**Syllabus for the "Flag Rugby" course**

**一、Basic information of the course**

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| --- | --- | --- | --- |
| English name | Flag Football | Course code | PEED6031 |
| Nature of the course | Interdisciplinary electives | Target audience | Physical Education (Teacher Training) |
| Credits | 1.0 | Hours of school | 36 |
| Lead teacher | Liu Weidong | Date of revision | May 27, 2022 |
| Specify the textbook | Liu Weidong edited "Waist Flag Rugby", 2017 | | |

**二、 Course Objectives**

**(一) Overall objectives**

Flag Football is an interdisciplinary elective course. The overall goal to be achieved in the teaching of the course: through teaching, students can systematically grasp the basic theoretical knowledge, basic techniques and tactics and basic skills of the waist flag rugby course, have the ability to engage in the teaching of waist flag football in secondary schools, so that they can speak, do, teach, and write, and at the same time, they can master the general methods and means of carrying out school waist flag football activities and organizing waist flag football competitions, and have certain practical work ability and referee ability. Rugby is a teamwork project, in the teaching process can better cultivate students' collectivist spirit and unity and cooperation, tenacious struggle, civilization and discipline and other qualities and styles, and cultivate a good sense of confrontation and competition.

**(二) The course is divided into objectives**

Sub-goal 1: Guided by the core socialist values, with the focus on professional ideals, combined with the specific professional training goals of students, help students fully grasp the norms of teacher morality, and form educational feelings that integrate professional ideals and professional identity, teacher moral emotional cultivation and humanistic cultivation, and educational practice and student-loving experience.

Sub-goal 2: Proficiency in the basic knowledge and basic skills of the knowledge system of physical education and health disciplines, and proficiency in the teaching methods of physical education in primary and secondary schools and the learning methods of students. According to the school's characteristic sports projects, it can continuously improve its business level and adapt to the requirements of the school's sports work to carry out special courses. Master and use modern information technology means, skillfully use computer design teaching, have high teaching ability and teaching and research ability.

Sub-goal 3: Initially grasp the laws of students' cultivation education, and master the ways and methods for cultivating students' correct development. In educational practice, it is possible to independently organize community activities and main body education activities, and educate students on patriotism. Organically combine knowledge learning, ability development and ideological and moral cultivation to cultivate a civilized and healthy lifestyle that adapts to modern society.

**（三）The correspondence between the course objectives and the graduation requirements and course content**

**Table 1:The correspondence between the course objectives and the graduation requirements and course content**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Graduation requirements | | | Course objectives | Description of the correspondence |
| dimension  degree | | Secondary indicators | Indicator points |  |  |
| 1 Practice teacher morality | 1-1 Divisional Ethics Specification  1-2 educational feelings | 1-1-1 can practice the core values of socialism in the workplace, and has the political, ideological and emotional identity of socialism at the present stage of our country. | **Course sub-objective 1** | 1. Through the education of the basic theory, basic knowledge and basic skills of the waist flag rugby, combined with the core values of socialism, establish a correct world outlook, outlook on life and values for students.  2. Through the introduction of the development and evolution of the waist flag rugby sport and the introduction of famous athletes, students understand that it is the fundamental task of teachers to cultivate people with virtue, and they need to strictly abide by the code of professional ethics and become "four haves" teachers.  3. Through the teacher's self-noble personality cultivation, let students deeply understand the important role of teachers' words and deeds in guiding and shaping students' outlook on life, outlook on life and values.  4. By introducing the cultural heritage of waist flag football to students, cultivate students' humanistic heritage and unremitting spirit of scientific exploration.  5. Through the study of flag football, students can master certain general methods and means of carrying out school activities and organizing competitions, and cultivate students' innovative thinking. |
| 1-1-2 Establish a correct worldview, outlook on life and values. |
| 1-1-3 Take the Lide tree people as the fundamental task of teachers, strictly abide by the professional ethics code, and become a "four haves" teacher. |
| 1-1 Divisional Ethics Specification | 1-2-1 has a strong lifelong commitment to the cause of physical education in China, and recognizes the significance of the work of physical education teachers. |
| 1-2-2 Deeply understand the important role of teachers' words and deeds in guiding and shaping students' outlook on life, outlook on life and values. |
| 1-2-3 has a certain humanistic background and unremitting spirit of scientific exploration, full of love, respect for students, pay attention to the cultivation of students' excellent qualities and the cultivation of learning behavior, encourage innovative thinking, and become a guide for students. |
| **2 Learn to teach** | 2-1 subject literacy | 2-1-1 has the knowledge structure of orderly integration within the discipline and interdisciplinary related integration, proficient in the basic knowledge and basic skills of the knowledge system of physical education and health, and proficient in the teaching methods of primary and secondary school physical education and student learning methods. | **The course is divided into objective 2** | 1. Through the teaching of basic theoretical knowledge, basic techniques and tactics and basic skills of the waist flag rugby course, students have the ability to engage in the teaching of waist flag football in secondary schools, so that they can speak, do, teach and write.  2. Strengthen the proficiency of techniques and tactics, cultivate the breadth and depth of their own understanding of the sport, so as to continuously improve their business level and adapt to the requirements of the special curriculum of school sports work.  3. Combine online and offline flag rugby teaching, and make full use of the tools of the information age to better teach students. |
| 2-2 teaching ability | 2-2-1 can continuously improve their business level according to the school's characteristic sports projects, and adapt to the requirements of the school's sports work to carry out special courses. |
| 2-2-2 Master and use modern information technology means, skillfully use computer design teaching, have high teaching ability and teaching and research ability. |  |  |
| **3 Learn to educate people** | 3-1 comprehensive education | 3-1-1 Preliminary grasp of the rules of students' cultivation education, master the ways and methods of cultivating students' correct development. | **The course is divided into objective 3** | 1. Through scientific methods and correct flag rugby technical and tactical demonstrations, students can gradually master waist flag rugby.  2.Through the teaching of basic theories, basic knowledge and basic skills, students can be competent in teaching secondary school rugby courses and guiding extracurricular activities in educational practice.  3. Through teaching, cultivate students' collectivist spirit and the qualities and styles of unity and cooperation, tenacious struggle, civilization and discipline, and cultivate a good sense of confrontation and competition。 |
| 3-1-2 In educational practice, it can independently organize community activities and main body education activities to educate students in patriotism. |
| 3-1-3 organically combines knowledge learning, ability development and ideological and moral cultivation to cultivate a civilized and healthy lifestyle that adapts to modern society. |

