



SCHOOL SMARTS 2008



Dear Educator:

As you know, fourth- and fifth-graders do best when they're excited about what they're learning. So connecting academic subjects to students' interests and hobbies, including sports, is a great way to stimulate the learning process.

The National Football League and the award-winning curriculum specialists at Young Minds Inspired are pleased to provide you with this fifth annual edition of the extremely successful **NFL School Smarts** educational program, with hands-on classroom activities in mathematics, language arts, geography, fitness, and Internet skills. The lessons will catch your students' interest and generate enthusiasm while meeting National Education Standards for grades 4 and 5. For specifics, go to www.ymiclassroom.com/pdf/NFL2008.pdf.

The materials in this program include:

- 28 special packs of NFL player trading cards to use with the activities. Each student gets a pack, and each pack is different.
- Reproducible classroom activities focusing on mathematics, language arts, geography, fitness, and Internet skills. Each activity has an Internet component.
- A take-home activity provided in both English and Spanish.
- A variety of extension activities to reinforce learning across the curriculum.
- A brief Teacher's Playbook and glossary of football terms and abbreviations — useful to both the football fan and those with little or no knowledge of the game.
- A special offer to educators from Topps to reward high academic performance.

In addition, we've included a special NFL School Smarts Field Day wall poster. Fill in your class' Play 60 fitness stats after your field day events. The first 100 classes who send us a photo of their class posing with the completed poster will receive a special gift from the NFL for each student in the class. And every class that sends in a photo will receive a thank-you gift from the NFL. Look inside for details.

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 at www.ymiclassroom.com.

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,

Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired, Inc.



NFL PLAYERS

NATIONAL FOOTBALL LEAGUE

WHO SHOULD USE THIS PROGRAM?

NFL School Smarts is designed for use with fourth- and fifth-grade students. Please photocopy the materials to share with other classroom teachers and physical education teachers in your school.

PROGRAM COMPONENTS

- This teacher's guide
- Six reproducible student activity sheets on mathematics, geography, language arts, fitness, and Internet skills (with one activity sheet in both English and Spanish)
- Extension activity ideas
- 28 packs of NFL player trading cards
- A wall poster to use in entering the **NFL School Smarts Field Day** activity
- A reply card for your comments
- A special offer to educators from Topps to reward high academic performance

NFL SCHOOL SMARTS FIELD DAY ACTIVITY

The **NFL School Smarts** poster is designed to help you and your students organize an **NFL School Smarts Field Day**. Write students' names in the Roster column and record their participation in your field day events. Then take a digital photo of your class standing around their completed poster and upload it to YMI at www.ymiclassroom.com/FieldDay.html. **The first 100 classes to submit a photo will receive a special gift from the NFL for each student in the class. And every class that submits a photo will receive a thank-you gift from the NFL.** The deadline to receive your class photo is **December 12, 2008**. Questions? Contact YMI toll-free at 1-800-859-8005 or feedback@ymiclassroom.com.

Begin planning your field day by talking about NFL Play 60, the health and fitness initiative created by the NFL. The message behind NFL Play 60 is that kids need at least 60 minutes of physical activity every day. And they need to eat a balanced diet, too. Students can learn more about NFL Play 60 at www.NFLRUSH.com.

Divide the class into six groups, each responsible for planning one 15-minute event. Tell students that their events can involve football skills or give a football twist to a traditional activity. For example:

- Punting a football for distance and accuracy
- Running with a football in the open and around obstacles
- Tug of war between offensive and defensive "linemen"
- Football keep-away
- Football dodge ball

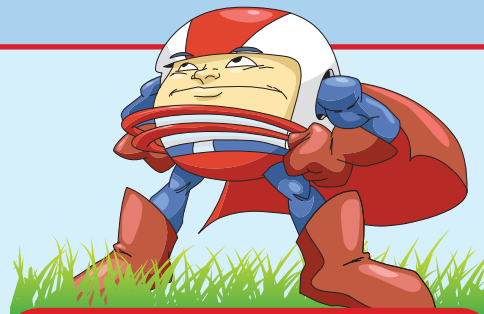
Have each group create an event. Discuss how to record the results—measuring distance, speed, height, etc.—and prepare a scorecard to record the name of the event and the results. Ask students to bring in footballs and any other gear you might need.

Start your **NFL School Smarts Field Day** with stretching and bending exercises. Fill out the **NFL School Smarts** poster with each student's name and the names of your six field day events. Then, head outside and let the fun begin! Members of each group can take turns keeping score.

Back in the classroom, check the scorecards to determine the winners and invite them to help fill in your poster. Record the scores and make a checkmark to indicate that every student participated.

When the poster is complete, gather your students around it and take a digital photo that you can upload to enter the **NFL School Smarts Field Day** activity.

The first 100 classes that submit a photo will receive a special gift from the NFL for each student in the class. And every class that submits a photo will receive a thank-you gift from the NFL. Deadline for submitting photos is **December 12, 2008**.



A TEACHER'S PROFESSIONAL FOOTBALL HANDBOOK*

Here are 10 professional football facts to get you in the game.

