

Name/Title: Football Frenzy

Purpose of Event: To have students practice throwing and catching a football in a dynamic setting.

Prerequisites: Students would have been taught the cues for throwing and catching a football and practiced these skills.

Suggested Grade Level: 4-5

Materials Needed: Colored vests, cones, soft foam footballs (at least one for every two student), or other appropriate objects to throw and catch.

Description of Idea

Place a line of cones down the middle of the floor to divide the gym in half. Place another line of cones at each end of the gym so they are about 10 ft. apart and away from the end wall (for safety reasons). This is the end zone.

Divide students into two teams. Give one team the colored vests. Have each team divide into half again. Send the second half of each team to end zone on the opposing team's side. These are the receivers. The remaining students are the quarterbacks. The quarterbacks will throw passes to their receivers. If the receiver catches a pass, then they jog back to their quarterback area. They then become a quarterback and throw passes to the remaining receivers. If a pass is dropped, the receivers throw it back into their quarterback area, so it can be thrown again.

The quarterbacks may not cross the center line of cones. The activity starts with all foam footballs in a line at center of gym. On the command: "Football Frenzy", the quarterbacks pick up one football and start to pass.

To minimize competitiveness, allow activity to continue for two to three minutes then the receivers and the quarterbacks switch positions. In the future, combine receivers from one team with quarterbacks from the other to allow different students to work together.

Variations:

Feel free to have students throw soft balls other than footballs. In fact you could give the children a choice of balls to throw if you wish.

Have only one team of quarterbacks trying to pass to one team of receivers so there is less action going on to decrease confusion.

Assessment Ideas:

The continuous throwing by the quarterbacks allows the teacher to see students in a dynamic situation and check off the throwing cues for assessment purposes.

Submitted by **Deanna Lee** who teaches at Marshall in Livonia, MI. Thanks for contributing to PE Central!
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