**三、Teaching content**

**(一) Theoretical part**

**1. Basic overview of the sport of flag rugby**

**The basics**

(1) Overview of the sport of waist flag rugby

(2) Flag football sports culture

Thought Questions:

(1) Outline the basic laws, characteristics, origins and development of the sport of flag football

(2) Outline the connotation of flag football as a culture

**2. Analysis of basic techniques and tactical theories of flag football**

**Basic content:**

(1) The concept, role and classification of waist flag rugby skills and tactics

(2) The use of waist flag rugby skills and tactics

**Thought Questions:**

(1) The basic classification of the techniques and tactics of the waist flag rugby

(2) The application requirements of the main techniques and tactics of the waist flag rugby

**3. Teaching method of middle school waist flag rugby teaching materials**

**Basic content:**

(1) Principles and methods of flag football teaching in primary and secondary schools

(2) Design of middle school waist flag rugby teaching documents

**Thought Questions:**

(1) Outline the principles and methods of flag football teaching in secondary schools

(2) How to design documents for the teaching of flag rugby in secondary schools

**4. Flag rugby rules and referee law**

**Basic content:**

(1) The position of each referee (2) Fouls and their penalties (3) The division of labor and cooperation of the on-site referee (4) The basic requirements of the on-site referee

**Thought Questions:**

(1) Classification of major fouls in a flag football competition

(2) Division of labor and cooperation in the half-court area of the 4-a-side referee

**(二) Practice section**

**1. Basic technology:**

(1) Move:.

(2) Ball holding: The holding posture of the quarterback and the running forward.

(3) Passing: toss, pitch, snap, shotgun.

(4) Running catch: running short, medium, and deep routes for different position

(5) Special Agent Group skills: abandon kick, kick ball and return attack.

(6) Individual defense: defensive passing and defensive running ball.

**2. Basic tactics**

(1) Defensive tactical coordination: people staring at people and area defense.

(2) Offensive tactical coordination: passing and running ball.

**（三）Basic skills**

**1. Teaching competition and referee internship**

(1) Combine the technical and tactical teaching content to organize teaching competitions.

(2) Conduct on-site guidance through teaching competitions.

(3) Conduct on-site refereeing internship work through teaching competitions.

(4) Record desk internship work through teaching competitions.

Requirements: Basically able to organize teaching competitions and guide the competition, initially master the skills of the on-site referee and the working ability of the record table referee.

**2. Practice of flag rugby technique teaching**

(1) Waist flag rugby skills teaching steps and methods

(2) Problems that should be paid attention to in the teaching of waist flag rugby skills

**四、Allocation of school hours**

The teaching hours of the waist flag rugby general course were 36 hours, of which basic theoretical knowledge accounted for 22.2%, basic techniques and tactics accounted for 51.9%, basic skills and 18.5%, and assessment accounted for 7.4%. Among them, the teaching practice and assessment are simultaneous, and the referee practice and teaching competition are simultaneous.