1. The object of NFL 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 or go for a 2-point conversion.
2. A field goal is 3 points and involves a place-kicker kicking the ball through the opponent's goalpost from anywhere on the field.
3. Each game is 60 minutes long; made up of four 15-minute quarters.
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 four 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 four attempts.
7. A football field is 100 yards long, not counting the end zones. Each end zone is 10 yards long.
8. A ball dropped or knocked out of a player's hand is called a "fumble."
9. When a pass meant for an offensive player is caught by a defensive player, it's called an "interception."
10. 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 **NFL School Smarts**. If you want to know more about NFL football, go to www.NFLRUSH.com.



IT'S ALL IN THE CARDS

Like any sport, NFL football has its own terms and abbreviations. 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

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.
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.
TD	Touchdowns: The number of touchdowns scored.
YDS	Yards: Any of several kinds of yards, i.e. passing, receiving, rushing, or return.

ON A DEFENSIVE PLAYER'S CARD

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

ON A QUARTERBACK'S CARD

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



GET READY FOR THE KICKOFF

Distribute a pack of NFL player cards to each student and ask students if they collect or trade any kinds of cards. Have students open their packs to examine the cards, and talk about the kinds of information they provide: team, position, biographical facts, playing statistics, special accomplishments, etc. Have students work in groups to compare and trade cards before beginning the activities. Encourage students to ask family members about their own experiences as trading card collectors.

INTRODUCE NFLRUSH.COM AND THE NFLRUSH ZONE

The activities in this program incorporate Internet-based learning adventures using two NFL websites created especially for kids.

- At **NFLRUSH.com** students can find information about their favorite NFL teams and players, NFL contests and sweepstakes just for kids, the rules of the game and fitness tips from NFL stars, in addition to a wide variety of fun and challenging online games and activities. **NFLRUSH.com**, which is targeted to kids 6-15, provides an environment where kids can share their interest in the NFL and delivers the NFL experience they want to have — as a fan or player or both.
- The **NFLRUSH Zone** (at <http://nflrz.nflrush.com>) invites students to enter a virtual world for kids set in the mythical center of the NFL. In this virtual world students can play, explore, compete and socialize in a safe, fun environment. Users are able to create their own NFL player “avatar” and interact with other kids on the site as they play online games, watch animated videos, and earn “pigskins” that they can spend on new gear for their avatar.

Both websites offer a great opportunity to teach your students Internet skills and to reinforce the rules of Internet safety and appropriate online behavior. Explain that students will visit these sites throughout the **NFL School Smarts** program, either in school or at home.



ACTIVITY 1 Meet the Players

This activity teaches students how to retrieve data, compute averages, and compare and contrast statistics.

In Class

Introduce this activity by reviewing the difference between an offensive player and a defensive player, noting that the statistics for each group can be different. An offensive player will have statistics that revolve around making a touchdown (yards, attempts). A defensive player will have statistics that show how a touchdown was prevented (tackles, sacks).

Have students work in groups and share information on their player trading cards to answer the questions on the activity sheet. Follow up by using students' answers to compare and contrast statistics for selected players. Students might also rank players by various statistics, such as completed passes, yards, tackles, and touchdowns.

Online

Have students complete a profile for a favorite player using their cards and information available online at www.NFLRUSH.com, the official NFL site for kids. Students can find information on top players by clicking the "NFL Players" tab at the top of the homepage. For detailed information on every player, they can visit www.NFL.com/players. In addition to game stats, they can find information about players' community service projects, hobbies, and family life, as well as motivational tips.

ACTIVITY 2 Be a Pollster

This activity teaches students how to gather statistical data, use mathematical concepts to interpret it, and practice calculating mean, median, and mode.

In Class

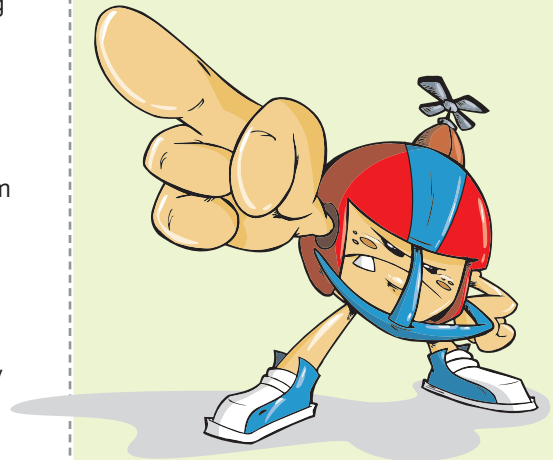
PART 1: Have students work in groups and use their packs of player trading cards. Taking turns, each student in the group polls the others to gather information about their cards. All members record this information in a data collection form on the activity sheet. When they have collected their data, have students use it to determine the *mean*, *median*, and *mode* for their group. Explain that to find the *mean* (an average of a set of numbers), students must add the numbers and divide by the number in the set. To find the *median*, students determine the middle number in a range of ascending or descending numbers. The *mode* is the number that appears most frequently in a set of numbers. Students can complete these calculations on the back of the sheet.

