



# NFL SCHOOL SMARTS 2007

## Dear Educator:



One of the most effective ways to reach fourth- and fifth-graders is to relate academic subjects to students' interests and hobbies—including sports.

That's why the National Football League and the award-winning curriculum specialists at Young Minds Inspired are pleased to provide you with this fourth annual edition of the extremely successful NFL School Smarts educational program, with hands-on classroom activities in mathematics, science, geography, language arts, and fitness. These lessons will capture your students' interest and spark their enthusiasm while meeting National Education Standards for grades 4 and 5.

### THE MATERIALS IN THIS PROGRAM INCLUDE:

- 28 special packs of player trading cards to use with the activities. Each student gets his or her own pack, and each pack is different
- Reproducible classroom activities focusing on mathematics, science, geography, language arts, and fitness
- A take-home activity printed in both English and Spanish
- A variety of extra activities to extend the learning
- A full-color poster to help your class gather "class stats"

NFL School Smarts has been specially developed to engage both the ardent NFL football fan and those with little or no knowledge of the game. And to help you brush-up your own football savvy, we include a brief Teacher's Playbook and a glossary of terms and abbreviations.

The NFL player trading cards included with this program are only the starting point for adding the excitement of football to your curriculum. **You and your students will find a variety of challenging games and other learning resources available FREE at the NFL's website for kids, [www.NFLRush.com](http://www.NFLRush.com). You can also call 1-866-NFL-PACK to find new cards, related products, and the locations of local hobby stores.**

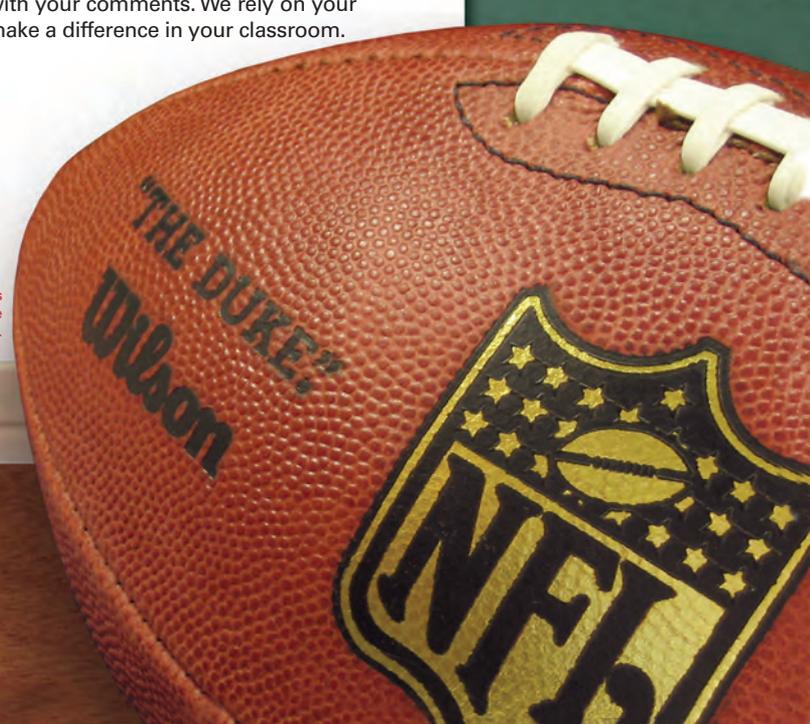
We hope that you will share this exciting program with other teachers in your school. Although the materials are copyrighted, you have permission to reproduce them for educational purposes and can download extra copies free at [www.yмитеacher.com](http://www.yмитеacher.com).

And please remember to return the enclosed reply card with your comments. We rely on your feedback to ensure that NFL School Smarts continues to make a difference in your classroom.

Sincerely,

Roberta Nusim  
Publisher and former teacher

 is the only company developing free, innovative classroom materials that's owned and directed by award-winning former teachers. Visit our website at [www.yмитеacher.com](http://www.yмитеacher.com) to send feedback and download more free programs.





## WHO SHOULD USE THIS PROGRAM?

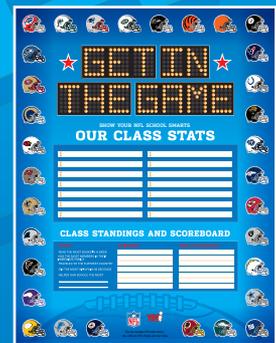
This program has been designed for *fourth- and fifth-grade students*. Please share this material with other teachers.

## PROGRAM COMPONENTS

- This teacher's guide
- Eight reproducible student activity sheets on mathematics, science, geography, language arts, and fitness
- Extension activity ideas
- 28 packs of NFL player trading cards
- A teaching wall poster for "class stats"
- A reply card for your comments

## HOW TO USE THE WALL POSTER

Display the wall poster prominently and have your class record their own "stats"—information about their families, interests, and achievements. You can use this information to teach math skills such as averaging, median and mean, and graphing, just to name a few ideas.

