

SUPER BOWL

PREDICTIONS

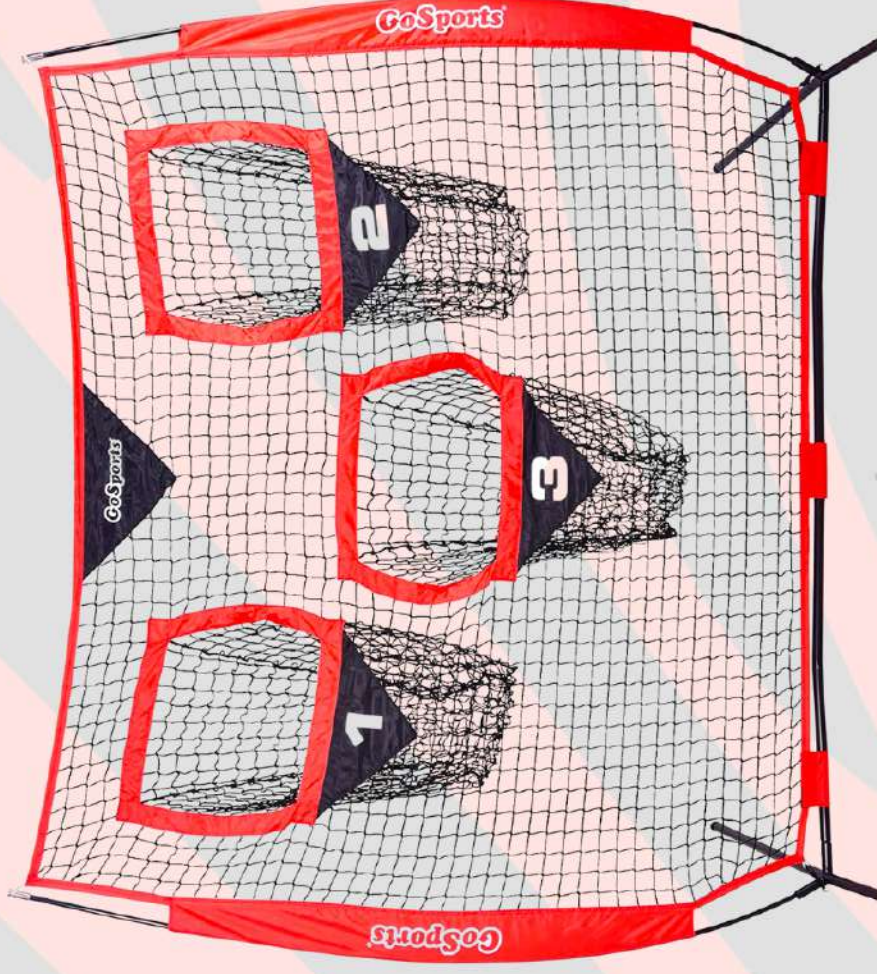


SUNDAY, FEBRUARY 13TH

LOS ANGELES RAMS VS. CINCINNATI BENGALS

THE CLOSEST PREDICTION WINS A PRIZE!

**HOW MANY POINTS
CAN YOU SCORE
WITH 5 PASSES?**



QB CHALLENGE



SHANE WILLIAMS P.E.

PASS & CATCH

Practice With a Partner

KICKING FIELD GOALS

***EACH MADE
KICK = 3PTS!***



SHANE WILLIAMS P.E.

