

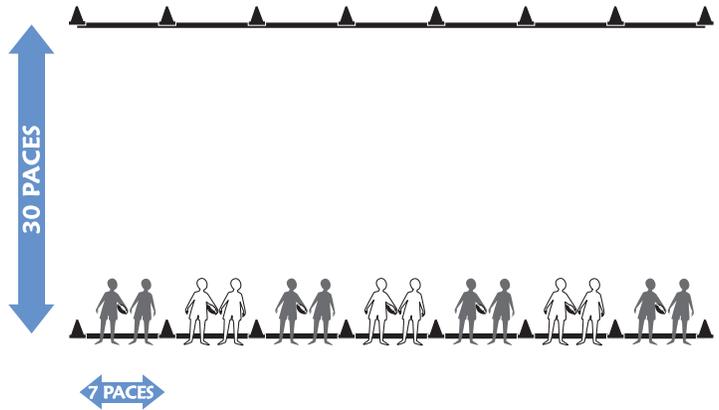


Ready...

- 1 football per 2 students
- 16 cones (for boundaries)
- a stopwatch (for timing play)

Set...

- Create 2 parallel lines, 30 paces apart. The length must accommodate all students standing in pairs. Give about 7 paces between pairs.
- Pair students all on 1 line; each pair with a football.



GO!

1. The object is for you and your partner to score a touchdown by completing passes from 1 line to the other.
2. The partner with the ball begins as Quarterback; the partner without the ball begins as Receiver. On signal, you have 1 minute to score a touchdown. Receivers run a pass route toward the goal line, and Quarterbacks throw to Receivers.
3. If your pass is completed, Receivers stop where you catch the ball, and you and your partner switch roles. If your pass isn't completed, both of you do 5 Ski Jumps, Receivers retrieve the ball, and then you switch roles.
4. Score a touchdown (6 points) when you complete a pass over the end zone in the time limit.
5. Extra Point – pairs that score a touchdown have 10 seconds to try for an extra point. Place the ball 5 paces from the goal line, and make 1 last play to score.
6. After each minute, I'll give you all 30 seconds to huddle up and strategize, check heart rates, etc., before we begin again in the other direction.

CHALLENGES

- ★ I will time you. How fast can you and your partner score?
- ★ Can you and your partner beat your previous time?

CUES

- ★ Shorter passes may help you move the ball more quickly.
- ★ Quarterbacks, remember a good pass is 1 that is caught.
- ★ Receivers, don't run routes out of the range of your Quarterback's throwing distance.

★ Vary the Distance

(Allow pairs to increase or decrease the distance between the 2 lines to bring the challenge to their level.)

★ Back and Forth

Start back in the other direction immediately after scoring a touchdown. How many can you score in 2 minutes?

★ Defenders

(Groups of 3.) We'll add a Defender. Quarterbacks and Receivers still try to score a touchdown as before. Defenders attempt to knock down or intercept passes. We'll play for 2-3 minutes. Quarterback and Receivers, start back in the other direction when you score on 1 side. We'll switch Defenders every 2-3 minutes.

★ Pedometer

(Need 1 pedometer per pair.) Play until you reach the endzone. Check your pedometers, reset, play again, and try to beat your previous step count with a higher one.



WELLNESS

To “Air it out,” in football means throwing the ball as far as you can. Another meaning of “air it out” is to honestly talk with someone about your feelings. If you need some help or have a problem, sharing your feelings with someone you trust not only helps you feel better, but also gives them more information on how to help. Remember, feelings and emotions are real, so don't keep them inside too long.

STANDARDS ADDRESSED

NASPE

#1, 2 Passing, catching

#2 Offensive strategies

#3, 4 Cardiovascular endurance

#5, 6 Cooperation, teamwork

Your State (Write in here)

TONY'S TIPS

- Prior to timing play, review rules and allow pairs to practice different types of pass patterns (i.e., down and out, button hook, fly route, etc.).
- Discuss advantages of throwing long passes versus short passes. Completed long passes may score quicker, but if incomplete they waste valuable time. Short passes may not score touchdowns as quickly, but are easier to complete.
- Provide opportunities for students to work with different partners.

NOTES