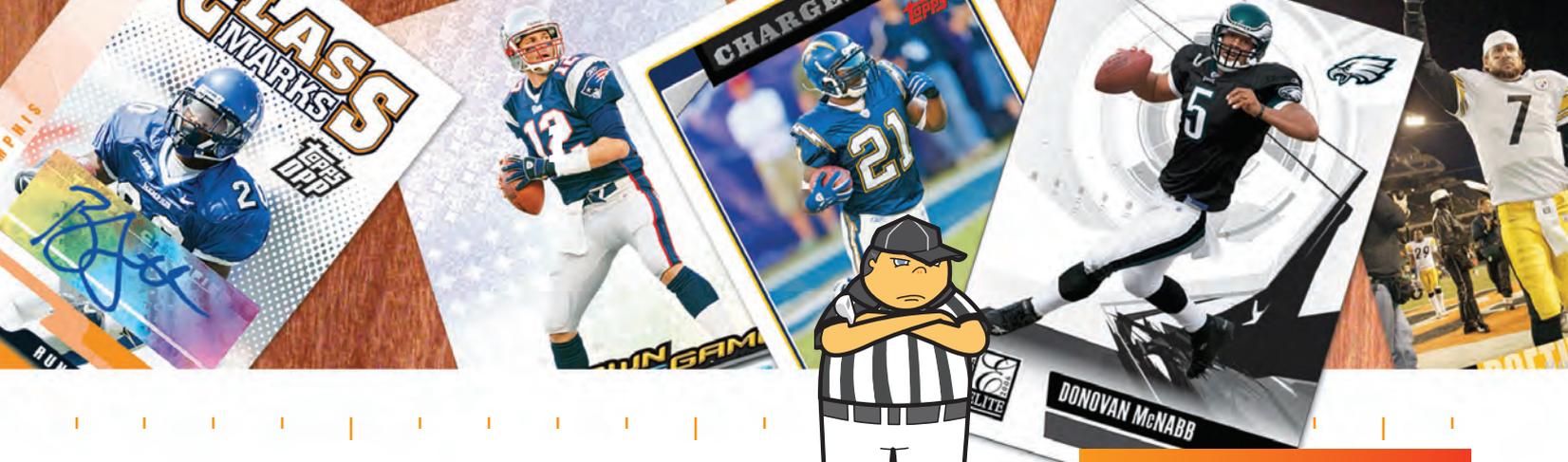


## A TEACHER'S PROFESSIONAL FOOTBALL PLAYBOOK\*

Here are 11 professional football facts to get you in the game:

1. The object of professional football is for each team to get the ball into the end zone and score the most points. A touchdown is 6 points. Teams earn a chance to kick for an "extra" point after scoring a touchdown.
2. A field goal is 3 points and involves a placekicker kicking the ball through the opponent's goalpost from anywhere on the field.
3. Each game is made up of four quarters, each 15 minutes long.
4. There are 11 players on the field for each team.
5. When a team has possession of the ball it is called the "offense." When a team is trying to prevent the other team from scoring, it is called the "defense."
6. The offense has 4 attempts to gain 10 yards. If they do (this is called a first down), they can try again until they either score points or do not gain 10 yards in 4 attempts.
7. A football field is 100 yards long, not counting the end zones.
8. Each end zone is 10 yards long.
9. A ball knocked out of a player's hand is called a fumble.
10. When a pass meant for an offensive player is caught by a defensive player, it's called an interception.
11. A pass that isn't caught is called an incomplete pass.

\*You do not need to know or understand these rules to use the activities in this guide. If you want to know more about the rules and teams, go to [www.nfl.com](http://www.nfl.com).



# It's All in the Cards

Like any sport, NFL football has its own terms and abbreviations, but understanding them isn't necessary to use this program. The back of each player trading card includes a chart with each player's statistics. Not all cards have the same statistics. The explanations below may be useful if your students have questions about the cards. They are NOT necessary to complete all the activities.

## GENERAL INFORMATION

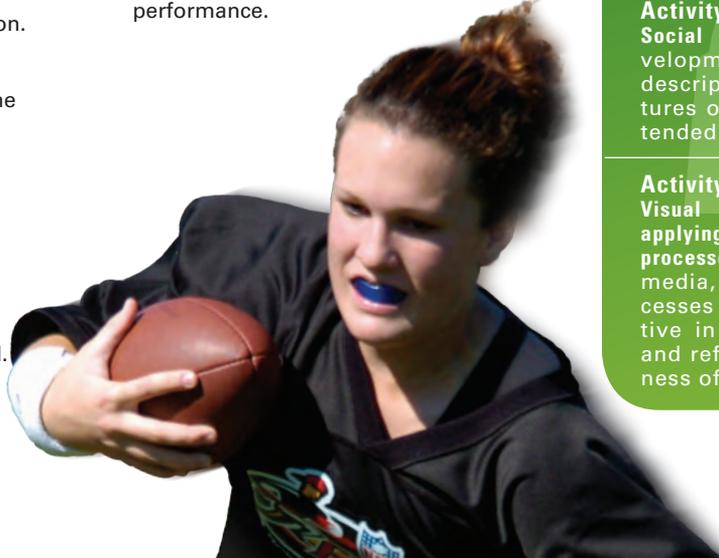
- REC** *Receptions*—The number of times a player catches a pass, usually broken down by season. It can also be the number of receptions in the player's lifetime.
- YDS** *Yards*—Any of several kinds of yards, i.e. passing, receiving, or return.
- AVG** *Average*—If it follows REC and YDS, it means average yards per catch. It can also mean average rushing yards, average pass attempts, etc.
- LG** *Longest*—If this appears on a receiver's card, it's the longest catch or reception. It could also be the longest rush, pass, or kick. The T means the longest one resulted in a touchdown.
- TD** *Touchdowns*—The number of touchdowns scored.

## ON A DEFENSIVE PLAYER'S CARD

- TACK** *Tackles*—The number of tackles the defensive player made during the season.
- SACKS** *Sacks*—A term used when a defensive player tackles the quarterback behind the line of scrimmage.
- INT** *Interceptions*—The number of passes a defensive player has intercepted.
- FF** *Fumbles Forced*—The number of fumbles the defensive player caused.
- FR** *Fumbles Recovered*—The number of fumbles the defensive player recovered.