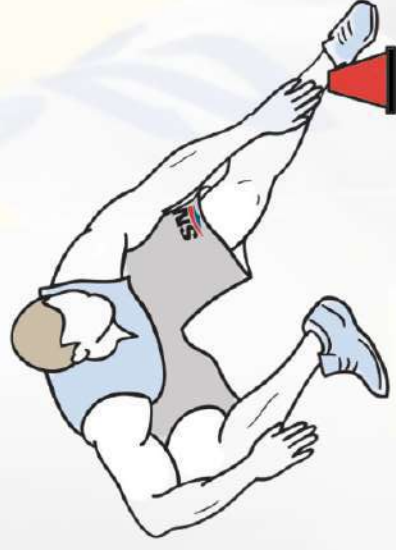
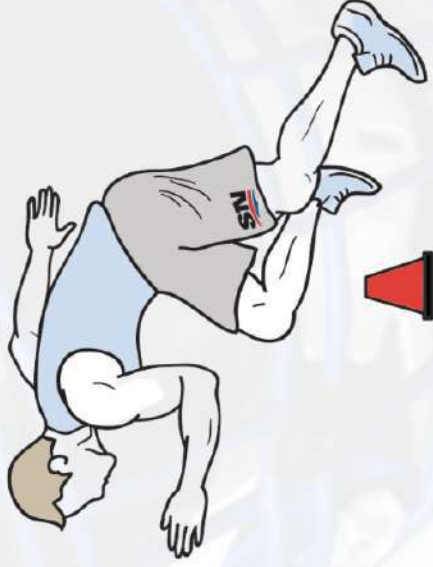
ULTIMATE FOOTBALL



SHANE WILLIAMS P.E.

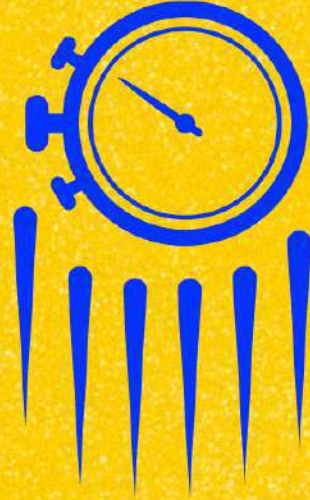
2 STEPS. ONLY DEFEND WR. 5 SECS TO PASS

SHUTTLE RUN



LOS ANGELES
RAMS

SHANE WILLIAMS P.E.



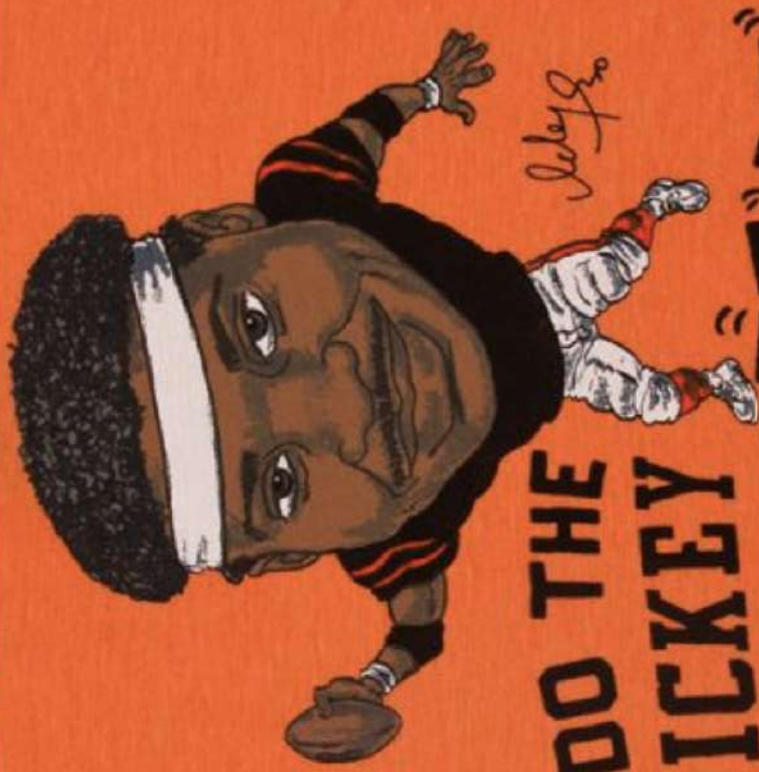
TWO PARTICIPANTS WILL RACE TO RETRIEVE BOTH PUCKS (ONE AT A TIME) AND RETURN THEM TO THE STARTING LINE. THE FIRST PLAYER WHO FINISHES IS THE WINNER! YOU CAN ALSO USE A STOPWATCH TO RACE AGAINST THE CLOCK & SET A PERSONAL RECORD.



