-ups, crunches, arm circles, etc.	Students in squad formation with leaders.
Lesson Focus: Intro to Capture the Flag – 4th day. A. Regulation game or games of Capture the Flag. B. Divide teams evenly. C. Play until all six batons are ON THE GROUND. D. Correct, answer questions, then start a new game	Teams may have any number of players guarding the box today – team decides. If game ends too quickly, you may make a one or two player “trade”. The longer the game, the more evenly matched the teams are. Some games may last the entire period. If this happens, the team with the most batons in the box and ON THE GROUND when the whistle blows is declared the winner.
Closure: Leave time for questions/answers. Dismiss to dress out.	

DATE: _____ **EQUIPMENT:** Flag football flags, 10 cones, 6 batons, several mini-cones, 4 colored pinnies.

UNIT: Capture The Flag **Day:** 5 of 10 **LOCATION:** Any field with space

STANDARDS: 1PA-E2PO1, 4PA-E1PO1, 4PA-E2PO1, 5PA-E3PO1, 5PA-E4PO1,

OBJECTIVE: Today we will play a modified game of Capture the Flag. Students will be given an opportunity to apply and practice skills gained to date.

CONTENT	TEACHER INSTRUCTIONS
<p>Intro: 2 minute warm-up jog around a specified area.</p>	<p>Try not to walk if possible.</p>
<p>Fitness: Student led pre-determined stretching and strength exercises. i.e. jumping jacks, leg stretches, push-ups, crunches, arm circles, etc.</p>	<p>Students in squad formation with leaders.</p>
<p>Lesson Focus:</p> <p>Advanced Capture the Flag</p> <p>A. Review rules for Advanced Capture the Flag game.</p> <ol style="list-style-type: none"> 1. Two box guarders only! (must wear pinnies) 2. Jail guarder for each team <p>B. Divide teams evenly.</p> <p>C. Play until all six batons are ON THE GROUND.</p> <p>D. Correct, answer questions, then start a new game</p>	<p>Pick two new players to be box guarders after each game. Jail guarder can get flag pulled if too close to the end of the "chain".</p> <p>Teacher will have to remind players of the three positions on the field: box guarder, mid-field, and front line.</p>
<p>Closure:</p> <p>Leave time for questions/answers.</p> <p>Dismiss to dress out.</p>	

DATE: _____ **EQUIPMENT:** Flag football flags, 10 cones, several mini-cones, 4 colored pinnies, 6 footballs- rubber or nerf.

UNIT: Capture The Flag **Day:** 6 of 10 **LOCATION:** Any field with space

STANDARDS: 1PA-E2PO1, 4PA-E1PO1, 4PA-E2PO1, 5PA-E3PO1, 5PA-E4PO1,

OBJECTIVE: Today we will play a modified game of Capture the Flag. Students will be given an opportunity to apply and practice skills gained to date.

<p>Intro: 2 minute warm-up jog around a specified area.</p>	<p>Try not to walk if possible.</p>
<p>Fitness: Student led pre-determined stretching and strength exercises. i.e. jumping jacks, leg stretches, push-ups, crunches, arm circles, etc.</p>	<p>Students in squad formation with leaders.</p>
<p>Lesson Focus:</p> <p>Capture The Flag using Footballs.</p> <p>A. No hand-offs or throwing of the footballs today. Must run with the ball only.</p> <p>B. Divide teams evenly</p> <p>C. Game play.</p> <p>D. Correct, answer questions, then start a new game</p>	<p>Pick two new players to be box guarders after each game.</p> <p>Jail guarder can get flag pulled if too close to the end of the "chain".</p> <p>Teacher will have to remind players of the three positions on the field: box guarder, mid-field, and front line.</p>
<p>Closure:</p> <p>Leave time for questions/answers.</p> <p>Dismiss to dress out.</p>	

DATE: _____ **EQUIPMENT:** Flag football flags, 10 cones, 6 footballs, several mini-cones, 4 colored pinnies.

UNIT: Capture The Flag **Day:** 7 of 10 **LOCATION:** Any field with space

STANDARDS: 1PA-E2PO1, 4PA-E1PO1, 4PA-E2PO1, 5PA-E3PO1, 5PA-E4PO1,

OBJECTIVE: Today we will play a modified game of Capture the Flag. Students will be given an opportunity to apply and practice skills gained to date.

<p>Intro: 2 minute warm-up jog around a specified area.</p>	<p>Try not to walk if possible.</p>
<p>Fitness: Student led pre-determined stretching and strength exercises. i.e. jumping jacks, leg stretches, push-ups, crunches, arm circles, etc.</p>	<p>Students in squad formation with leaders.</p>
<p>Lesson Focus:</p> <p>Capture the Flag with Hand-offs and Passing</p> <p>A. Introduce rules for hand-offs and passing:</p> <ol style="list-style-type: none"> 1. May hand ball off before getting flag pulled. 2. May throw a pass before getting flag pulled. 3. May not pass from inside the box. 4. Must cross center line before going back to box for another football. 5. Any incomplete pass must be returned to the box. <p>B. Divide teams evenly.</p> <p>C. Game play.</p>	
<p>Closure:</p> <p>Leave time for questions/answers.</p> <p>Dismiss to dress out.</p>	

DATE: _____ **EQUIPMENT:** Flag football flags, 20 cones, several mini-cones, two different colored jerseys or pinnies that match the color of the flag belts, 4 batons.

