

## Dear Educator,

Are you ready for some football? As any teacher can appreciate, NFL football can get your students fired up. The animated series **NFL RUSH ZONE: Season of the Guardians**, premiering Friday, November 30th at 9PM ET on Nicktoons, engages students through young superheroes called the Guardians. In the face of challenging odds, they help teach lessons about loyalty, teamwork, problem-solving, persistence, and courage. **NFL RUSH ZONE** gets students excited about learning.

The enclosed activities use the language of football and the fun of **NFL RUSH ZONE** to build language arts and social studies skills. Students learn vocabulary as they master specialized terms through engaging word puzzles, and gain a new perspective on social studies as they map the travels of a favorite team from state to state through the season — and even into the Playoffs.

We hope that you will share this valuable program with other teachers in your school. Although the materials are protected by copyright, you may make as many copies as needed for educational purposes.

Please use the enclosed reply card to let us know your thoughts on this program, or comment online at [www.ymiclassroom.com/nflrushzone.html](http://www.ymiclassroom.com/nflrushzone.html). We depend on your feedback to continue providing free educational programs that make a real difference in students' lives.

Sincerely,



Dr. Dominic Kinsley  
Editor in Chief  
Young Minds Inspired



# RUSH ZONE

## SEASON OF THE GUARDIANS

### Target Audience

This program is designed for use with students in grades 4-6. You may tailor the activities to suit your students' needs and abilities.

### Program Objectives

- To enable students to use the rich history and traditions of NFL football as well as storylines from the **NFL RUSH ZONE** series, to sharpen language arts and social studies skills.
- To channel the enthusiasm generated by America's favorite sport into curriculum areas that meet **Common Core standards**.
- To use the appeal of sports to foster imagination, problem-solving, and creativity.

### Program Components

- This one-page teacher's guide.
- Three reproducible student activity sheets.
- A colorful wall poster for display in your classroom.
- A reply card for your comments, or comment online at [www.ymiclassroom.com/nflrushzone.html](http://www.ymiclassroom.com/nflrushzone.html).

### How To Use This Program

Photocopy the teacher's guide and student activity sheets before displaying the wall poster in your classroom. Make copies of the activity sheets for every student in your class. After completing Activity 3, instruct students to take that sheet home to share with their parents. To review the program's alignment with Common Core standards, please visit [www.ymiclassroom.com/nflrushzone.html](http://www.ymiclassroom.com/nflrushzone.html).

### How To Use the Wall Poster

Before beginning the program, review the information on the poster with students to introduce them to the main characters in the **NFL RUSH ZONE** series. The Guardians offer students advice about critical skills — including persistence, problem-solving, and teamwork — that can help them be winners in class as well as on the playing field.

### Show Synopsis

In Season One of the action-adventure animated series **NFL RUSH ZONE**, 10-year-old Ish (short for Ishmael) became a Guardian charged with protecting shards of a power source called "The Core." Ish faced off against powerful enemies who were seeking to harness the shards' power, destroy the NFL, and take over the world. With the help of

the Rusherz (mighty beings that embody the vibe of their NFL team and are in charge of protecting its Megacores), Ish triumphed and united the shards into one powerful Core. The danger was over — or so it seemed. In Season Two, premiering Friday, November 30th at 9PM ET on Nicktoons, evil once again threatens the Core, now hidden under the Pro Football Hall of Fame, and the Megacores for all 32 NFL teams. Its immense power must never fall into the wrong hands. Now five additional young Guardians join Ish to face the challenge and protect NFL football, their families — and the planet itself!

### Activity 1 Game Smarts

For Part 1, share the clues and answers in a class discussion after students complete the puzzle. **Answers:** Across — 2. fumble, 4. interception, 9. Bears, 10. Chargers, 13. Guardians, 14. Colts, 15. Wild Card, 16. yards, 17. kickoff, 18. huddle. Down — 1. quarterback, 3. football, 5. touchdown, 6. Eagles, 7. Jets, 8. Drop Kick, 11. Rusherz, 12. Cardinals

For Part 2, divide the class into teams for a vocabulary "scrimmage." Students take turns calling out the football terms they have come up with, challenging the opposing team to come up with a definition.

