

## INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

## INTRODUCTION

Football is a physically challenging, aggressive sport played by two teams of opposing players. Each of the two teams tries to get the ball across the opposing team's goal by running, kicking and passing the ball.

American-style football is often known as “the gridiron sport” because of the design of the field. The sport is widely popular in the United States and is gaining fan support in Canada. Although American-style tackle football, as it is called, has spread to a few other countries, it has not achieved the international reputation of such sports as baseball and basketball.



American-style football is a combination of two older sports, soccer and rugby. Soccer (still called football in England) and rugby, which developed from soccer, are both more popular in Europe and other countries than in the United States.

Unlike soccer, a game in which players are forbidden to use their hands but may use other body parts, football allows perhaps the roughest physical contact of any team sport. However, two variations on tackle football, called “touch football” and “flag football” respectively, do not involve tackling the opponent and are less physically challenging to play.

## HISTORY OF FOOTBALL

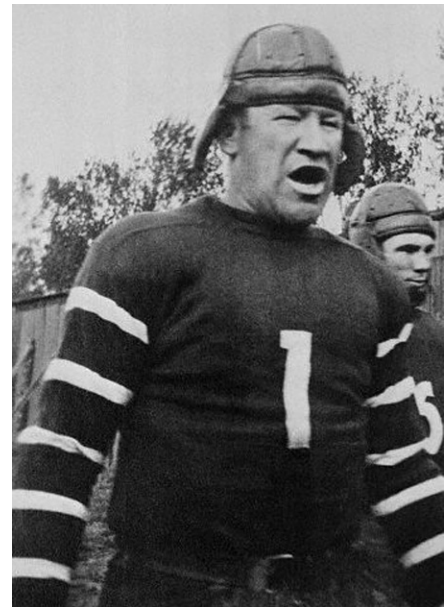
Football first became popular in the United States in the 1820s, when it was widely played

in colleges and universities. Many colleges, including Yale, Harvard and Cornell, played an early version of football which incorporated many features of rugby. Football at this time had no uniform rules and regulations, and games often ended up with heaps of injured players on the field! To stop this physically violent aspect of football, Walter Camp (now remembered as “the father of American football”) in 1880 made many changes in the game. Most of these changes regulated the physical violence of the sport and many have lasted into modern times.

Camp refined the scrimmage (a term borrowed from rugby), a play whereby the center puts the ball into play by sending it to the quarterback. In addition, Camp introduced the role of the quarterback, now considered the most exciting position on the team. Camp also altered the number of players on a team from the traditional 15 of rugby to the 11 now used in modern football. Camp was also the person who finalized the alignment of the 11 players into 7 forwards, a quarterback, two halfbacks and a fullback.

Between 1882 and 1888, Camp made three more significant changes in the game. First, a system of downs and yardage to be gained was finalized. According to the new rules, a team has to surrender the ball if it fails to gain five yards (later increased to 10 yards) in three downs (later raised to four). This was the rule that made it necessary to mark the field with horizontal lines five yards apart, thus giving the field its traditional “gridiron” appearance.

Another rule Camp introduced was regulations for scoring—specifically, giving points to different scoring methods. For example, tackling a ball carrier behind his own goal line was worth one point. Many of Camp’s changes in this area still apply today.



Finally, Camp changed the tackling rule to its present status. In early football, tackling was permitted only from the waist up. Camp changed the rule to permit tackling as low as the knee area. Linemen, however, were required to keep their arms at their sides, and were not allowed to block with their arms as they previously had done.

Football has grown steadily in popularity in the United States and Canada, largely because of television. Thanks to television coverage of this sport, football has grown into a major industry in North America. Television, in fact, dictates much about how the game is now played. For example, halftime, time outs and even the overall length of the game have been extended to allow for TV commercials. As a result, games on television can last up to three hours.

Television has also made superstars out of many players, giving them a chance for new careers in the media. Many football players have “retired” from the game, only to reappear on television as actors and sports commentators.