Compare results and compile the data for all groups and use it to calculate mean, median, and mode for the whole class. Have students compare their group results to those of the class. If time permits, collect additional data from the students' player trading cards — teams, quarterbacks, kickers, or other specific positions — to continue your statistical analysis.

PART 2: Students can complete this part of the in-class activity individually. Explain that NFL Play 60 is the teams' initiative to help keep kids healthy by encouraging at least 60 minutes of physical activity each day. Use the activity sheet to poll students on their favorite types of physical activity. As a class, complete a bar graph to record your class results.

Online

Have students complete this part at home by participating in the regularly updated poll at www.NFLRUSH.com with a parent. Ask students to record their polling experience on the activity sheet and to bring in this information for a class discussion.



ACTIVITY 3 Pick a Card

This activity teaches students how to organize information and how to use the Internet for research.

In Class

Start by asking how many students collect trading cards, what kind, why they select that type, and how their collections are organized. Then have students work in groups to experiment with different ways to organize their combined cards. Guide them through the steps outlined on the activity sheet, first organizing their cards into teams, then according to player positions. Talk about the pros and cons of these collecting patterns. Then have the groups brainstorm other ways to organize a collection, encouraging creativity and close inspection of the information.

Have students work individually to describe how they would organize an NFL player trading card collection, and share these organization ideas with the class. Conclude this part of the activity with a trading session, allowing students to exchange cards to get players who fit the criteria of their collection.



Online

Prepare students for this activity by talking about Internet research. Review your school's rules for using the Internet, evaluating Internet content, and recording Internet research sources. After students complete their research, discuss online research strategies.

ACTIVITY 4 Team Huddle

This activity teaches students how to create graphs from compiled information.

In Class

Explain that in this activity students will use graphing to learn more about their class team. Stress that each student contributes something unique and different, and that together they make your team the best it can be.

Have students complete the questionnaire on the activity sheet individually. Then use the chalkboard or whiteboard to collect data for the whole class. As a group, decide which data-sets you will convert into pie-chart graphs — favorite hobby, sport, snack, or subject, for example — or let students choose individually and complete the graphs on their own. Conclude with a class discussion about other types of graphs — bar graphs and pictographs, for example. How would these give a different picture of the individual traits and interests that go into the make-up of your class team?

Online

For this part of the activity, students go online to www.NFLRUSH.com to create their own personal trading cards. Have students bring their personal trading cards to class to create a bulletin board portrait of your class team.



ACTIVITY 5 Play by the Rules

This activity reinforces basic rules of Internet safety and appropriate behavior online.

In Class

First, review the rules for computer and Internet use at your school. Draw the connection between these rules and sports rules, which are designed to keep games fair, fun, and safe for everyone.

Review the "Internet Rulebook" on the activity sheet, asking students to explain the reason for each rule. (Rules 1-5 protect privacy and provide safety from online con artists and real-world predators. Rule 6 maintains good etiquette online and prevents cyber-bullying.) Compare answers to the in-class activity in a class discussion, and talk with students about any unsettling experiences they may have had online. Emphasize that whenever they have a bad feeling about something online, they should talk about it with a parent or another trusted adult.

Answers

1. Shelly broke Rule 4 by sharing information about her school friend, both her phone number and probably her real name. She should have used her friend's Internet name in the chat room, and she should never give anyone another person's phone number on the Internet. If anyone ever asks, she should always tell a parent or trusted adult about it.
2. Diego broke Rule 6 by using rude language online. Of course, he might say that Eddie started it, but that doesn't make it all right. Instead, he should have left the chat room and told a parent or trusted adult what happened.
3. Rick broke Rule 5 when he posted his picture online (unless he had a parent's permission) and he broke Rule 3 when he told Gearhead where he bought his new team jersey. Whoever Gearhead might be, if he knows a store where Rick shops, he might use that information and Rick's photo to try and find Rick in real life. Rick should have asked for permission to post his photo online, and he should never tell anyone anything that might be a clue to where he lives. If anyone ever asks for such information, he should always tell a parent or trusted adult about it.

Online

This part of the activity is designed to extend Internet safety awareness into the home by introducing parents to the rules and safeguards built into the **NFLRush Zone**, a virtual world where kids play games, watch videos, and interact with one another through online characters called "avatars."

You and your students' parents will find that **NFLRush Zone** has been designed for maximum fun and safety, with dozens of exciting and educational games plus online monitors who inconspicuously supervise children's avatars 24 hours a day to maintain good behavior. In addition, **NFLRush Zone** requires all members to register with a valid email address, so monitors can take action at the first sign of trouble.



ACTIVITY 6 The Home Team Advantage

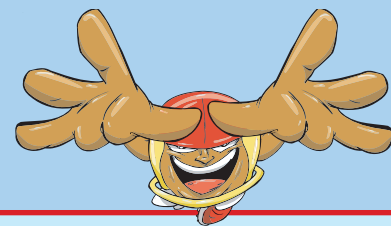
This activity is designed to strengthen the home-school connection by inviting parents to participate in their child's learning through a family activity.

This activity informs parents about the **NFL School Smarts** program and provides ideas for enjoying an NFL game together as a family. You can present the activity as purely a family affair, or tell students that you plan to follow up their home viewing experience with language arts or graphic activities. If you choose to make this activity part of your class plans, consider assigning a specific NFL game for family viewing, so that all your students can draw on the same experience.