## ON A QUARTERBACK'S CARD

- G** *Games*—The number of games played, usually broken down by season. Can also refer to lifetime games played.
- ATT** *Attempts*—The number of passing attempts.
- COMP** *Completions*—The number of passes completed.
- PCT** *Completion percentage*—Completed passes divided by attempts.
- YDS** *Yards*—Passing yards for a quarterback.
- LG** *Longest*—The longest pass completed. If there is a T beside it, the pass resulted in a touchdown.
- TD** *Touchdowns*—The number of touchdowns scored.
- INT** *Interceptions*—The number of times the quarterback has been intercepted.
- RTG** *Rating*—A quarterback rating—a complex formula that assigns a numeric rating to performance.



## NATIONAL EDUCATION STANDARDS FOR 4TH AND 5TH GRADES

**Activity 1** **Dream Team**  
**Mathematics: Data and Probability**  
 Standard: Formulate questions that can be addressed with data, and collect, organize, and display relevant data to answer them; collect data using observations, surveys, and experiments.

**Activity 2** **City Search**  
**Geography:** Using maps and other geographic representations, tools, and technologies to acquire, process, and report information from a spatial perspective.

**Activity 3** **The Real Story**  
**English:** Employ a wide range of strategies to write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes.

**Activity 4** **Help Your Team**  
**Mathematics; Data and Probability Standard:** Collect, organize, and display relevant data to answer questions; collect data using observations, surveys, and experiments.

**Activity 5** **Fan Fitness**  
**Health:** Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

**Activity 6** **It's in the Cards**  
**Social Studies:** Individual development and identity in the description of the unique features of one's nuclear and extended families.

**Activity 7** **In the Booth**  
**Visual Arts/Understanding and applying media, techniques, and processes:** Analyze what makes media, techniques, and processes effective or not effective in communicating ideas; and reflect upon the effectiveness of their choices.



# GET READY FOR THE KICK-OFF

To get started, distribute the NFL player trading cards that came in the *NFL School Smarts* envelope. Ask students if they collect or trade any kinds of cards. Then explain to students that they will use the information on the cards to find out about player accomplishments, statistics, and background. Invite students to open their packets and explore the information on the cards. Then, encourage students to compare and trade cards with other students before beginning the activities. Suggest that students take the cards home and share them with their family members. Have students ask family members about their own experiences with trading cards.



## How to Use NFLRUSH.com

The NFL developed [www.nflrush.com](http://www.nflrush.com) especially for kids. It includes information about teams, players, the rules of the game, exercise, sports broadcasting, and a myriad of other fun and educationally exciting games and activities that can be used in conjunction with the activities in this guide as well as independently. **Several of the activities in this program have extensions online where you can submit your students' work for possible posting at [www.nflrush.com](http://www.nflrush.com).** Read the teacher instructions for each activity for more information.

### ACTIVITY 1

#### DREAM TEAM

*This activity sheet teaches students how to compute and analyze averages.*

- Ask students to work in groups to choose an offensive and defensive player from their cards.
- Have them select categories, such as touchdowns, running yards, receptions, passes intercepted, or tackles, and calculate their players' averages over the 3-4 years noted on the cards.
- Then have them compare their players' stats to those of their classmates and use the information to choose a class Dream Team.

#### Extension Activities

**How did your team do?** Visit [www.nflrush.com/fancentral/kidssites](http://www.nflrush.com/fancentral/kidssites) to get the record for your hometown team and all the NFL teams. Use the record stats to have students find percent of games won during the season. To find this statistic, students should first add the wins and losses to find the total number of games played. Then divide the number of games won by the total games played.

**Who's the best?** Students can visit [www.nfl.com/stats](http://www.nfl.com/stats) to find statistics for all NFL players to determine the best player for each statistical category. Using the results of the search, students can confirm their own Dream Team choices.

### ACTIVITY 2

#### CITY SEARCH

*This activity sheet reinforces students' knowledge of U.S. geography.*

- Ask students to assess how well they think they know United States geography. You may want to give some sample questions on cities that are not home to NFL teams, such as "What is the capital of Illinois?" or "In which part of the country would you find Kansas?"
- Tell students that many teams have relocated and or changed names, while some have been in their original city with their original name since the inception of professional football.

Answers to Do You Know?

1. Miami, 2. Cleveland, 3. New York and Florida, 4. Houston, 5. Baltimore, Arizona, Atlanta, Philadelphia, Seattle, 6. New York, Arizona, Minnesota 7. St. Louis, 8. Green Bay, 9. Carolina

#### Answers to Word Search

H	A	Y	E	I	M	K	W	L	O	E	B	G	Y
K	I	M	I	N	N	E	S	O	T	A	B	R	P
P	H	I	L	A	D	E	L	P	H	I	A	E	N
S	H	E	I	L	M	H	T	R	F	E	D	E	B
I	U	M	S	Q	C	L	E	V	E	L	A	N	D
T	G	N	E	W	Y	O	R	K	B	D	W	B	T
O	J	G	A	F	W	H	N	Q	M	A	S	A	A
B	A	L	T	I	M	O	R	E	N	N	S	V	R
A	T	S	T	L	O	U	I	S	M	I	A	M	I
D	L	I	L	S	W	S	N	G	R	L	Z	T	Z
I	A	S	E	H	N	T	X	G	E	O	H	H	O
R	N	N	E	W	Y	O	R	K	F	R	S	S	N
O	T	S	G	W	E	N	N	J	H	A	A	D	A
L	A	R	I	Z	O	N	A	S	W	C	P	O	L
F	H	E	F	I	M	A	Q	B	D	T	E	R	P

#### Extension Activity

**Pinpoint It.** Upon completion of the activity sheet, locate the cities and states on a classroom map of the United States. Add all of the other NFL team locations.