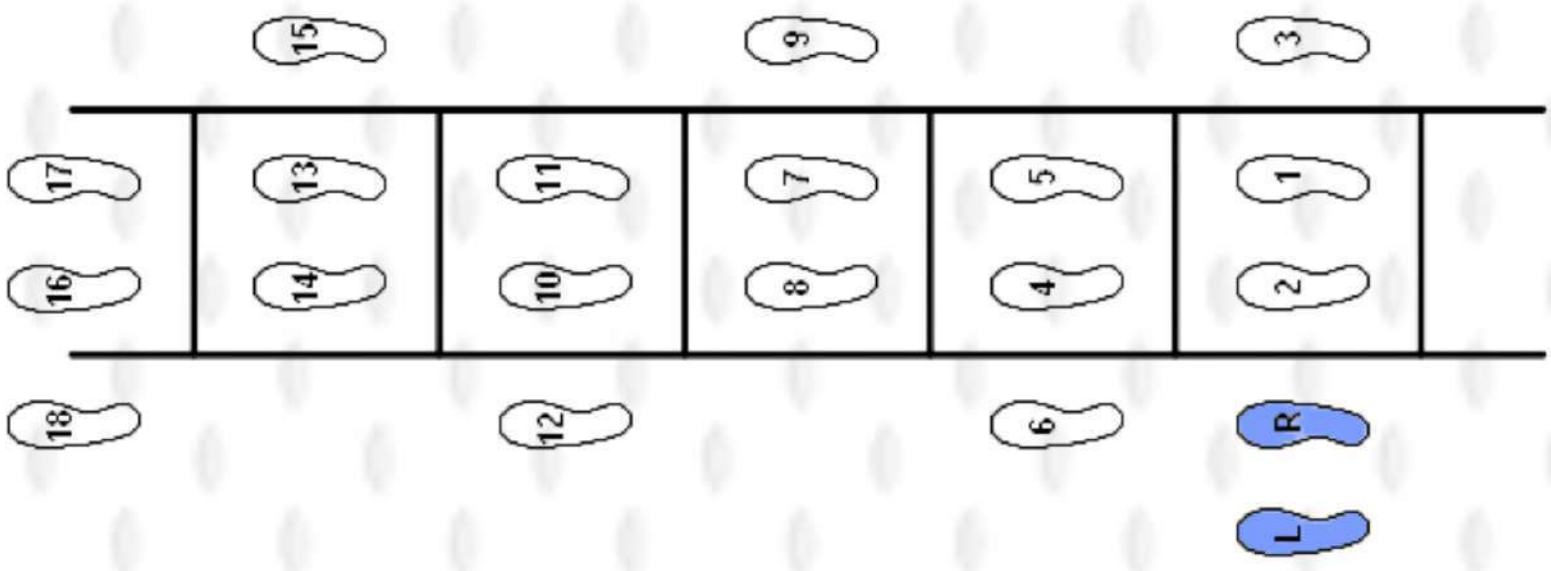
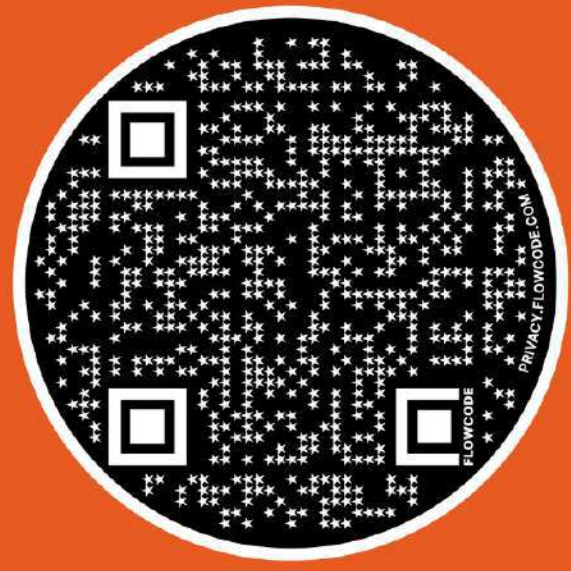
SPEED & AGILITY

**PUT YOUR
SKILLS TO
THE TEST
WITH
LADDER
DRILLS &
HURDLES!**





DO THE ICKY "SHUFFLE"