UNIT: Capture The Flag **Day:** 8 of 10 **LOCATION:** Any field with space

STANDARDS: 1PA-E2PO1, 4PA-E1PO1, 4PA-E2PO1, 5PA-E3PO1, 5PA-E4PO1,

OBJECTIVE: Today we will play a modified game of Capture the Flag. Students will be given an opportunity to apply and practice skills gained to date.

<p>Intro: 2 minute warm-up jog around a specified area.</p>	<p>INSTRUCTIONS Try not to walk if possible.</p>
<p>Fitness: Student led pre-determined stretching and strength exercises. i.e. jumping jacks, leg stretches, push-ups, crunches, arm circles, etc.</p>	<p>Students in squad formation with leaders.</p>
<p>Lesson Focus:</p> <p>4 - Way Capture the Flag Introduction</p> <p>A. Introduce rules for 4 way Capture the Flag:</p> <ol style="list-style-type: none"> 1. See map (included in packet) for setting up field of play. 2. Each team has one baton per box. 3. Game is much more strategic. 4. An entire team may become trapped in jail. Another team MAY elect to get the out if they choose. <p>B. Divide into 4 even teams.</p> <p>C. Practice Game</p>	<ol style="list-style-type: none"> 1. Each team's jail is diagonal to their own field. 2. You may pull the flag of ANY team that comes into your box. 3. Sometimes teams will let a team stay in jail the whole game, sometimes they'll help them get out, that is part of the strategy.
<p>Closure:</p> <p>Leave time for questions/answers.</p> <p>Dismiss to dress out.</p>	

DATE: _____ **EQUIPMENT:** Flag football flags, 20 cones, several mini-cones, two different colored jerseys or pinnies that match the color of the flag belts, 4 batons.

UNIT: Capture The Flag **Day:** 9 of 10 **LOCATION:** Any field with space

STANDARDS: 1PA-E2PO1, 4PA-E1PO1, 4PA-E2PO1, 5PA-E3PO1, 5PA-E4PO1,

OBJECTIVE: Today we will play a modified game of Capture the Flag. Students will be given an opportunity to apply and practice skills gained to date.

<p>Intro: 2 minute warm-up jog around a specified area.</p>	<p>Try not to walk if possible.</p>
<p>Fitness: Student led pre-determined stretching and strength exercises. i.e. jumping jacks, leg stretches, push-ups, crunches, arm circles, etc.</p>	<p>Students in squad formation with leaders.</p>
<p>Lesson Focus:</p> <p>4 - Way Capture the Flag Regulation Game</p> <p>A. Regulation Capture the Flag: B. Divide into 4 even teams. C. Practice Game or games.</p>	
<p>Closure:</p> <p>Leave time for questions/answers. Dismiss to dress out.</p>	

DATE: _____ **EQUIPMENT:** Flag football flags, 10 cones, several mini-cones, 6 batons.

UNIT: Capture The Flag **Day:** 10 of 10 **LOCATION:** Any field with space

STANDARDS: 1PA-E2PO1, 4PA-E1PO1, 4PA-E2PO1, 5PA-E3PO1, 5PA-E4PO1,

OBJECTIVE: All students will be given a written test. Upon completion of the test, we will play a regular game of Capture the Flag.

ACTIVITIES	EVALUATION/INSTRUCTIONS
Intro: 2 minute warm-up jog around a specified area.	Try not to walk if possible.
Fitness: Student led pre-determined stretching and strength exercises. i.e. jumping jacks, leg stretches, push-ups, crunches, arm circles, etc.	Students in squad formation with leaders.
Lesson Focus: Complete Written Test A. Regulation Capture the Flag: B. Divide into 2 even teams. C. Game play.	
Closure: Leave time for questions/answers. Dismiss to dress out.	

Name _____ Date _____ Per: _____

Capture The Flag Test

- (T) (F) 1. Knocking an opponents hand away while you are running is called "flag guarding".
- (T) (F) 2. You may stay in the other teams box for 15 seconds.
- (T) (F) 3. There are no out of bounds in Capture The Flag.
- (T) (F) 4. You may reach across the center line to pull an enemy's flag at any time.
- (T) (F) 5. You are not considered in jail unless you are touching the cone or forming a chain.
- (T) (F) 6. The "system" we play by where everyone is responsible to play fairly is called the "justice" system.
- (T) (F) 7. If your flag belt falls off on you own side during play, you may put it back on without penalty.
- (T) (F) 8. If your flag belt falls on the enemy's side during play, you may put it back on without penalty.
- (T) (F) 9. You may slide under a box guarder into the box as long as you don't injure anyone.
- (T) (F) 10. You are not allowed to fake or pretend you are in jail just to save someone when they get caught.

Name _____ Date _____ Per: _____

Capture The Flag Test

- ① (F) 1. Knocking an opponents hand away while you are running is called "flag guarding".
- (T) ② (F) 2. You may stay in the other teams box for 15 seconds. (20 SECONDS)
- (T) ③ (F) 3. There are no out of bounds in Capture The Flag.
- ④ (F) 4. You may reach across the center line to pull an enemy's flag at any time.
- ⑤ (F) 5. You are not considered in jail unless you are touching the cone or forming a chain.
- (T) ⑥ (F) 6. The "system" we play by where everyone is responsible to play fairly is called the "justice" system. (HONOR)
- ⑦ (F) 7. If your flag belt falls off on you own side during play, you may put it back on without penalty.
- (T) ⑧ (F) 8. If your flag belt falls on the enemy's side during play, you may put it back on without penalty. (JAIL)
- (T) ⑨ (F) 9. You may slide under a box guarder into the box as long as you don't injure anyone.
- ⑩ (F) 10. You are not allowed to fake or pretend you are in jail just to save someone when they get caught.