

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

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Physical Education Learning Packets Flag Football:

Whispering the Techniques of Language: An Emotional Journey through **Physical Education Learning Packets Flag Football**

In a digitally-driven world where screens reign great and immediate connection drowns out the subtleties of language, the profound secrets and emotional nuances hidden within phrases frequently get unheard. Yet, situated within the pages of **Physical Education Learning Packets Flag Football** a interesting fictional treasure sporting with raw thoughts, lies a fantastic journey waiting to be undertaken. Penned by an experienced wordsmith, this charming opus invites viewers on an introspective trip, softly unraveling the veiled truths and profound affect resonating within the very cloth of each word. Within the mental depths of the touching evaluation, we shall embark upon a sincere exploration of the book is primary subjects, dissect their fascinating writing design, and yield to the effective resonance it evokes serious within the recesses of readers hearts.

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