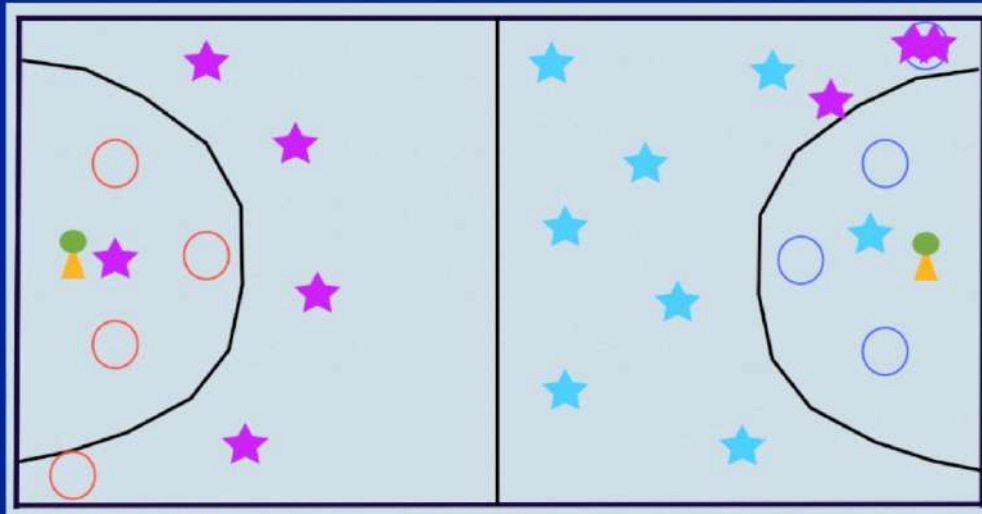




SHANE WILLIAMS P.E.

QB calls out point values before making each pass. 1st to 1,000 pts is the winner of the round and the new QB!

Capture The Football



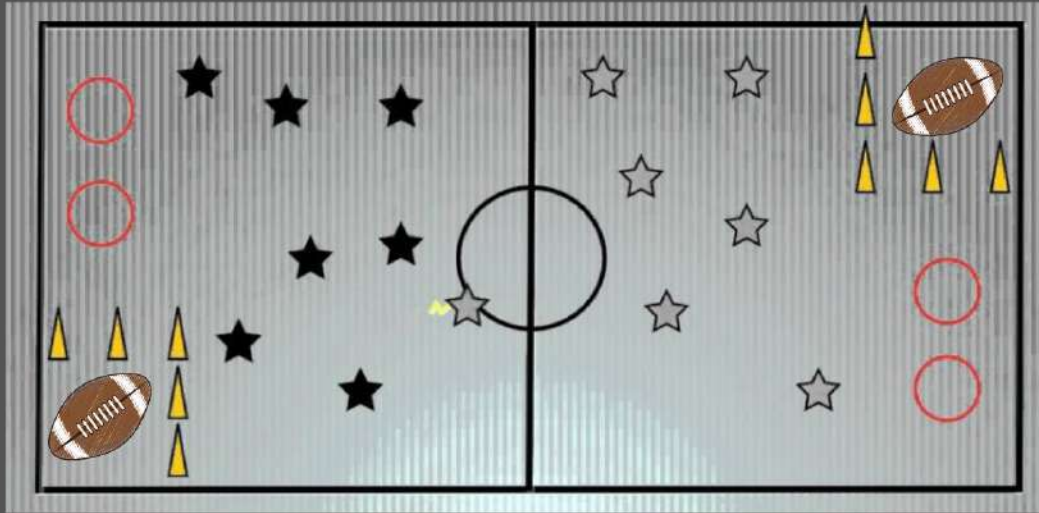
Standards: S1.E2, S2.E3, S2.E5, S3.E2, S4.E1

Equipment: Cones, Footballs, Hula Hoops

Split the class in half, each team has their own side of the gym.