NFL PLAYERS

SCHOOL SMARTS ACROSS THE CURRICULUM



Use these ideas to make the excitement of NFL football part of your class plans all season long.

MATH

Divide the class into two teams, one holding all the offensive player cards, the other holding the defensive cards. One by one, a student for each team draws a card. The student on offense must calculate that player's average total yardage over the past two years before the student on defense can calculate his or her player's average number of tackles over the past two years. If the offense answers first (and correctly), they make a first down. If the defense answers first, it's a stop. Ten first downs score a touchdown and win the game. A defensive stop means the teams trade sides. Keep playing every day until you have a winner.

For a simpler game, hold all the cards and ask each student team in turn to solve a math problem based on the stats. Ten yards gained for a right answer, ten yards lost for a wrong one. First team to gain 100 yards scores a touchdown and wins the game.

GEOGRAPHY

Visit the NFL teams and the geography sections on www.NFLRUSH.com/fancentral/stadiuminfo and www.NFLRUSH.com/games/nation. Have students find the location of all 32 NFL teams on a blank map of the United States and write in the names of all the states with NFL teams. Then have students name and mark the location of the capital city in those states. How many NFL teams are located in their state capitals?

Divide the class into eight groups, each assigned to a different division of the NFL. Have each group choose one NFL team in their division and create a travel brochure about that team's home city — its history, geography, culture, and sightseeing attractions — with a special section describing the team's stadium and traditions.

SOCIAL STUDIES

Many of the NFL's top players have made their mark outside the game as well. Have students research and report on legends like Jim Brown, Rosey Grier, Bob Hayes, Walter Payton, Jim Thorpe, and Gene Upshaw, describing their football accomplishments and what they achieved off the gridiron.

Have students explore the annual tradition of the Super Bowl within their own families as an oral history project. Encourage them to interview parents, grandparents, and other older relatives to learn how they celebrated the Super Bowl in their day and to gather memories of unforgettable moments both in the family and on the field. Students can share their oral histories in a classroom presentation or create scrapbooks to share with classmates and family members.

LANGUAGE ARTS

Have students turn an NFL player trading card into a short biography, describing where the player grew up, his college experience, and his career in the NFL. Students can find this information online at www.NFL.com/players or use resources at your local library.

Let students practice persuasive writing in a sports editorial. Start out by having the class talk about football's popularity, how many Americans participate in sports growing up, and even how people in other countries might view American sports. Then have students write about how football reflects our national values and character.

HEALTH

Have your students create a nutrition training table for kids their age with the help of the USDA MyPyramid food pyramid, available online at www.mypyramid.com, and the information on www.NFLRUSH.com/health. Students can draw or find photos of favorite foods from each of the five food groups — grains, vegetables, fruits, milk, meat and beans — to create a variety of balanced meals.

First, have students click on NFL Play 60 at www.NFLRUSH.com to see how NFL players and teams recommend students stay active and eat healthy. Then, show your students how they can shape up their own diets by reading the Nutrition Facts label printed on most food packaging. Students can learn more about the Nutrition Facts label at the FDA website www.spottheblock.com. Have them bring in a favorite snack package to explain what the Nutrition Facts label says about that snack's nutritional value.

ACTIVITY 1 | Meet the Players



REPRODUCIBLE MASTER

It's game time! The players are on the field. The fans are cheering. The ball is snapped. Who's going to win?

In the NFL, victory depends completely on the talent and effort of the players. That's why true football fans spend time studying "the numbers" — all those statistics, or "stats," that pros use to measure the performance of an NFL player.

In Class

You can find the most important stats on NFL player trading cards. Huddle with your group and share cards to take a look. The cards tell you each player's height, weight, birth date, team, and the position he plays on offense or defense. Then there are stats for the number of yards gained, touchdowns, passes, tackles, sacks, and more, with different stats for offensive and defensive players. Get to know the NFL players on your group's trading cards by checking "the numbers" to answer the questions below.

- Which defensive player has made the most tackles (TACK) during his career?

(name) (team) (total tackles)

- Which offensive player has the most touchdowns (TD) in his career?

(name) (team) (total TDs)

- How many touchdowns were scored by all your players combined in 2007? _____

- What is the average* age of all your players? _____ years old

- What is the average* height of all your players? _____ feet _____ inches

- How many interceptions (INT) do your defensive players average* in a year? _____

- How many yards (YDS) do your offensive players average* in a year? _____

- Whom would you pick as the most valuable player in your group, and why?

Online

A player profile gives you all the important information about that player. Create a profile for one of the players on your cards, using the form below. You will find some of the information you need on the back of the player's card. For more information, go online to www.NFLRUSH.com and click on the "NFL Players" tab at the top of the homepage. For in-depth information on every player, visit www.NFL.com/players.



*To calculate an average, you add up the stats from all your cards and divide by the number of stats you added together. Use the back of this sheet for your calculations.