Table 2: Specific content and allocation of credit hours for each project

|  |  |  |  |
| --- | --- | --- | --- |
| classify | numbering | Teaching content | Hours |
| reason  discuss  division  divide | 1 | Basic Introduction to the Sport of Flag Rugby | 1 |
| 2 | Theoretical analysis of the technical and tactical tactics of flag rugby | 1 |
| 3 | Flag rugby teaching in primary and secondary schools | 2 |
| 4 | Flag Rugby Rules and Referee Law | 2 |
| true  trample | 1 | Basic techniques of flag rugby | 10 |
| 2 | Flag rugby basic tactical coordination | 5 |
| 3 | Flag rugby teaching competition | 5 |
| division  divide | 1 | Referee internship | 5 |
| 2 | Flag rugby teaching practice | 10 |
|  | 1 | Practical assessment | 10 |

This course carries on the classroom instruction according to the curriculum ideological and political requirements.

**五、Textbooks and Bibliographies**

1、the essential smart football, Chris B. Brown, USA, 2012

2、Football Skills and Drills, (second edition), Tom Bass, HUMAN KINETICS,2012

3、COACHING FOOTBALL SUCCESSFULLY, ALLAN TRIMBLE, HUMAN KINETICS，2005

4. NFL Flag Rugby Primary School Stage Tutorial, http://www.nflchina.com/flag

5. NFL flag rugby middle school stage tutorial, http://www.nflchina.com/flag

**六、Teaching methods**

**(一) Explanation of the Model Law**

**1. Explanation**

The explanation should be concise, focused and purposeful. The explanation should adopt different methods according to the teaching task and the actual level of the students, be interesting and inspiring, and pay attention to the timing and effect of the explanation.

(1) The main content of the explanation

(2) Method of explanation

**2. Demonstration**

Demonstration dominates intuitive teaching, and demonstration should strive to be accurate, skilled, and highlight the characteristics of flag football. It can enable students to understand the image, structure, essentials and methods of the learned movements, and is the main means for students to obtain a summary of the movements through intuitive perceptual understanding.

(1) Complete demonstration

(2) Decomposition demonstration

(3) Demonstration surface and location

**(二) Practice method**

**1. Practice method**

Practice is the main method for students to master and improve their technical skills in flag football through repeated practice under the guidance of teachers. Imitation exercises, repetitive exercises, meditation exercises, etc. are often used in teaching.

(1) Imitation exercises

(2) Repeat the exercise

(3) Meditation exercises

**2. Practice format**

The forms of training organized by the flag rugby course are generally group exercises, group exercises and single exercises.

(1) Group practice

(2) Group exercises

**(三) Correcting errors**

Correcting mistakes is when teachers point out and help students correct them by pointing out the various mistakes that occur in the process of learning to master the movements. There are five commonly used correction methods.

1. Slow decomposition collar to do

2. Static consumption experience

3. Protection Help

4. Language prompts

5. Comparative analysis

When teachers correct mistakes, if they are common mistakes, they should be corrected collectively, and special mistakes should be corrected individually. At the same time, it is necessary to inspire students to analyze the causal relationship of wrong actions, and cultivate their ability to analyze problems and solve problems.

**(四) Evaluation method**

1 .Observation and questioning

2 .Spot checks and quizzes

3. teaching competitions

Teaching competitions are an important way to mobilize students' enthusiasm for learning flag football, cultivate their enthusiasm for practicing, and enable them to practice under the condition of "competition", learn from each other's strengths and exchange skills. Teaching competitions can be conducted in three formats: class, group and individual. Grading can be judged by a teacher or by a combination of student evaluation and teacher evaluation.

**七、Assessment methods and assessment methods**

**(一) Contents:**

There are two parts: technology and skills, 30% of which are technical and 70% of which are skills.

**(二) Method:**

Technical examinations use technical evaluation and standard attainment, with technical evaluation accounting for 60% and standardization accounting for 40%.

**(三) Technical evaluation content:**

1. Kick-off and passing 2. Run to catch the ball

**(四) Content and standards for meeting standards**

1. Pass after kick-off: accurately pass to the designated area within three seconds (short, medium and far targets)

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| standard | 100 points | 95 points | 90points | 85points | 80points | 75points | 70points | 65points | 60points |
| woman | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 1 |
| man | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 1 |

2. Running catch: Complete the designated route running catch within five seconds (five chances)

Excellent: familiar with the running route, the action standard, fast, complete the catch accurately;

Good: familiar with the route, the action is more standard, basically can receive the ball;

Passing: more familiar with the route, slow and not standardized, accidentally receiving the ball;

Fail: Unfamiliar with the route, irregular movements, unable to catch the ball.

Teaching skills assessment: classroom control and language use of teaching, students' exercise intensity in the classroom, mastery of techniques and tactics, student feedback and interaction with teachers and students. There are four levels: excellent, good, passing and failing.