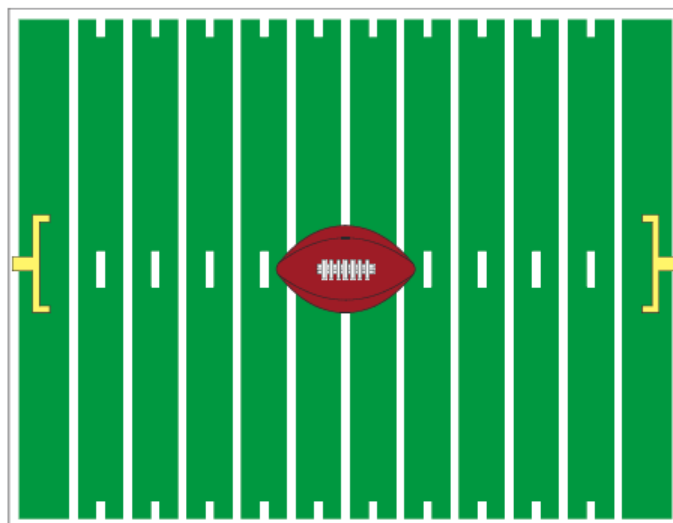
## HOW THE GAME IS PLAYED

The football field is traditionally 100 yards long from one goal line to the other and 160 feet wide. The “end zone” extends ten yards past each goal line. In professional football, the goalposts are ten yards behind the goal lines. The width between the posts is 18 feet six inches.

A coin toss determines which team has the choice of receiving the ball or starting the game with a kick-off. A kick-off occurs when the football is kicked while it is placed on a tee and sent to the opposing team. The kick-off traditionally occurs on the kicking team’s 35-yard line. The receiving team is situated 10 yards from the kickoff line. (The NFL changed this rule in 2011, see News & Notes for more information.)

Once the ball has been kicked off, the team with the ball tries to advance down the field in order to score points. When a player carries the ball into the end zone or catches a forward pass in the end zone, he/she scores six points for a touchdown.

Meanwhile, the defensive team tries to get into a scoring position either by intercepting a pass or by picking up a fumbled ball. The team that scores a touchdown can get an extra point by kicking the ball over the crossbar of the goalposts in a move known as a “conversion.” By running instead of kicking the conversion, two additional points can be earned.



In order to make a first down, the offensive team has four downs, or plays, in which to advance the ball at least ten yards. Each time that a player makes a first down, that team gets another series of four downs in which it can gain at least ten more yards.

If a team has failed to gain 10 yards by the fourth down, it has two options to choose from. The team may opt to punt the ball to the other team, or it may attempt a field goal. A “punt” entails dropping the ball and kicking it before it touches the ground.

A football game lasts for sixty minutes broken into four 15-minute periods, or “quarters.” After the second quarter, there is usually a 20-minute break.

The clock may be stopped for any of the following four reasons:

- an incomplete pass

- a runner goes out of bounds

- a penalty

- after a score is made

Teams are typically penalized five, ten or fifteen yards, depending on the type of foul committed. For example, a five-yard penalty would be given for delaying the game or for crossing the line of scrimmage before the ball is passed. Ten-yard penalties are typically given for illegally holding a player on the opposing team.

Fifteen-yard penalties are given for the most serious offenses. They include blocking from behind, butting another player with a helmet and running into/tackling the passer once the ball has been thrown and intentionally grabbing a face mask of an opponent and using it to pull the player down or twist his head. A major face mask violation also results in an automatic first down.

## EQUIPMENT AND CLOTHING

Because of the rough nature of football, modern players wear a good deal of padding and protection, including helmets, face masks and pads that cover the hips, shoulders, knees and forearms. Flak jackets also are used to cover the ribs and mouthpieces protect the mouth and face. Now that artificial turf is so widely used on playing fields, special cleated shoes are also worn.



Players wear a uniform characterized by tight pants ending just below the knee. Numbers are sewn on the fronts and backs of the jerseys for identification purposes. Quarterbacks and kickers are 1-19, running backs and defensive backs, 20-49, centers and linebackers, 50-59 and linemen, 60-79. Wide receivers and tight ends are numbers 80-89 and defensive linemen/linebackers use numbers 90-99.



## **FOOTBALL NOTES AND NEWS** (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

For many people, football—especially professional football—has replaced baseball as the “National Pastime.” Monday night football on television has become an American institution, and all across the country people gather around TV sets to watch their favorite teams perform.

Television coverage is one of the major reasons for football’s popularity: football is a dramatic sport, with lots of body contact and heavy action. Baseball, on the other hand, is less visually dramatic for some, and, as such, less exciting. Baseball and football fans will argue both sides as long as there are games.