PLAYER PROFILE

Name:			Position:	
Height:	Weight:	Date of Birth:	Hometown:	College:
Team Name:	Team Town:	Conference:	Division:	Years in NFL:
Interesting Facts and Career Highlights:				
STATS (Fill in the stats appropriate to your player.)				
2007				
2006				
2005				
2004				
2003				

ACTIVITY 2 | Be a Pollster



REPRODUCIBLE MASTER

Polls help us gather many pieces of information (called data) that can be put together to find patterns and make decisions. In the NFL, they use a poll to decide who will be Player of the Week.

In Class

PART 1: Which types of player trading cards are the hardest to find? You can take a poll to find out. Take turns being the pollster who asks the question. When you have filled in the data for each student in your group, use your math skills to look for patterns by calculating the *mean*, *median*, and *mode* for your group. Then compare your poll results with those of other groups. Which type of player trading card do you think is hardest to find? Why?

DATA COLLECTION CHART Group members	How many offensive player cards do you have?	How many rookie cards do you have?*	How many "special" cards do you have?*
Name			
Name			
Name			
Name			
TOTAL			
What is the mean?			
What is the median?			
What is the mode?			

* A player is called a "rookie" during his first year in the NFL.

** These are cards that show the whole team, celebrate a special accomplishment (like being named Most Valuable Player), or recall a special event (like a Super Bowl win).

PART 2: Polls are also used to find out what people like to do. For example, how do the students in your class like to Play 60? That's the NFL's way of asking how kids like to stay active and exercise at least 60 minutes each day. Fill in your answers below, then conduct a class poll to find out your class favorite.

Number the choices below from 1 to 9 to show which is your most favorite (1) and least favorite (9).

----- Walking	----- Biking	----- Skateboarding
----- Football	----- Running	----- Swimming
----- Dance	----- Jump Rope	----- Hopscotch

Now pool your answers and create a class bar graph of the results.



Online

Many websites conduct polls, gathering data from people all over the world. At www.NFLRUSH.com there is a different poll every week, specially designed for kids. Click on the headline "What Do You Think?" and answer this week's question. When you click the "Vote" button, you'll see a bar graph showing the current results. Have a parent answer the question, too. Below, record how your answers compared to the poll results.

What was the poll question?

What was your answer?

How did your answer compare to the poll results?

What was your parent's answer?

How did your parent's answer compare to the poll results?



© 2008 YMI, Inc.

EXPLORE, COMPETE, AND PLAY FOR YOUR FAVORITE NFL TEAM AT THE **NFLRUSH ZONE** (<http://nflrz.nflrush.com>), THE GAME WORLD FOR KIDS.

ACTIVITY 3 Pick a Card



REPRODUCIBLE MASTER

Boys and girls have collected player trading cards for years. Some have hundreds, even thousands of cards. But it takes more than stacks of trading cards to make a collection. To get the most fun out of collecting trading cards, you need to get organized!

In Class

Experiment with your group about different ways you could organize your NFL player trading cards.

First, try lining them up by team. There are 32 teams in the National Football League. Do you have at least one player card for each team? How many cards do you need to have every team represented?

Next organize your player cards by position, with all the quarterbacks together, all the kickers, and so on. Check the stats to reorganize your cards into a “fantasy” team of top-ranking offensive and defensive players. Are there any positions where you would like more player cards to choose from? Which ones?

Now brainstorm other ways to organize a player card collection. You might collect rookies, veterans, players born in your state, team mascots, team colors, Pro Bowl honorees, Super Bowl standouts, short players (under 6 feet), lightweights (under 200 pounds), players with your lucky number on their jersey — the possibilities are almost endless!

Decide on the way you would organize the cards in your group and describe your collection below, writing in the names of the players who belong in your collection and why.

MY NFL PLAYER TRADING CARD COLLECTION

How my collection is organized:

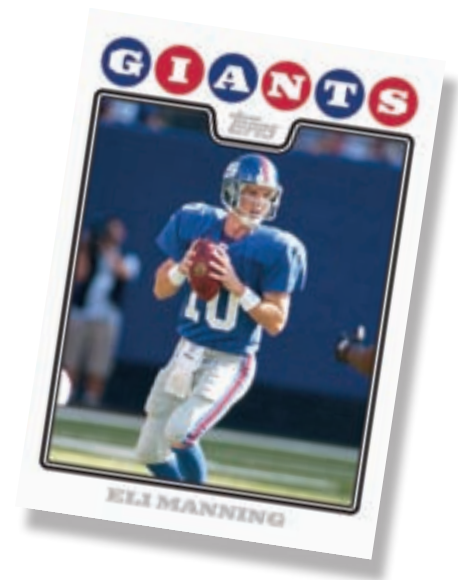
Player	Why he belongs in my collection

TRADING CARD COLLECTION RESEARCH

Player Name	Why he belongs in my collection	Research Source

Online

Now that you’ve organized your NFL player trading cards, you’ll want to find out which other player cards you need to complete your collection. That means research. To get started, visit www.NFLRUSH.com and click the “NFL Players” tab at the top of the homepage to learn about leading players in the league. You can also visit www.NFL.com/players for information about every player. Use the chart below to record your research. In the Source column, record the web address (URL) where you found the information.