**NFL Nation.** Some parts of the country have more teams than others. Invite students to visit [www.nfl.com/teams](http://www.nfl.com/teams) to see where teams are located. Ask, Which parts of the country have more NFL teams than others and why? Which states have no teams? For each of these states, which team do you think its residents support? Are there any teams that are regional and not named for a state or city?

## ACTIVITY 3

### THE REAL STORY

*This activity sheet teaches students to write an expository essay.*

- Tell students that a reporter's job is to find accurate information and write about it. They should be looking for the *who, what, where, when, how, and why* of every story.
- Next, have students research the history of their favorite NFL team or sports star at [www.nfl.com](http://www.nfl.com). If they do not have a favorite, they can choose the closest team geographically. Students will find fascinating stories about football players, stadiums, teams, or even team mascots. Using this information, have them write their own sports news article.
- You may want to show students some examples of written sports news from print or the Internet. You can review clippings in class, then discuss the elements that make up a good sports story.
- **On [www.nflrush.com](http://www.nflrush.com) you can submit up to three student articles for potential posting. This website will post as many student articles as possible, depending on volume. You may submit students' work by emailing their essays along with a completed release from the student's parent/guardian to [NFLSchoolSmarts@Brandissimo.com](mailto:NFLSchoolSmarts@Brandissimo.com) or mail articles to NFL School Smarts c/o Brandissimo, 16250 Ventura Blvd., Ste. 465, Encino, CA 91436. To download the required Parental Release, go to [www.NFLRUSH.com/schoolsmarts](http://www.NFLRUSH.com/schoolsmarts) and click on Parental Release.**

### Extension Activity

**Name it!** Many stadium names have changed. Invite students to use [www.nfl.com/teams](http://www.nfl.com/teams) to research stadium names. How many are named for a company? How many are named for a person? How many are named for a location? Which stadiums have had the same name and been in the same location for the longest period of time?

**Your own hometown stadium.** What if a new NFL stadium were coming to your town? Invite the students to name the stadium and explain why they chose the name. Encourage students to research the town's history, a legend/historical figure, or influential citizen to use as an inspiration.

## ACTIVITY 4

### HELP YOUR TEAM

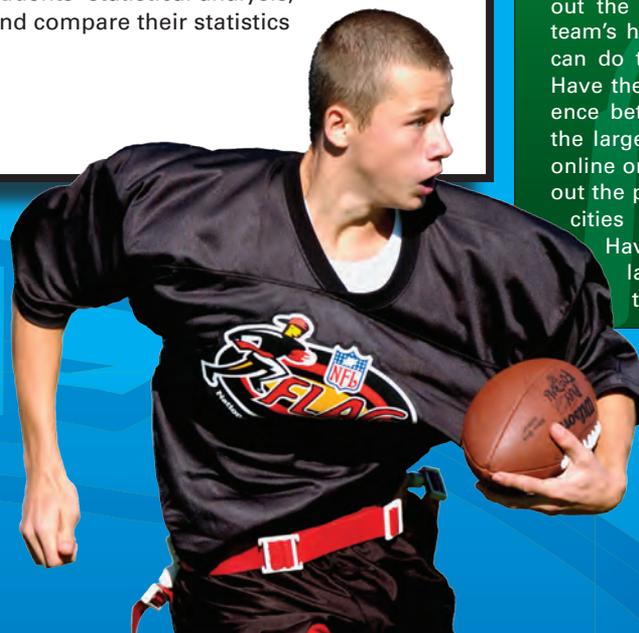
*This activity sheet teaches students to compile and use statistics.*

- Ask students to define the word *statistics*. Record their responses on a board or easel. Explain to students that they've already used statistics to measure a player's performance. Ask students about other ways to use statistics. Use their responses to guide a discussion that helps students understand that statistics are a collection of data. Make sure they know that any collection of data can be used to provide information when analyzed.
- Invite students to use the supplied facts about players' athletic abilities and facts they discover through research on their NFL player trading cards to create detailed profiles of given players.
- To provide a hands-on dimension to the students' statistical analysis, students can test their own athletic skills and compare their statistics with profiled players.

### Extension Activities

**How far?** Have students work in groups and use their NFL player trading cards to examine the athletic ability of players. Start by asking students to select a wide receiver (WR). They can find his total yards and convert the yards to miles by dividing by 1760 (the number of yards in a mile). Next, have students use an online mapping website or a regular map to find a location that is that same distance from your school.

**How many fans?** Suggest that students visit [www.nflrush.com/fancentral/kidssites](http://www.nflrush.com/fancentral/kidssites) and click on the name of their favorite team. Then click on Stadium to find out the seating capacity of the team's hometown stadium. They can do the same for all teams. Have them determine the difference between the smallest and the largest. Then have them do online or library research to find out the populations of the home cities of the chosen teams. Have them compare the relationship between these two data sets.



## ACTIVITY 5

### FAN FITNESS

*This activity sheet teaches students to develop and engage in their own fitness program.*

- Ask students to discuss why physical fitness is important. Record their answers on a board or easel.
- Next, ask individual students to demonstrate the exercises described on the reproducible activity sheet. Be sure to take into consideration any restrictions a student might have. Make sure the students have enough room to complete the workout safely.
- Encourage students to create their own wacky workouts for their families.
- Make an event of students demonstrating their wacky workouts to each other or to other classes. Also, choose a wacky workout to start off each day or to kickoff recess.
- **On [www.nflrush.com](http://www.nflrush.com) you can submit your students' written fitness routines for potential posting and possible inclusion in the website's Health and Fitness section. You may submit students' work by emailing their essays along with a completed release from the student's parent/guardian to [NFLSchoolSmarts@Brandissimo.com](mailto:NFLSchoolSmarts@Brandissimo.com) or mail articles to NFL School Smarts c/o Brandissimo, 16250 Ventura Blvd., Ste. 465, Encino, CA 91436. To download the required Parental Release, go to [www.NFLRUSH.com/schoolsmarts](http://www.NFLRUSH.com/schoolsmarts) and click on Parental Release.**

### Extension Activity

**Wacky Workout videos.** If your school or your students have access to a video camera, students could make a class DVD compiling their Wacky Workouts. The DVDs could even be a fundraising activity if you can copy and sell them. Be sure to get permission if you use copyrighted music. Better yet, have some technically or musically-inclined students compose original music using an available and appropriate computer program.