### **PROFESSIONAL FOOTBALL**

Super Bowl XLVII was an American football game between the American Football Conference (AFC) champion Baltimore Ravens and the National Football Conference (NFC) champion San Francisco 49ers to decide the National Football League (NFL) champion for the 2012 season. The Ravens defeated the 49ers by the score of 34–31. The game was played on February 3, 2013 at Mercedes-Benz Superdome in New Orleans, Louisiana. This was the tenth Super Bowl to be played in New Orleans, equaling Miami’s record of ten in an individual city.





For the first time in Super Bowl history, the game pitted two brothers against each other — Jim and John Harbaugh, head coaches of the 49ers and Ravens, respectively — earning it the nickname Harbaugh Bowl or The Harbowl. In addition, Super Bowl XLVII was the first to feature two teams who had undefeated records in previous championship games



(Baltimore, 1–0; San Francisco, 5–0). The 49ers, who posted a regular season record of 11–4–1, entered the game seeking their sixth Super Bowl win in team history (and first since 1995), which would have tied the Pittsburgh Steelers for the most by a franchise. The Ravens, who posted a 10–6 regular season record, made their second Super Bowl appearance in 12 years, hav-

ing previously won Super Bowl XXXV. Ray Lewis, the Most Valuable Player (MVP) from that game as well as last remaining member of the inaugural Ravens roster from 1996, also played in this game, his last before his retirement from professional football.

Baltimore built a 28–6 lead early in the third quarter before a partial power outage in the Superdome suspended play for 34 minutes (earning the game the nickname Blackout Bowl). After play resumed, San Francisco scored 17 unanswered third-quarter points to cut the Ravens’ lead, 28–23, and continued to chip away in the fourth quarter. With the Ravens leading late in the game, 34–29, the 49ers advanced to the Baltimore 7-yard line just before the two-minute warning but turned it over on downs. The Ravens then took an intentional safety in the waning moments of the game to preserve the victory. Baltimore quarterback Joe Flacco, who completed 22 of 33 passes for 287 yards and three touchdowns, was named Super Bowl MVP.

## RULE CHANGES FOR THE NFL

The NFL will move kickoffs up 5 yards to the 35-yard line, keep touchbacks coming out to the 20 and allow the number of players in a blocking wedge to remain at two. Kick coverage players now will be limited to lining up 5 yards or fewer from the spot of the kickoff. Another change calls for all scoring plays to be reviewable by the replay official and referee.

At this time there are no similar plans to change these rules at the college or high school levels.

## COLLEGE FOOTBALL

Despite all the attention that pro football gets, there would be no NFL if there were not

colleges to discover, train and develop new football players. Consequently, colleges all over the country are proving grounds for new players, some of whom dream of a pro ball career. NFL scouts are constantly on the watch for talented players.

College players operate within either of two associations: the NCAA (National Collegiate Athletic Association) and the NAIA (National Association of Intercollegiate Athletics). Season play leads to annual bowl games, in which college teams that have won their division title compete for the season championship.



The most coveted award for college football is the Heisman Trophy. Listed below are some recent winners:

<u>Year</u>	<u>Name</u>	<u>College</u>	<u>Pos.</u>	<u>NFL Team</u>
2012	Johnny Manziel	Texas A&M	QB	- -
2011	Robert Griffin III	Baylor	QB	Washington Redskins
2010	Cameron Newton	Auburn	QB	Carolina Panthers
2009	Mark Ingram	Alabama	RB	Still in college
2008	Sam Bradford	Oklahoma	QB	St. Louis Rams
2007	Tim Tebow	Florida	QB	Being Scouted
2006	Troy Smith	Ohio State	QB	Baltimore Ravens
2005	Reggie Bush	USC	RB	New Orleans Saints
2004	Matt Leinart	USC	QB	Arizona Cardinals
2003	Jason White	Oklahoma	QB	Tennessee Titans (retired)
2002	Carson Palmer	USC	QB	Cincinnati Bengals
2001	Eric Crouch	Nebraska	QB	St. Louis Rams
2000	Chris Weinke	Florida State	QB	Carolina Panthers

High school football is also exciting to watch or play. Few activities are more fun than rooting for your team. Many professional players start their first serious training in high school. Remember also that standouts often receive athletic scholarships for college.