Use Part 3 for homework, asking students to create a new character for **NFL RUSH ZONE**, and outline a brief plot for an episode that features their new character.

### Activity 2 Road Games

In Part 1, have students complete the map, then lead a discussion about how they think the football teams got their names. Why, for example, is the Pittsburgh team called the Steelers? (Because Pittsburgh is an important city in the history of steel production.)

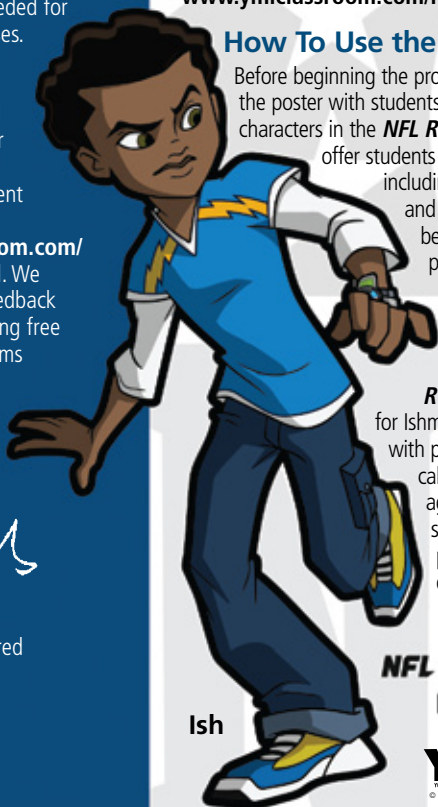
For Part 2, ask students to invent an NFL team for a state that doesn't have one, creating a name for the team that reflects the state's history and traditions, a team logo, and a Rusher. Have students share their creative ideas and explain the story behind their new team's name in a class discussion.

### Activity 3 Word Blitz

In Part 1, ask students to work alone or in pairs to play the word games and solve the puzzles. Then ask them to create their own word puzzles based on the Guardians' adventures and take them home to share with and challenge their parents.

### Resources

- [NFLRUSH.com](http://NFLRUSH.com)
- [nicktoons.nick.com](http://nicktoons.nick.com)
- [ymiclassroom.com/nflrushzone.html](http://ymiclassroom.com/nflrushzone.html)



Ish

**NFL RUSH ZONE: SEASON OF THE GUARDIANS EVERY FRIDAY NIGHT  
AT 9PM ET BEGINNING NOVEMBER 30TH ON **nickTOONS****



is the only company developing free, innovative classroom materials that is owned and directed by award-winning former teachers. Visit our website at [www.ymiclassroom.com](http://www.ymiclassroom.com) to send feedback and download more free programs. For questions, contact us toll-free at 1-800-859-8005 or by e-mail at [feedback@ymiclassroom.com](mailto:feedback@ymiclassroom.com).

# ACTIVITY 1

# GAME SMARTS

REPRODUCIBLE ACTIVITY

**NFL RUSH ZONE: Season of the Guardians** is an exciting adventure series **premiering on Nicktoons Friday, November 30th at 9PM ET**. This season, Ish leads a team of Guardians as they combine their football skills and NFL knowledge to protect America's favorite sport from the wicked Wild Card and his robotic henchman, Drop Kick. But when they are not caught up in the action, Ish and his friends talk about the NFL all day long. Do you know enough to get in the game?

**PART 1** Like the situations facing Ish and his friends in **NFL RUSH ZONE**, this will be a test. Solve this puzzle to reveal your vocabulary knowledge!

## Clues

### ACROSS

2. Oops! He dropped the ball.
4. A pass caught by a defensive player, giving his team the ball.
9. Chicago's NFL team.
10. San Diego's NFL team.
13. New heroes of the NFL.
14. Baby horses — and Indianapolis's NFL team.
15. Villain of the **NFL RUSH ZONE** series.
16. There are 100 of them on a football field.
17. The first play in every NFL game.
18. Gather together on the field to plan a play.