## ACTIVITY 6

### IT'S IN THE CARDS

*This activity sheet teaches students to interview their family members to gather information.*

- Ask students to look at their NFL player trading cards and examine the stats there. Ask students what the stats tell them about a player— his talent, his winning attitude, his personality. Invite students to share their observations.
- For the NFL team card, students can go online to [www.nfl.com](http://www.nfl.com) to find out additional and up-to-date team stats. For their personal card, they can use their own most interesting "statistics". For their "home" team card, they can interview family members. Ask students to draw pictures of themselves or use photos on the cards they're creating.
- After they finish, have students share their cards with the whole class. Then post all their cards on your bulletin board next to the NFL School Smarts Class Stats poster.
- **Have students go to [www.nflrush.com/SchoolSmarts](http://www.nflrush.com/SchoolSmarts) to create their own, personalized online trading card.**

### Extension Activity

**Interview with a Superfan.** To practice interviewing, students can interview a friend or family member about his or her favorite NFL team. Students should research the team using the NFL player trading cards and generate questions for the interview. Have them think about what they would like to know if they were reading the article or seeing the news clip. Students can create a Superfan scrapbook by compiling all their interviews.

## ACTIVITY 7

### IN THE BROADCAST BOOTH

*This activity sheet teaches students to analyze and utilize their observations of an NFL game that they watch with their family by generating color commentary and play-by-play analysis. It is in both English and Spanish, so students can involve family members in their learning process.*

- Tell students that a color commentator is a member of the broadcast team who talks about statistics and players.
- Have students watch a game and listen to the broadcast. They should note how the announcer speaks, and what he or she speaks about.
- Then, ask students to plan a day to watch a game with family members and write down examples of play-by-play and color commentary.
- After watching the game, ask students to research the stats of the key players in the game, and of the teams themselves, then use all their information to create their own fantasy football broadcast.

### Extension Activity

**I'm a Color Commentator.** After completing the activity sheet, students should have a sense of the role of a color commentator. He or she needs to have a supply of facts and interesting information about each team and its players. Ask students to consider what kind of information they would want to know while watching a game. Then students can gather some of this information from several sources: their NFL Player cards, [www.nflplayers.com](http://www.nflplayers.com), [www.nflrush.com](http://www.nflrush.com), and [www.nfl.com](http://www.nfl.com). Students can compile data on the following topics: player birthdays, hometowns, weights, college attended, and any other topic of interest.

# MORE NFL SCHOOL SMARTS

## MATH

### Player Percentages

1. As a class, have students share the PCT (percentages) stats from their player cards. List the values on the board. Once the list is complete, ask students to find mean, median, mode, minimum, maximum, and range of percentages.
2. Ask students to make a line plot using the statistics from the previous activity.
3. Divide students into pairs and have students compare their players' statistics by drawing circle graphs as part of an NFL display board.

## MATH AND GEOGRAPHY

### Where's My Team?

In every league, there are dominators—teams that have a long winning history—and underdogs—teams that never make it to the finals.

1. Ask students to visit [www.nfl.com/superbowl/history](http://www.nfl.com/superbowl/history) to see the scores and teams that participated in each Super Bowl.
2. After locating all the home cities on a map, students should draw conclusions about the quality of each team.
3. Ask students to use pushpins and a wall map of the U.S. to show where the NFL teams are based. Post as part of an NFL display board.

## LANGUAGE ARTS

### Hot Off the Press

A newspaper article is an example of a specific type of writing style. Prepare for this activity by asking students to bring in sports articles. The articles can be related to any sport.

1. Read several articles as a class and brainstorm observations about what makes a good news story.
2. Use the guidelines to write their own engaging piece of journalism.
3. Read a sports article online or in a newspaper or magazine and critique it for the class.
4. Compile all of your students' articles into a sports magazine, continuing on a regular basis if possible.



# DREAM TEAM



## Part A

NFL player trading cards contain a lot of statistics, which are numerical facts. For example, there are statistics about sacks, tackles, yards run, and touchdowns.

Sometimes a player has a really good year, sometimes a not-so-good year, but a good way to determine how the player did overall is by finding the average of several years.

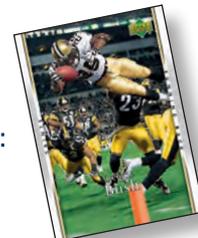
To find the average, add the data—for example the number of touchdowns—for several years. Then divide that sum by the number of years.

For example, if between the years 2002 and 2006, Thomas Jones of the New York Jets, scored 2, 3, 7, 9, and 6 touchdowns, you would add:

$$2 + 3 + 7 + 9 + 6 = 27$$

Then divide by the number of years (5):

$$27 \div 5 = 5.4$$



Thomas Jones scored an average of 5.4 touchdowns per year. Of course he cannot score 0.4 touchdowns, but the number tells you that he scored around 5 each year.

## Part B

By using averages of statistics, you can determine the best players overall and create your own Dream Team. Each person in your group should select an offensive and a defensive player from your cards. Next, you should average the statistics of each player over the years represented. Record your data below.