You might want to visit these web sites to stay up on what's happening in the sport:

<http://www.nfl.com>

<http://www.ncaa.org>

# STUDENT RESPONSE PACKET

## FOOTBALL

NAME \_\_\_\_\_

DATE \_\_\_\_\_

### WHAT TO DO

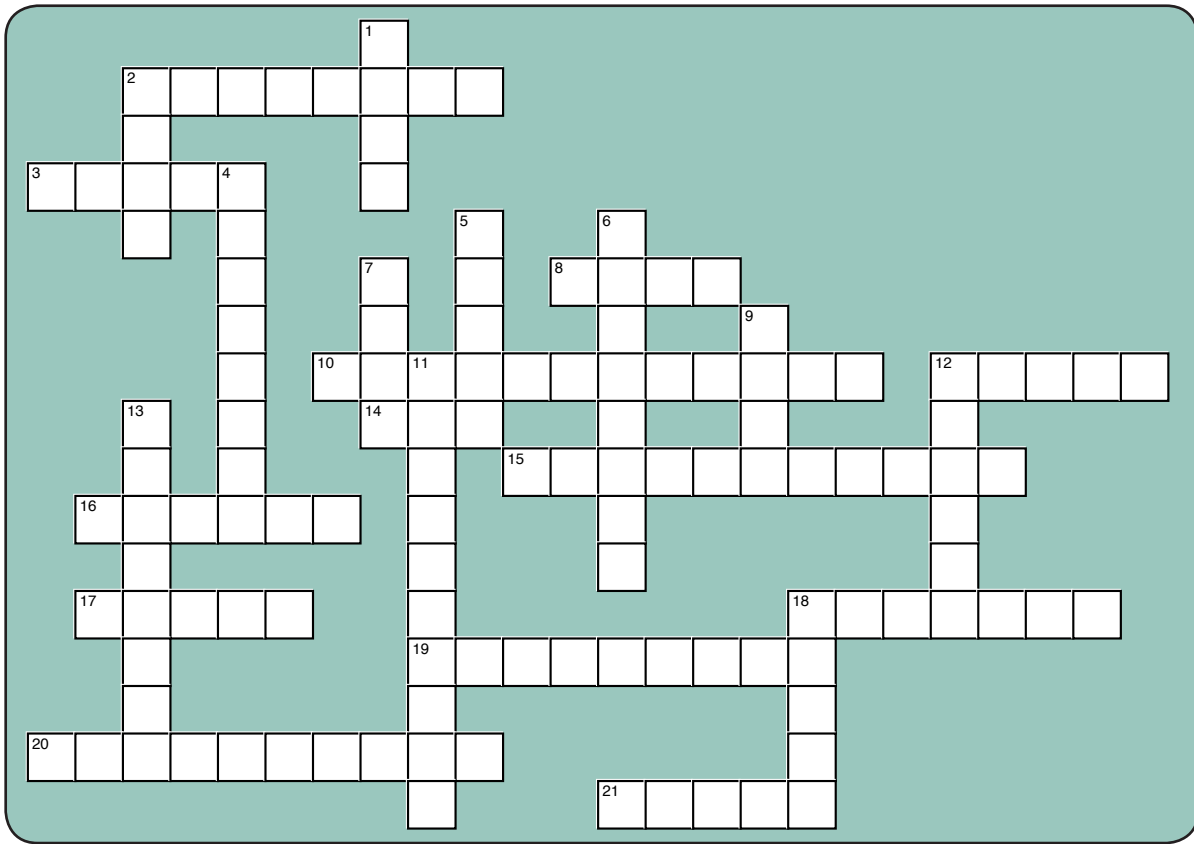
The following questions will help you to have a greater appreciation and understanding of football. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. What are some of the benefits to be derived from playing football?
  
  
  
  
  
  
  
  
  
  
2. Why is American-style football often called the “gridiron sport?”
  
  
  
  
  
  
  
  
  
  
3. What is the composition of a typical football field and where is the “end zone?”
  
  
  
  
  
  
  
  
  
  
4. What is a kick-off in football?



5. How is a first down made and what advantage does it give the team that makes it?
6. What options does a team have if it has not gained 10 yards by the fourth down?
7. For what four reasons may the clock be stopped?
8. Fifteen-yard penalties are given for what kinds of offenses?
9. What kinds of protective gear and clothing does a football player need to wear?
10. Name at least one way in which television coverage has affected the game of football.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Across:**