- The objective of the game: is to take the ball off the other team's cone without being tagged, the ball must cross the half-court line to score 1 point. The ball may be thrown but the ball must be stepped across the line (not just thrown across to the other side).
- Every round each team must rotate their "guard".
- The "guard" guards the ball being at least arm's length away from the ball.
- The "guard" is the only player allowed to be within the 3-point arc. All other players on the team must stay on the outside of their team's 3-point arc to help make tags to protect their side or go to the other side to get the ball or save a teammate from the "jail".
- Players are safe and not able to be tagged when they reach the other team's hula hoops (these are the "safe zones")
- If a player gets tagged when going across to the other team's side to get the ball or save a teammate from jail they must go to jail.
- Only one person at a time can be saved from "jail"
- The ball may not hit the ground at any time if it does the point will not count and the ball is to be reset.
- Any player caught not following the rules will be called out and will have to go to "jail".
- Once a point is scored that round is over, the whistle is blown and teams are to go back to their side.
- Only one player in a hula hoop at a time.

Endzone Trappers



Standards: S2.E3, S2.E5, S3.E2, S4.E1, S1.E14, S1.E15

Equipment: Cones, Footballs, Hula Hoops

Split the class in half, each team has their own side of the gym.

- The idea is simple: be the first team to capture all off the footballs, and bring them to your side. Careful to not get tagged, or you're trapped in the endzone until someone saves you!
- Create the playing area as shown. On each half of the gym: a hula hoop in the corner with footballs or flags inside, surrounded by cones. Use hula hoops to serve as the endzone or even a mat.
- Teams start in their own half. The goal is for teams to try and securely place all of the footballs in their hoop.
- When traveling on the opposing team's side, players can get tagged. If that happens, they must go to the endzone and wait for help.
- Players can save someone in the endzone by successfully passing the football to them, if they make the catch they can freely return to their side with the ball. If they miss the catch, they lost that football and it becomes property of the opposing team.
- If players make it into the opposite safe area (inside the cones) they can't be tagged in there. They will try to escape with 1 football back to their side.
- If tagged along the way back with the football in hand, they must return the football and go into the opponents endzone.
- Use 'rock, paper, scissors' to resolve any close calls.
- If a team captures all of the footballs, the round is over. Start a new round!

JACKPOT



Standards: S1.E14, S1.E15

Grade Level: K-6th

HOW TO PLAY:

To begin the game you must first determine the jackpot total or point value that must be reached to win. The thrower then passes the football and at the same time yells out a number (25, 100, 250 ..etc..). This is the point value awarded to the receiver that makes the catch. Players can not go over the set winning number or they go bankrupt and have to start again. The thrower can also call out "Bankrupt" as he throws the ball and anyone who catches it loses all their points.

Variations: Along with a number called out when throwing the ball the thrower can call out different ways the ball must be caught such as: handcuffs - ball has to be caught behind the back, seal - ball has to be caught with the palms only, freeze - players have to freeze and catch the ball where they are standing. If the ball is caught differently then what the thrower calls out the catcher loses all their points.

Mat Football



Standards: S2.E3, S2.E5, S3.E2, S4.E1, S1.E14, S1.E15

Equipment: Footballs and 4 tumbling mats

Grade Level: 2nd-6th

HOW TO PLAY:

SET UP- SIT TWO TUMBLING MATS ON END AS THE GOAL ON EACH SIDE OF THE COURT. PLACE AN EQUAL AMOUNT OF FOOTBALLS ON EACH TEAMS SIDE OF HALF COURT.

OBJECTIVE- THE GOAL OF THE GAME IS TO THROW AS MANY FOOTBALLS AS POSSIBLE INTO THE MAT GOALS DURING THE ALLOTTED TIME. YOU CAN SCORE FROM LONG DISTANCE THROWS OR CLOSE UP TOSSES.