### OFFENSIVE PLAYER

Player's Name	Position	Statistic I'm Using	Average
_____	_____	_____	_____

Complete your calculations here:

### DEFENSIVE PLAYER

Player's Name	Position	Statistic I'm Using	Average
_____	_____	_____	_____

Complete your calculations here:

## Part C

When you have completed this activity, compile your group's best players into a Dream Team on the back of this sheet. Remember to use the averages you just calculated when you choose your team.

# CITY SEARCH



Do you know the difference between Green Bay and Tampa Bay? San Francisco and San Diego? There are NFL teams located all around the country, with some areas having more teams than others. Find out more about NFL geography by finding the answers to the following questions in the word search puzzle below. Use the NFL School Smarts Word Bank if you need a clue or visit [www.nfl.com](http://www.nfl.com) for more information.

## Do you know?

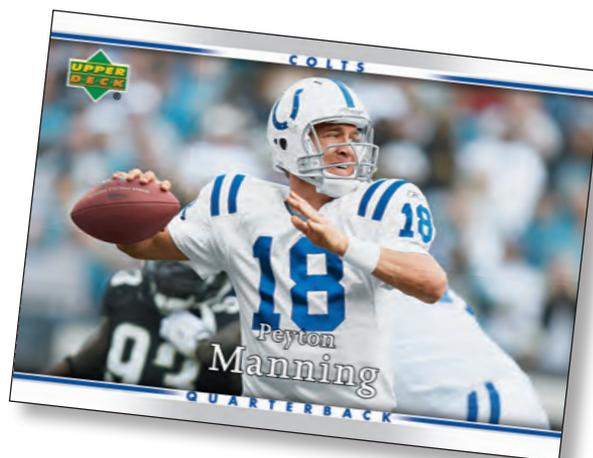
1. What state is home to the NFL team that has a dolphin as its mascot? \_\_\_\_\_
2. What city is home to the NFL team that has its stadium on Lake Erie? \_\_\_\_\_
3. Which East Coast cities have three teams? \_\_\_\_\_
4. From what city did the Tennessee Titans move? \_\_\_\_\_
5. Which locations have teams that are named after birds? (Hint: There are 5.) \_\_\_\_\_  
\_\_\_\_\_
6. Which states have teams named after them? (Hint: There are 3.) \_\_\_\_\_  
\_\_\_\_\_
7. Which NFL city is called "the gateway to the West?" \_\_\_\_\_
8. Which city's team drew its name from the Indian Packing Company? \_\_\_\_\_
9. Which team name is not a city or a state? \_\_\_\_\_

## Test your School Smarts

H A Y E I M K W L O E B G Y  
 K I M I N N E S O T A B R P  
 P H I L A D E L P H I A E N  
 S H E I L M H T R F E D E B  
 I U M S Q C L E V E L A N D  
 T Q N E W Y O R K B D W B T  
 O J G A F W H N Q M A S A A  
 B A L T I M O R E N N S Y R  
 A T S T L O U I S M I A M I  
 D L I L S W S N G R L Z T Z  
 I A S E H N T X G E O H H O  
 R N N E W Y O R K F R S S N  
 O T S G W E N N J H A A D A  
 L A R I Z O N A S W C P O L  
 F H E F I M A Q B D T E R P

### NFL School Smarts Word Bank

Miami, Cleveland, New York (appears twice),  
 Houston, Baltimore, Arizona (appears twice),  
 Atlanta, Philadelphia, Seattle, Carolina, Minnesota,  
 St. Louis, Green Bay, Florida



# THE REAL STORY



Every good sports reporter wants to get the inside scoop. Now it's your turn.

There are fascinating stories behind NFL team names, stadiums, mascots, and more. Visit [www.nflrush.com/fancentral/kidssites](http://www.nflrush.com/fancentral/kidssites) and click on the name of your favorite team. Find out the inside info about your favorite team or one that interests you and record facts you didn't know before below.

## Research Notes

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Now, pretend you're the ace sports reporter. Using what you learned from your teacher about what makes a good news story, and what you found out above, outline your own behind-the-scenes sports story about your team or football star using the chart below.

## Headline

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## Sports Story

Who? 

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What? 

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Where? 

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When? 

---

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How? 

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Why? 

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# HELP YOUR TEAM



You've already seen how you can use player statistics to evaluate talent. NFL coaches use these same statistics to evaluate the talent on their teams and help their players improve.

Using your NFL player trading cards, select one offensive player, one defensive player, and one quarterback. Pretend that you are a coach and that all three of these players are on your team. Profile each player in the spaces below, including key stats that you find on their trading cards. You can also visit [www.nfl.com](http://www.nfl.com) for additional stats on these players.

Now look at each profile and think like a coach: How can you help your players improve? Draw some conclusions about each player's talents, identifying areas where he needs to improve, and give him some helpful advice.

<b>OFFENSIVE PLAYER</b>	Name _____	Position _____
Statistics	_____	
Conclusions	_____	
Advice	_____	
<b>DEFENSIVE PLAYER</b>	Name _____	Position _____
Statistics	_____	
Conclusions	_____	
Advice	_____	
<b>QUARTERBACK</b>	Name _____	Position _____
Statistics	_____	
Conclusions	_____	
Advice	_____	

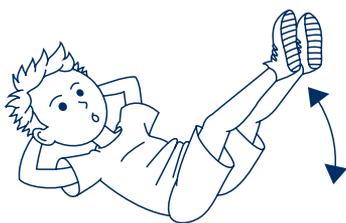
# FAN FITNESS



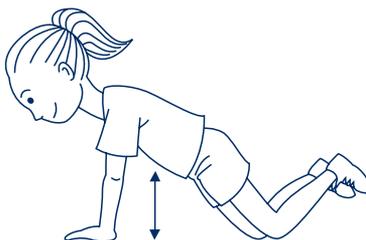
NFL players know the importance of staying in shape. Go to [www.nflrush.com/training\\_basics.asp](http://www.nflrush.com/training_basics.asp), where you can read about the regimen for an NFL player. It's hard work to be a professional football player, but easy to get in shape.

