

American Football

Primary / Secondary

Have a go at these fun American Football inspired activities and your name will be up in lights!

All of these activities are about you doing the very best you can! Try to achieve your personal best and improve each time you have a go. Use items/balls that you are comfortable with and able to throw and catch, and you can move around in a way that is best for you.

COOL CATCH CHALLENGE

You will need:

- a rugby ball or American football if you have one
- any soft items or balls you are happy to use to throw and catch

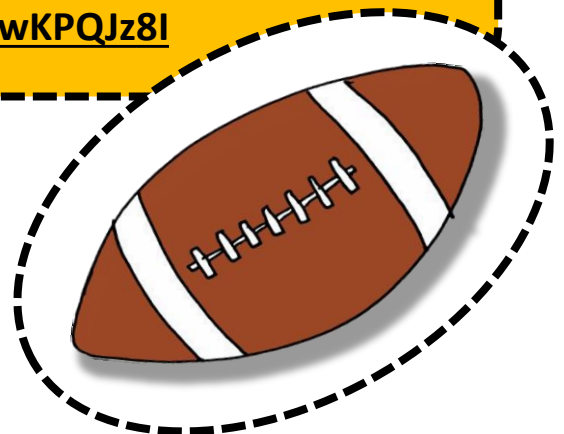
- You will require at least two people for this challenge.
- Find a space where you can safely throw and catch your item/ball. If you have a garden that is the best space.
- To start, pass the item/ball between each person over a short distance.
- As you get better at catching the item/ball, your challenge is to come up with the coolest catch.
- You could try to catch the item/ball with one hand; or above your head; or behind your back; or whilst lying down; or even whilst moving.
- Make the challenge easier by using a balloon or larger item/ball.
- Make it harder by making the distance bigger between each person or by coming up with a different way of catching each time.
- Be sure to share your coolest catches with us!

NEED SOME INSPIRATION? Check out *The UK Dukes* efforts here:

<https://www.youtube.com/watch?v=OM4wKPQJz8I>



We want to see your coolest catches!
Tag @SENDactive on Twitter



Thanks to Mr Zinkus from Corley Centre for supporting with this resource.

www.sendactive.org

SEND Active CIC is a Registered
Community Interest Company: 9370611



American Football

Primary / Secondary

Have a go at these fun American Football inspired activities and your name will be up in lights!

You will need:

- a few long socks or scarves

TAKE THE TAG

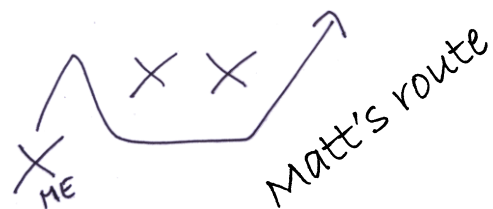
- Find a safe area to do this activity with another person. If you have a garden that is the best space. There should be no obstacles around you and you should have a large enough area as you will move around a bit.
- Both people should create a “tail” with a long sock or scarf by tucking a little bit of it down the back of your shorts/trousers/skirt or attaching it to a part of your chair where it can be reached. This is your tag.
- Start by facing each other about one metre apart and ask someone else to call “TAKE THE TAG!” to start the game.
- The aim is to try to pull the other person’s tag from their shorts/trousers/skirt or chair. You must also try to protect your own tag.
- You should try to protect your tag and take the other persons tag only by dodging and moving, trying not to make contact with the other person.
- The winner is the person who takes the tag from the other person first.

You will need:

- pens/paper or a computer and a creative mind

THE PLAYBOOK

- In American Football, teams will have lots of different “routes” that they use to try to beat the opposition. Every player will run/move a different route on the pitch before the ball is passed to one of these players.
- You can see some examples of some of the traditional routes here: <https://footballadvantage.com/football-routes/>
- Why not have a go at designing your own American Football route and then, if you have space, try running/moving the route yourself?



Thanks to Mr Zinkus from Corley Centre for supporting with this resource.

www.sendactive.org

SEND Active CIC is a Registered
Community Interest Company: 9370611