ACTIVITY 4 | Team Huddle



REPRODUCIBLE MASTER

Everyone on an NFL football team plays a different role, from the head coach all the way down the line-up of players. The same is true in your class. All your classmates are different from one another in special ways, but you make up a team when you come together in class. Here's a chance to find out more about your class team and your teammates.

In Class

To start, answer the questions below about yourself. Your teacher will then poll the class to combine your answers with those of your classmates. Use this data to create pie-chart graphs that show how your similarities and differences fit together to make you a strong team. Create one graph about a personal trait and two graphs about your team's personal favorites.

Name _____

What color are your eyes? _____

What color is your hair? _____

Are you right-handed or left-handed? _____

What is your favorite hobby? _____

What is your favorite sport? _____

What is your favorite snack? _____

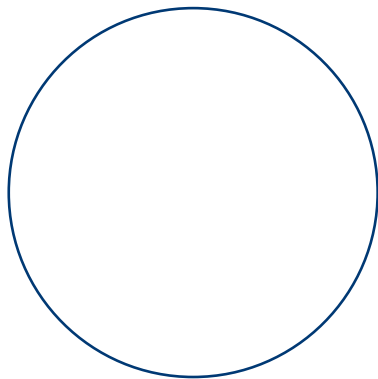
What is your favorite subject in school? _____

What is your favorite NFL team? _____

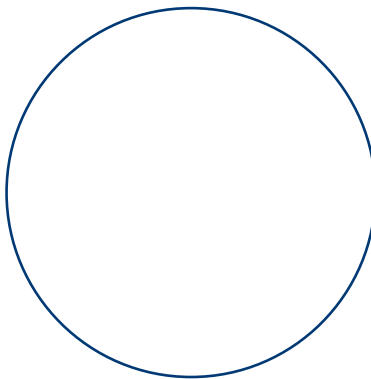
What is your favorite NFL team mascot? _____

Online

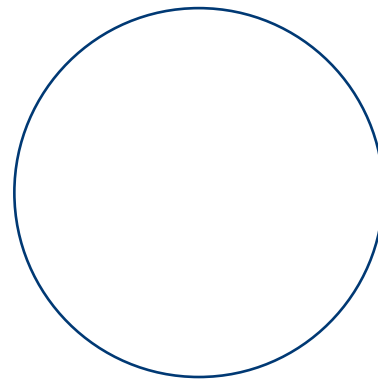
Now let's turn the spotlight on you! What makes you stand out on the team? At www.NFLRUSH.com you can create your very own trading card to show off all your special talents. Just click the "NFL Players" tab at the top of the homepage, then look for the "Make Your Own Trading Card" link and follow the step-by-step directions. You will need to have a photo of your face on your computer to upload onto your trading card. When you've finished your card, print it out and bring it to class to create a class team portrait. For more fun, you can make trading cards for every member of your family — including pets!



Personal Trait



Team's Favorite



Team's Favorite



© 2008 YMI, Inc.

EXPLORE, COMPETE, AND PLAY FOR YOUR FAVORITE NFL TEAM AT THE
NFLRUSH ZONE (<http://nflrz.nflrush.com>), THE GAME WORLD FOR KIDS.

ACTIVITY 5 Play by the Rules



REPRODUCIBLE MASTER

Try your hand at being a coach — but instead of being in charge on the football field, you'll be watching the action on the Internet. To get ready, study this Internet Rulebook.

INTERNET RULEBOOK

1. Never give anyone your email address without a parent's permission.
2. Never give anyone your name, phone number, or address without a parent's permission.
3. Don't share information that might help someone guess where you live, like the name of your school or your favorite shopping mall.
4. Don't share information that might help someone contact a friend or family member — that's private!
5. Don't post photos of yourself, your family, or friends without a parent's permission.
6. Watch your language when you're online — keep it clean and courteous!



In Class

Get ready to make the call for the Internet situations described below. Tell which rule in the Internet Rulebook was broken and what each kid should have done to play by the rules.

1. Shelly was having fun chatting with her online friends every day after school. They talked about all kinds of things. One of her online friends, named Muffin, really wanted to meet a school friend that Shelly talked about often, so Shelly gave Muffin her school friend's phone number.

MAKE THE CALL! Which rule was broken?

What should Shelly have done to play by the rules?

2. Diego was in a chat room talking football when someone named Eddie started trash-talking his favorite team. This new guy was saying some really nasty stuff about the quarterback, Diego's favorite player, so Diego let him have it. He used every insult he could think of until this Eddie guy finally shut up.

MAKE THE CALL! Which rule was broken?

What should Diego have done to play by the rules?

3. Rick posted his photo online to show off his new vintage-style team jersey. A couple of days later, someone named Gearhead left a message on Rick's page asking where he bought the jersey. This guy said he wanted to phone the store and get one for himself. Rick didn't know the number, but he told the guy which store it was so he could look it up.

MAKE THE CALL! Which rule was broken?

What should Rick have done to play by the rules?

Online

Good call! You know the rules for having fun on the Internet. Now check out the rules for having fun at the NFLRUSH Zone. (We call it NFLRZ for short!) Take a parent along, because there are rules they should know about, too.