Now it's your turn to get fit. Check out these simple fitness moves.

## Leg Lifts



## Kneeling Push-ups



## Jumping Jacks



## Part A

Now, create your own wacky fan fitness routine. Name each move and describe it.

<p>Move 1</p> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <p>How it works</p> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/>
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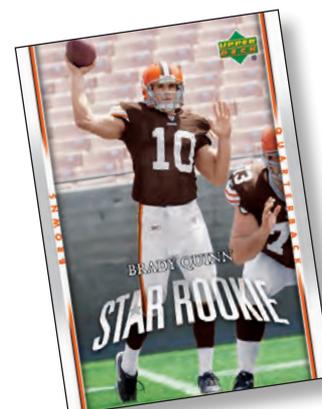
<p>Move 2</p> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <p>How it works</p> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/>
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<p>Move 3</p> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <p>How it works</p> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/>
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## Part B

Use your moves to get wacky with fitness at home with your family. Keep track of how many repetitions your family members completed in a minute. Record your results in the chart below.

	MOVE 1	MOVE 2	MOVE 3
<b>Me</b>			
<b>Family Member's Name</b>			



# IT'S IN THE CARDS



You've already seen how NFL trading cards tell a story about each individual player. Now here's your chance to tell a story by creating trading cards of your own.

## Part A

First make your own NFL Team card. It can be a real team, but for fun, why not make up a team of players based on something that interests you—for example, players who went to college in your part of the country, or players who were born during football season, or players who are all more than 6 feet tall?

Choose your team members from your NFL players cards, trading with classmates to get the cards you want. You can also find information about players at [www.nfl.com](http://www.nfl.com). When you have your team assembled, give it a name, and describe your stats on the team roster below. Then copy the card shapes on this sheet and use them to create the front and back of your own team card.

**My Team's Name** \_\_\_\_\_

**Player** \_\_\_\_\_

**Why he's a star on my team** \_\_\_\_\_

**Player** \_\_\_\_\_

**Why he's a star on my team** \_\_\_\_\_

**Player** \_\_\_\_\_

**Why he's a star on my team** \_\_\_\_\_

## My Team Card

## My Own Card

## Part B

Copy the card shapes on this sheet to create your own personal trading card. On the back of your card, give facts and stats that show what you contribute to your class team. And be sure to list your unique talents.

## Part C

Now, make a card for a family member. (Remember, pets are family members, too!) On this card, include what makes this family member special. What are his or her talents?

# IN THE BROADCAST BOOTH



How do NFL broadcasters know so much? Color commentators are often ex-players or coaches who already know a lot about the game. But before a game, they do a lot of research.

Here's a chance to pretend that you're the color commentator for an NFL game. Choose a game to watch and ask a family member to watch with you. Together, answer the questions below.

## Part A

1. Which teams are playing? \_\_\_\_\_

2. Where will the game be played? \_\_\_\_\_

Home Team

Visiting Team

3. Answer for each team: \_\_\_\_\_

Who are the star players? \_\_\_\_\_

What is the team's record? \_\_\_\_\_

Is anyone injured? \_\_\_\_\_

Have these teams played each other before? \_\_\_\_\_ Who won? \_\_\_\_\_

4. Describe two plays in the game:

Play 1 \_\_\_\_\_

Play 2 \_\_\_\_\_

Which players are playing well and why? \_\_\_\_\_

Great words the commentators used during the broadcast: \_\_\_\_\_

My observations about the players, the stadium, the fans, and the game itself: \_\_\_\_\_

## Part B

After the game:

Compare notes with your family members, and compile your observations and those of your family members into your own broadcast. Present it to your classmates. Use your trading cards—they're a cool way to get the inside scoop on your favorite players.

**Here are some broadcast tips. Read them carefully.**

🎧 **Speak slowly and clearly**

👔 **Dress neatly**

📹 **Look into the camera**

🗣️ **Keep the story short**

🧘 **Sit up straight**

# EN LA CABINA DE TRANSMISIÓN



¿Cómo es posible que los comentaristas radiales de la NFL sepan tanto? Con frecuencia, los comentaristas son ex jugadores o entrenadores que ya conocen muy bien el juego. Pero antes de cada partido, hacen un estudio a fondo.

He aquí la posibilidad de simular que tú eres el comentarista de un partido de la NFL. Elige un partido para mirar y pídele a un integrante de tu familia que lo mire contigo. Juntos, contesten las preguntas que encontrarán a continuación.

## Parte A

1. ¿Cuáles son los equipos que van a jugar? \_\_\_\_\_
  2. ¿Dónde se jugará el partido? \_\_\_\_\_
- |   | Cancha del equipo local | Cancha del equipo visitante |
|---|-------------------------|-----------------------------|
| 3. Para cada equipo, contesta:                                    | _____                   | _____                       |
| ¿Quiénes son los jugadores estelares?                             | _____                   | _____                       |
| ¿Cuál es el historial del equipo?                                 | _____                   | _____                       |
| ¿Se ha lastimado alguien?   | _____                   | _____                       |
| ¿Han jugado uno contra el otro estos equipos anteriormente? _____ | ¿Quién ganó? _____      |                             |
4. Describe dos jugadas en el partido: \_\_\_\_\_  
 Jugada 1 \_\_\_\_\_  
 \_\_\_\_\_  
 Jugada 2 \_\_\_\_\_  
 \_\_\_\_\_  
 ¿Cuáles jugadores están jugando bien, y por qué? \_\_\_\_\_  
 \_\_\_\_\_  
 Palabras importantes usadas por los comentaristas durante la transmisión: \_\_\_\_\_  
 \_\_\_\_\_  
 Mis observaciones con respecto a los jugadores, el estadio, los fanáticos y el partido mismo: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Parte B

Después del partido: Compara tus observaciones con las de los integrantes de tu familia que participaron, e incluye tus observaciones y las de tu familia en tu transmisión. Preséntala a tus compañeros en la escuela. Usa tus figuritas coleccionables: son un buen sistema para averiguar datos sobre tus jugadores preferidos.