RULES- THIS IS LIKE CAPTURE A FLAG IN A WAY, BOTH TEAMS START OUT ON THEIR RESPECTIVE SIDES. ONCE PLAY STARTS THEY CAN PICK UP A FOOTBALL AND MAKE THEIR WAY TO THE OTHER TEAM'S SIDE AND TRY TO SCORE A GOAL INSIDE OF THEIR MAT. NO ONE ON EITHER TEAM MAY STAND INSIDE OF THE RESTRICTED AREA. IF THEY ARE TAGGED BY THE OPPOSING TEAM THEY MUST DROP THEIR FOOTBALL AND RETURN TO THEIR SIDE OF HALF-COURT. THE GAME CONTINUES UNTIL EITHER THE TIME EXPIRES OR ALL OF THE FOOTBALLS HAVE BEEN SCORED INSIDE OF THE MAT GOALS. AT THAT POINT, YOU OPEN UP THE MAT GOAL TO SEE WHICH TEAM SUCCESSFULLY PLACED THE MOST FOOTBALLS INTO THE OPPONENT'S GOAL. THE TEAM WITH THE MOST GOALS SCORED WINS.

YOU CANNOT STEP IN THE RED-PAINTED AREA OF THE LANE WITH THE BALL IN YOUR HANDS. DOING SO WILL RESULT IN A LOST POINT.

THROWING AND CATCHING



Standards: S1.E14, S1.E15

Grade Level: K-6th

LEARNING CUES:

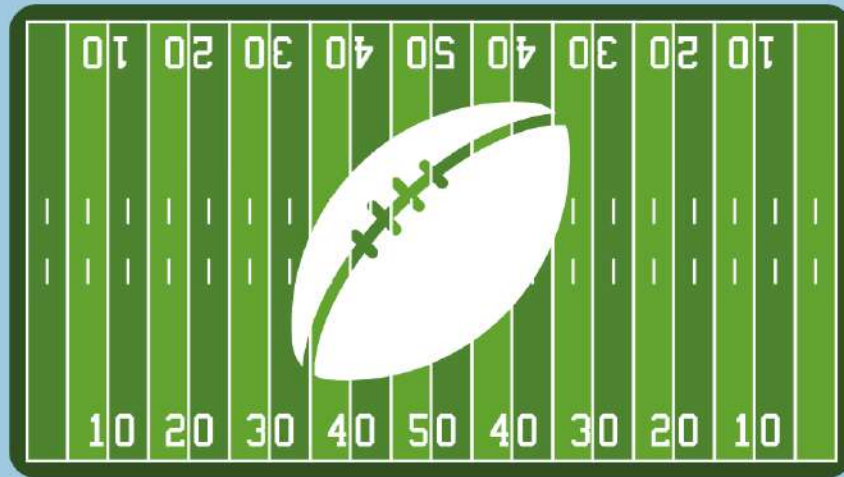
PASSING:

- Spread fingers on laces gripping ball toward the back (the end closest to you)
- Turn sideways across from target
- Step In opposition with non-dominant foot towards target.
- Bring ball even with ear, extend arm towards target, flick wrist In downward motion as you release, follow through pointing towards target.
- In short... T>Elbow>Step>Throw

CATCHING:

- Track the ball with your eyes the entire way until It's In reach.
- Give with the ball as It hits your fingertips.
- Thumbs together forming a diamond If the ball Is at your chest or above.
- Pinkies together If the football Is below your chest

TOUCHDOWN TAG



Standards: S2.E3, S2.E5, S3.E2, S4.E1, S1.E14, S1.E15

Equipment: Flags, Footballs, Endzone markers

Grade Level: K-2



How To Play:

- IDENTIFY THE STARTING DEFENDER
- THE DEFENDER STANDS IN THE MIDDLE OF THE PLAYING AREA AND WHEN THEY ARE READY TO TAG THEY WILL SAY "IT'S TOUCHDOWN TIME"
- AT THIS TIME THE DEFENDER WILL RUN TOWARDS ANY OFFENSIVE PLAYER AND PULL THEIR FLAG. OFFENSIVE PLAYERS RUSH TO THE ENDZONE TO SCORE "SAFE ZONE" AND WAIT UNTIL THE NEXT ROUND BEGINS.
- IF A PLAYER'S FLAG IS PULLED, THEY WILL RETURN IT TO THE BUCKET AND JOIN THE DEFENDER IN THE CENTER CIRCLE AND BECOME AN ADDITIONAL DEFENDER.
- EACH TIME A PLAYER GETS TAGGED THE DEFENSE CONTINUES TO BUILD IN SIZE.
- THE GAME IS OVER WHEN THERE IS ONLY ONE RUSHER LEFT STANDING!

