

Physical Education Learning Packet #13 FOOTBALL

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 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 many 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 1820's, when it was widely played in colleges and universities. Many colleges, including Yale, Harvard, and Cornell, played early versions 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