

FLAG FOOTBALL

PACKET # 31

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 more.

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

INTRODUCTION

Flag football is a game that can be enjoyed by everyone. It includes running, throwing and catching. A team's strategy is the most important part of the game. Pads or helmets are not required since tackling or blocking is not allowed.

In flag football games, teams of five players throw and run with a football to move down the field. The team with the ball is referred to as the offense and the team without the ball is called the defense. The defense tries to stop the offense by pulling a flag out of the belt of the player who has the ball.



HISTORY OF THE GAME

The game of American football has been played since the mid-1800's. The first college game occurred between Princeton and Rutgers in November of 1869. The professional game of football has been played in some form since 1895.

It is believed that touch football had its beginnings in the 1930's and that flag football was played in the early 1940's as a recreational sport for military personnel. Recreational

Physical Education Learning Packets Flag Football

Scott C. Dulebohn



Physical Education Learning Packets Flag Football:

Physical Education Learning Packets Flag Football Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Physical Education Learning Packets Flag Football**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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