

## Ten Points-Football

Level: Grade 3 and up

Objectives: Students will practice skills used in football such as catching, throwing, and hiking.

Procedures:

- 1) Divide students into two groups.
- 2) Each group is given one football and should line up in a single file line.
- 3) The first player in line hikes the ball to the person behind them.
- 4) Then the person runs to the designated catching line.
- 5) If the player catches the ball, his or her team earns one point.
- 6) Once that player has the ball, they run back to the group and give the ball to the next player in line.
- 7) This continues until all students in line have participated.

Assessment: First team to score ten points wins!