**He aquí algunos consejos útiles para la transmisión radial, Léelos atentamente.**

- |                            |                                 |
|----------------------------|---------------------------------|
| ⚡ Habla lenta y claramente | ⚡ Vístete pulcramente           |
| ⚡ Mira a la cámara         | ⚡ Mantén tus comentarios breves |
| ⚡ Siéntate erguido         |                                 |



# SPECIAL ACTIVITIES



## NFL SCHOOL SMARTS FOOTBALL ALL STARS

Challenge your students to test their football skills at an "all stars" field day. Divide the class into teams, each responsible for setting up a different skill station on your school playground, using the skill categories they have learned about from their player trading cards. On All Star Day, students move from station to station testing their skill at, for example, running a set distance, throwing a football, catching a football, and kicking a football for distance and accuracy. Have each class team prepare a scorecard for their station to track individual and team results.

Follow up your field day by having students create their own All Star trading cards. If possible, take photos of the class in action on All Star Day and feature these pictures on the front of the students' cards. On the back, have students write mini-biographies and record their stats for the day. Encourage each class team to create their own team card as well. (This activity reinforces math, social studies, health, and language arts skills, and makes a great project for sharing on parent night.)

### HEALTH

#### FOOTBALL FITNESS

Students may not realize the extent that players train for football season. They must be in good physical shape to be prepared for the rigors of the game and prevent injury as much as possible.

- Brainstorm with students what it means to be in shape. What are some activities each student could do to stay fit and to measure one's fitness?
- Ask students to develop a chart to keep track of their own fitness goals and achievements.
- Players in different positions often have different body types. Students can use their cards to find the ratio of height to weight for players in different positions. By finding the average ratio for quarterbacks, for wide receivers, etc, students can draw conclusions about the build that is useful for each position.
- Ask students to find out how the heart and lungs are positively affected by regular exercise.

### SOCIAL STUDIES

#### FANTASY FOOTBALL

- Ask students to create their own team, logo, name, type of stadium, stadium name, and popular players based on your geographic location.
- When they are finished, they should write and design a team brochure.
- Have students go to [www.nfl.com](http://www.nfl.com) to learn about Fantasy Football. Have them interview friends or family members who participate in this pastime to find out why it has become so popular. Have students report on their findings and provide updates during the season on the fortunes of their Fantasy Football fans.

#### HISTORY

- Explore the heritage of the NFL by creating a timeline that starts at 1900.

#### TEAM MASCOTS

- Look at [www.nfl.com](http://www.nfl.com) to see team symbols. Have students brainstorm why these animals, letters, or objects are good team symbols. Afterwards, have them create their own class symbol.



#### Additional Resources

- [www.nfl.com](http://www.nfl.com)— the official Web site of the National Football League
- [www.nflplayers.com](http://www.nflplayers.com)— the official web site of the NFL players
- [www.nflrush.com](http://www.nflrush.com)— the official site for kids, teachers, and coaches
- [www.playoffinc.com](http://www.playoffinc.com)— more information on sports trading cards
- [www.topps.com](http://www.topps.com)
- [www.upperdeck.com](http://www.upperdeck.com)
- [www.ymiteacher.com](http://www.ymiteacher.com)— to download more free copies of this and other study guides





SHOW YOUR NFL SCHOOL SMARTS

# OUR CLASS STATS



HOMETOWN AND STATE

SCHOOL NAME

TEACHER'S NAME

NUMBER OF BOYS IN OUR CLASS

NUMBER OF GIRLS IN OUR CLASS

NUMBER OF STUDENTS WHO PLAY ORGANIZED SPORTS

NUMBER OF STUDENTS WHO ARE MIDDLE CHILDREN

AVERAGE HEIGHT OF STUDENTS IN OUR CLASS

AVERAGE NUMBER OF SIBLINGS

AVERAGE NUMBER OF MUSICAL INSTRUMENTS PLAYED

AVERAGE NUMBER OF STATES STUDENTS TRAVELED TO LAST YEAR

PERCENTAGE OF STUDENTS WHO HAVE GONE TO AN NFL GAME

PERCENTAGE OF STUDENTS WHO HAVE WATCHED AN NFL GAME ON TV

PERCENTAGE OF STUDENTS WHO CAN SPEAK MORE THAN ONE LANGUAGE



## CLASS STANDINGS AND SCOREBOARD



RECORD	ACHIEVEMENT	NAME OF RECORD HOLDER
READ THE MOST BOOKS IN A WEEK	<input type="text"/>	<input type="text"/>
HAS THE MOST MEMBERS IN THEIR IMMEDIATE FAMILY	<input type="text"/>	<input type="text"/>
TRAVELED TO THE FURTHEST COUNTRY	<input type="text"/>	<input type="text"/>
DID THE MOST SIT-UPS IN 60 SECONDS	<input type="text"/>	<input type="text"/>
HELPED OUR SCHOOL THE MOST	<input type="text"/>	<input type="text"/>



Go to [www.nflrush.com](http://www.nflrush.com), the official NFL Web site for kids.