

Football Project Kit

Congratulations! You're going to or participating in a football game! Use these project ideas to enrich your educational experience. Read through them before you go to make sure you understand the terms and concepts, and to help you determine if you want to expand upon any of them. **You'll find fun facts and printable worksheets at the end of this packet.**

a- elementary level activity b- middle school level activity c- high school level activity

Language Arts

Learn the what sports and activities Rush offers and practice your writing!

- a. Draw or write the basic rules or guidelines of the football game. How do they count scoring? Do you compete in teams? How many players are on each team? If you played, what position did you play? What are the other positions called and what do they do? Or what are the basic steps to playing football?
- b. Write an outline of what happens during a football game. Include who, what, where, when, and how.
- c. Imagine you are a sports announcer and write a short narrative based on something you saw or did. Include stats, and try to use language that you've heard real sports announcers using. Do they speak differently and use different tone inflections? Why?

Materials required: Notebook, pen/pencil

Submission: A copy of your writings/drawing, and any pictures/videos

Teaching or learning notes:

Applied Math

Football requires a good working knowledge of math!

- a. Go on a shape hunt! Find all the shapes you can, and create a short report with pictures/drawings of the shapes you found, their use, and importance.
- b. Draw a diagram of the football field, arena, or area including all important features for the sport. Look up the standard distances and include those on your diagram. Include arrows or other descriptive marks and a legend.
- c. Discover the math behind football. Choose one aspect and write about how math is needed to do well at football. Include examples of the math, when it's used, and why it's important.

Materials required: Notebook, pen/pencil, calculator or smartphone (optional)

Submission: Your calculations, estimations, and conclusions, and any pictures/videos

Teaching or learning notes:

Science

Physics is important in football too! Explore the science behind football.

- a. What is physics and how it is important to the game of football? Do a little research and write or draw about your answers.
- b. Pay careful attention to some of the plays or events during the game. Describe how concepts like inertia, bernoulli's principle, gravity, force, and mass affect a football game or player's performance.
- c. Complete step (b) from above but include diagrams with vectors and equations where possible.

Materials required: Notebook, pen/pencil

Submission: A copy of your drawings, diagrams, maps, or designs, and any pictures/videos

Teaching or learning notes:

Social Studies

Football has a rich past that has been intertwined with many important events in our country's history. Take time to explore the history a little deeper!

- a. When did football start and how? Draw or write about your findings.
- b. Draw a timeline of important events in football. Include other events in U.S. History on your timeline to see how football changed with our society.
- c. Research one event in football's history which made national headlines. When did it happen? Why? Who was involved? Why did it make big headlines? Write a short essay about your findings.

Materials required: Notebook, pen/pencil

Submission: A copy of your writings/drawings, and any pictures/videos

Teaching or learning notes:

FUN FACTS

- American Football grew out of English sports such as rugby and soccer and became popular on American college campuses in the late 1800s.
- In 1876, a coach named Walter Camp, who is considered the “Father of American Football,” helped produce the first rules of American football. Among important changes were the introduction of line scrimmages and down-and-distance rules.
- The American Professional Football Association was formed in 1920; two years later it changed its name to the National Football League (NFL), which would ultimately become the major league of American football.
- A 30-second commercial during the Super Bowl costs around \$5 million
- The most watched television event in the United States is the Super Bowl.
- It takes about 600 cows to make one full season’s worth of NFL footballs.
- The Wilson Sporting Goods Company in Ada, Ohio, has been the official football supplier for the NFL since 1941. They make more than 2 million footballs of all sorts every year.
- Though football games usually last around 3 hours, the ball is typically in play for only 11 minutes. Around 56% of the game on TV is devoted to replays.
- Deion Sanders is the only person in history to both hit an MLB home run and score an NFL touchdown in the same week. He’s also the only person to play in the World Series and the Super Bowl.

Football

1. Draw a picture of where the football game happened.



2. Describe your favorite part and why.

3. What is one thing you learned about the rules of football?

4. Draw or describe one example of engineering you saw.



5. Describe or draw one part that was really exciting.



6. Explain the purpose of some of the equipment used in football.

BONUS:

Choose a famous figure from football's history and learn more about his or her life. Where is (s)he from? How long has (s)he been doing football? What teams has (s)he played for? Have they ever played any other sport before becoming famous for football? Can you find out how much money (s)he makes? Does (s)he have a family? Write all the interesting things you found out.