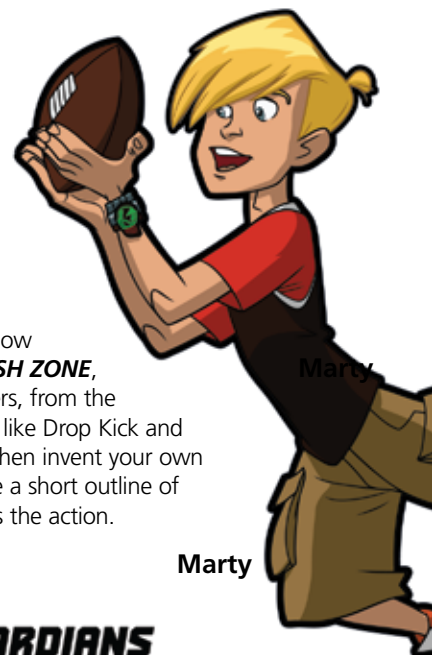
### DOWN

1. He calls the plays in the huddle.
3. This gets thrown, carried, and kicked during an NFL game.
5. Scoring play worth six points.
6. America's bird — and Philadelphia's NFL team.
7. Super-fast engines — and a New York NFL team.
8. Evil robot that helps 15 across.
11. NFL team characters that protect the Megacores.
12. Bright red birds — and an NFL team.

**PART 2** Now jot down every football word you can think of on a piece of paper. Write a short definition next to each one. Then you'll be ready to win one for your team during an in-class "scrimmage" led by your teacher. Teams will take turns shouting out a football word (like scrimmage), and the other team will answer with a definition of the word. Be sure to keep score — even though it's only a scrimmage.

**PART 3** In the show **NFL RUSH ZONE**, you meet a lot of different characters, from the Guardians to the Rusherz to villains like Drop Kick and Wild Card. Watch an episode and then invent your own character to add to the show. Write a short outline of what happens when he or she joins the action.

Stuck on an answer?  
Go to  
**NFLRUSH.com**  
for hints!



Marty

**WATCH NFL RUSH ZONE: SEASON OF THE GUARDIANS**  
**EVERY FRIDAY NIGHT AT 9PM ET**  
**BEGINNING NOVEMBER 30TH ON **nicktoons****



**GO TO [NFLRUSH.COM/RZ](http://NFLRUSH.COM/RZ) AND ENTER CODE RZYMI FOR A GIFT!**







# ACTIVITY 3

# WORD BLITZ

REPRODUCIBLE ACTIVITY

In **NFL RUSH ZONE: Season of the Guardians**, Ish and his Guardian teammates are faced with new challenges each week. Their mission: To save the Megacores of each NFL team from Wild Card — and to protect the world. You can help them by solving these fun word challenges.

## PART 1 RHYME TIME

Wild Card's Blitz Botz are searching for the Green Bay Packers' Megacore. Help Guardian Troy mislead them by coming up with 10 words that rhyme with Packers. Then try the same game with another team's name. You'll discover that some words are easier to rhyme with than others!

## ALL-STAR ACRONYMS

An *acronym* is a word formed from the first letters of other words. One easy example to remember is NFL, which is formed from the first letters of **N**ational **F**ootball **L**eague. What if the Guardians' names were acronyms formed out of words that describe their talents and personalities? For example, ISH could be an acronym for **I**ntelligent, **S**killed, and **H**ip. Help the other Guardians discover their inner strengths by turning their nicknames into acronyms.