Remember, you can get to NFLRZ by going to www.NFLRUSH.com and clicking the NFLRUSH Zone link near the top of the homepage. Or you can go directly to <http://nflrz.nflrush.com>.

Scroll to the bottom and click "Safety Tips." Look familiar? You've already learned most of these rules, but read the whole page carefully with your parent. When you get to the bottom, have your parent click the "For Parents" link. You'll find lots more information about NFLRZ and the rules for keeping it fun.

So let the fun begin! If you're not registered yet, sign on (with your parent's permission, of course) and create your own online character, called an "avatar." Then start exploring. You can play games, watch videos, talk with other kids, and even earn pigskins that you can spend to keep your avatar in top shape. The action never stops! So keep coming back to find out what's new and different at NFLRZ today.

ACTIVITY 6 The Home Team Advantage



REPRODUCIBLE MASTER

Dear Parent,

Your child's class has been taking part in an educational program called **NFL School Smarts** that helps students learn math, geography, language arts, and Internet skills. We are using NFL player trading cards and NFL Internet sites designed especially for kids to practice averaging, graphing, budgeting, mapping, organizing ideas, and online research, and to learn the rules for Internet safety. Check out your child's activity sheets to learn more about **NFL School Smarts**, and please visit the NFL's kid websites — www.NFLRUSH.com and the NFLRush Zone at <http://nflrz.nflrush.com> — to see how the NFL is making both sites safe places to learn and play.

Now, to conclude **NFL School Smarts**, we've scheduled a home game. That means it's your turn to get in on the action — and the fun!

It's Game Day!

Make football a family affair by watching a televised game together. Use these activity ideas to add to your fun, and teach a few lessons along the way.

Tailgate Time: Start off your game day with a kitchen table tailgate party that will keep your family coming back for more. Be sure to serve plenty of nutritious snacks — crunchy vegetables, fruit, milk, and juices. For more ideas, ask your child to check out the ideas from NFL team nutritionists at NFL Play 60 on www.NFLRUSH.com.

Your Pregame Show: Hit the mute and get into the game with these NFL trivia questions. Don't be surprised if your child knows all the answers!

- ★ 1 How many teams are there in the NFL?
- ★ 2 Which two states have the most NFL teams?
- ★ 3 Which NFL team's home stadium is farthest West? farthest East? farthest North? farthest South?
- ★ 4 There are 16 NFL teams with animal mascots — how many can you name?

Halftime Action: When play stops, start moving! Bend and stretch to warm up. Then hold a family huddle in which you place your hands on your thighs and run in place for 30 seconds. Think of other easy ways to make fitness part of your family fun and get everyone in shape for the second half.

Postgame Wrap-Up: Create your own highlights reel by having everyone describe a favorite moment in the game — the most amazing play, the most outrageous fan in the stands, the most controversial call, the most valuable player. Take turns playing sportscaster, imitating television personalities, and record it all on video so you can relive the fun in years to come.

Card Talk: After the game, use the free NFL player trading cards that your child received at school to share memories of your own experiences as a trading card collector. The cards are also a great way to strengthen memory, critical thinking, and organizational skills. Name a player and challenge your child to name the team. Compare stats for a friendly argument about which player is best. Or add to your NFL player card collection and try sorting them in unusual ways — by player weight or home state, for example. You'll find that there's lots to learn if you play your cards right!

NFL Trivia Answers: 1: There are 32 teams in the NFL; 2: New York and California have the most NFL teams (3 each); 3: Farthest West — San Francisco 49ers, farthest East — New England Patriots, farthest North — Green Bay Packers, farthest South — Miami Dolphins; 4: Baltimore Ravens, Cincinnati Bengals, Houston Texans, Indianapolis Colts, Jacksonville Jaguars, Buffalo Bills, Miami Dolphins, Denver Broncos, Chicago Bears, Detroit Lions, Atlanta Falcons, Carolina Panthers, Philadelphia Eagles, Arizona Cardinals, Seattle Seahawks, St. Louis Rams.



© 2008 YMI, Inc.

EXPLORE, COMPETE, AND PLAY FOR YOUR FAVORITE NFL TEAM AT THE **NFLRUSH ZONE** (<http://nflrz.nflrush.com>), THE GAME WORLD FOR KIDS.

ACTIVIDAD 6 La Ventaja del Equipo Local



REPRODUCIBLE MASTER (SPANISH VERSION)

Estimado Padre,

¿Ha estado su hijo hablando de football (fútbol americano) recientemente? Es porque nuestra clase ha estado participando en un programa educacional llamado **NFL School Smarts** que ayuda a los estudiantes a aprender matemáticas, geografía, lenguaje, y destrezas del Internet. Estamos usando tarjetas de colección de jugadores de la NFL y sitios en el Internet diseñados específicamente para que los niños puedan tener práctica en calcular promedios, hacer obras gráficas, hacer presupuestos, hacer cartografía, organizar ideas, hacer investigaciones en línea, y aprender las reglas para seguridad en el Internet. Observe las hojas de actividades para saber más de **NFL School Smarts**, y favor de visitar los sitios web para niños de la NFL — www.NFLRUSH.com y la RUSH Zone de la NFL en <http://nflrz.nflrush.com> — para ver cómo la NFL está haciendo de ambos sitios lugares seguros para aprender y jugar.