2. There is usually only one of these on the field for the offensive team
3. A type of football game that does not involve tackling
8. One of the two associations for college football players
10. When a defensive player catches a pass
12. Number of minutes played in football game
14. The number of yards needed for a first down
15. Considered to be the most exciting position on the field
16. This player has a jersey number lower than 19
17. 160 feet is the \_\_\_\_ of the football field
18. Length in yards of a football field
19. When the center sends the ball to the quarterback
20. Kicking the ball over the crossbar for an extra point
21. American football is a combination of soccer and this sport

**Down:**

1. He is the father of American football
2. The number of attempts a team has to make a first down
4. There are usually two players on the field in this position
5. The number of forwards in football
6. For many, football has replaced this sport as the "National Pastime"
7. What a team often does if it does not make a first down on the third attempt
9. Number of yards a team is penalized for a delay of game
11. One of the reasons for football's popularity
12. After this quarter there is a halftime break in the game
13. Football is called the \_\_\_\_ sport because of the field design
18. There is a lot of this type of action in a football game

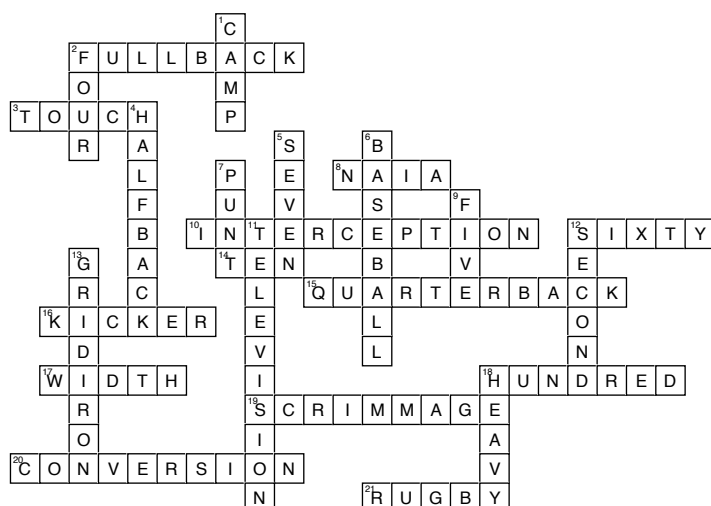
Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

Find these words in the above puzzle. Circle the words.

Football	Conversion	Mouthpieces
Gridiron	NFL	Uniform
Rugby	Punt	Incomplete
Father	Goal	Penalty
Quarterback	Helmets	Yards
Kickoffs	Runner	Players
	Pads	

# Physical Education 13 Answers



To make our puzzles more challenging for students words used as clues in our wordsearch puzzles may or may not be words found in the text.

1. What are some of the benefits to be derived from playing football?  
This is a good sport for learning teamwork. Participants also develop lower body strength. Depending on the position played, football players focus on tackling, blocking, passing, catching or kicking.
2. Why is American-style football often called “the gridiron sport?”  
One rule introduced to the sport in the 1880s divided the field into areas marked off by horizontal lines, five yards apart. This gave the field a “gridiron” appearance.
3. What is the composition of a typical football field and where is the “end zone?”  
The football field is 100 yards long from one goal line to the other and 160 feet wide. The field has two end zones, an extension of the field ten yards beyond each goal line.
4. What is a kick-off in football?  
The ball is placed on a “tee” and kicked to the players on the other team. There is a kick off to start the game and to start the second half. The ball is also kicked off after a team has scored.
5. How is a first down made and what advantage does it give the team that makes it?  
A first down is made when a team advances the ball at least ten yards. Once a first down is made, the team gets four more attempts to move the ball down field to gain another ten yards.
6. What options does a team have if it has not gained 10 yards by the fourth down?  
The team can either punt the ball, attempt a field goal, or attempt a first down by another play.
7. For what four reasons may the clock be stopped?  
The clock is stopped when there is an incomplete pass, a runner goes out of bounds, a penalty has occurred, or a team has scored.
8. Fifteen-yard penalties are given for what kinds of offenses?  
These penalties are given for the most serious offense like blocking from behind, using one’s helmet as a weapon, grabbing a face mask or running into the passer after the ball has been thrown.
9. What kinds of protective gear and clothing does a football player need to wear?  
Players wear helmets, shoulder pads, and special pads for hips, thighs, knees, and forearms. Some players also wear pads to protect their neck.
10. Name at least one way in which television coverage has affected the game of football?  
Television has changed the game to allow for commercials. It has also made superstars out of many players. Television has put much money into the game which has resulted in very high player salaries.