ISH ASH TROY TUA MARTY

## AMAZING ACROSTICS

Let's run another play with the letters in a word. This one is called an *acrostic*. It's a poem in which the first letters of each line spell a word, usually a word that's related to the meaning of the poem. Here's an example that Ash could use to describe herself:

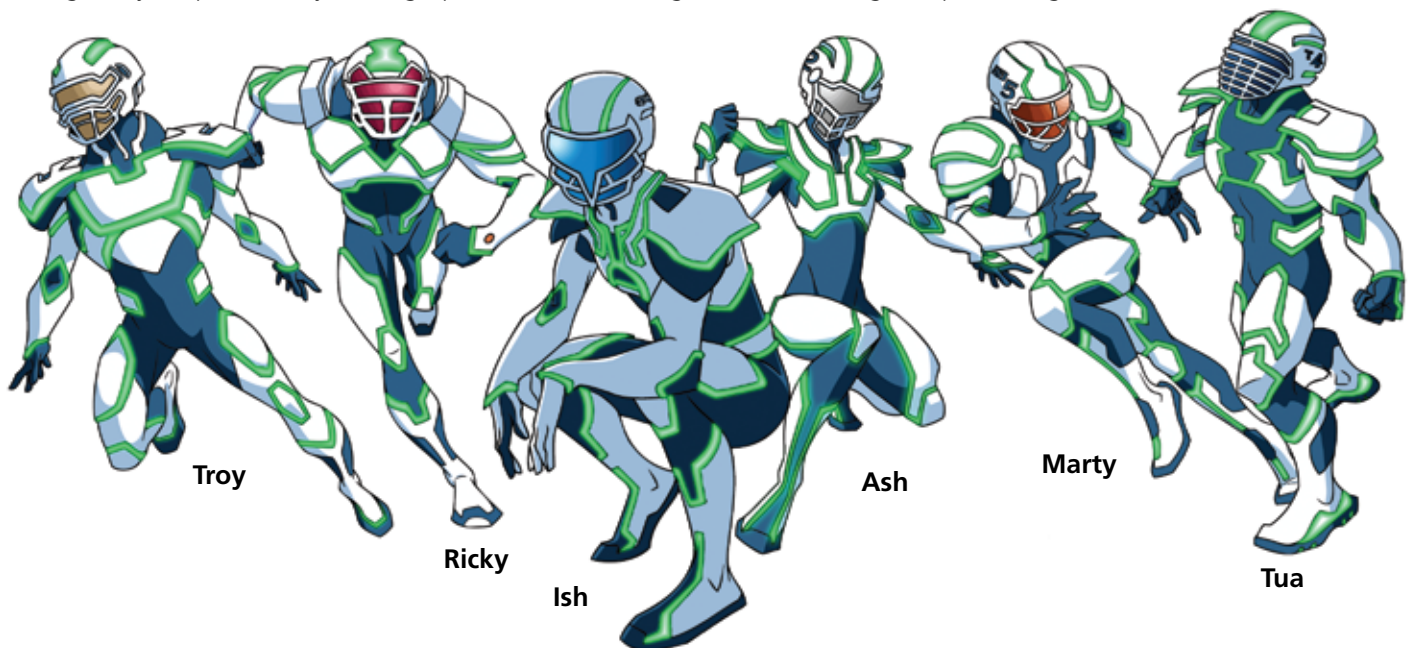
Athletic, with a head for  
Stats and facts,  
Her super kick saves the day

Get the idea? Try it yourself by turning these important words from **NFL RUSH ZONE** into acrostics:

RUSHER CORE GUARDIAN

Stuck on  
an answer?  
Go to  
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for hints!

**PART 2** Create your own word challenge game based on the events in an episode of **NFL RUSH ZONE**, and use them for another in-class "scrimmage" like the one you did after solving the crossword puzzle. Then take this sheet home to share with — and challenge — your parents. Try coming up with more challenges after watching an episode together!



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# THE NFL HAS A NEW TEAM OF HEROES

## LET THE GUARDIANS BE YOUR COACH!



# ENTER THE RUSH ZONE!

FOLLOW THE GUARDIANS AS THEY TACKLE WILD CARD AND SOME SURPRISING TWISTS IN *NFL RUSH ZONE: SEASON OF THE GUARDIANS* EVERY FRIDAY NIGHT AT 9PM ET BEGINNING NOVEMBER 30TH ON **nicktoons**



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