Ahora, para terminar **NFL School Smarts**, hemos fijado un partido local. Esto significa que a Ud. le toca entrar en la acción — ¡y en la diversión!

¡Es el Día del Partido!

Haga del football una actividad familiar cuando miran juntos un partido en la televisión. Puede usar estas ideas en actividades que aumentan su diversión, y enseñan algunas lecciones por el camino.

La Hora de la Merienda: Empiece el día de su partido con una merienda en la mesa de su cocina que tendrá a su familia regresando para buscar más. Asegúrese de servir muchos bocados nutritivos — vegetales crocantes, frutas, leche, y jugos. Para obtener más ideas, pídale a su niño que investigue las ideas de los nutricionistas de los equipos de la NFL en NFL Play 60 en www.NFLRUSH.com.

Su Programa Antes del Partido: Oprima el botón mudo y entre en el partido con estas preguntas de trivialidad de la NFL. ¡No se sorprenda si su niño sabe todas las respuestas!

- 1 ¿Cuántos equipos hay en la NFL?
- 2 ¿Cuáles dos estados tienen el mayor número de equipos de la NFL?
- 3 ¿Cuál estadio de los equipos de la NFL está más al oeste? ¿más al este? ¿más al norte? ¿más al sur?
- 4 Hay 16 equipos en la NFL cuyas mascotas son animales — ¿cuántos puede nombrar?

Acción a Medio Tiempo: Cuando cesa el partido, ¡empiece a moverse! Dóblese y estírese para calentarse. Entonces forme un grupo con su familia en el cual ponen las manos en los muslos y corren en el mismo lugar por 30 segundos. Piense de otras maneras fáciles de hacer del buen estado físico parte de la diversión de su familia y ayude a todos a estar en forma para la segunda mitad del partido.

Resumen Después del Partido: Cree su propio rollo de sucesos principales pidiendo que cada persona describa un momento favorito del partido — la jugada más asombrosa, el aficionado más flagrante del estadio, la decisión más controversial, el jugador más valioso. Tórnense en hacer el papel de locutor de deportes, imitar a personalidades de la televisión, y grábenlo todo en video para que puedan revivirlo en el futuro.

Conversación sobre Tarjetas: Después del partido, use las tarjetas de colección gratis de la NFL que su niño recibió en la escuela para compartir las memorias de sus propias experiencias como coleccionista de tarjetas. Las tarjetas son también una buena manera de fortalecer memoria, pensamiento crítico, y destrezas de organización. Nombre a un jugador y estimule a su niño a nombrar su equipo. Compare las estadísticas para tener una discusión amigable sobre cuál jugador es el mejor. O añada a su colección de tarjetas de jugadores de la NFL e intente clasificaciones de maneras poco comunes — por ejemplo, por peso del jugador, o por estado de residencia. ¡Encontrará que hay mucho para aprender si sabe maniobrar bien!

¿Desea más ideas para ayudar a hacer más divertido y educacional el football? Conéctese con sus niños a www.NFLRUSH.com, el sitio web oficial para niños, y visite la NFLRUSH Zone (<http://nflrz.nflrush.com>), el mundo nuevo de juegos para niños.

Respuestas a preguntas de trivialidad de la NFL: 1: Hay 32 equipos en la NFL; 2: New York y California tienen el mayor número de equipos de la NFL (3 cada uno); 3: Más al oeste — San Francisco 49ers, más al este — New England Patriots, más al norte — Green Bay Packers, más al sur — Miami Dolphins; 4: Baltimore Ravens, Cincinnati Bengals, Houston Texans, Indianapolis Colts, Jacksonville Jaguars, Buffalo Bills, Miami Dolphins, Denver Broncos, Chicago Bears, Detroit Lions, Atlanta Falcons, Carolina Panthers, Philadelphia Eagles, Arizona Cardinals, Seattle Seahawks, St Louis Rams.

RESOURCES

www.NFLRUSH.com

the official website for kids,
teachers, and coaches

NFLRUSH Zone
(<http://nflrz.nflrush.com>)

the official NFL game site for kids

www.NFL.com

the official website of the National Football
League

www.donruss.com

www.topps.com

www.upperdeck.com

www.ymiclassroom.com

to download more free copies of
this and other study guides

WANT MORE IDEAS TO HELP MAKE FOOTBALL FUN AND EDUCATIONAL?

Log on with your kids to www.NFLRUSH.com, the official NFL website for kids, and visit the NFLRUSH Zone (<http://nflrz.nflrush.com>), the NFL's new game world for kids.

More Collecting Ideas!

- Bring in your favorite trading card as part of a class Favorite Card Day. Or bring in your entire collection!
- If you collect by team, make a poster with the team name and logo at the top. Keep adding player cards until you have the full team.
- Many collectors store their cards in a binder, sometimes in special plastic pages with holders for each card. Try it!



YMI 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 to send feedback and download more free programs. For questions contact us at 1-800-859-8005 or email us at feedback@ymiclassroom.com.



