



# Football: Freeze Tag

It is time to visit the United Kingdom! The sport we know and love as football is more properly called gridiron football, for the vertical yard lines that mark the field. Closely related to two ancient English sports, rugby and soccer, gridiron football originated at universities in North America in the late 19th century.

## Activity Instructions:

1. Today's football activity is called Football Freeze Tag. The object of the game is to avoid having your flag belt pulled by a defender. You can identify the defenders because they will be the ones who are not carrying a football. We will move using a variety of different locomotor movements.
2. If your flag is pulled, freeze with your flag at your feet and make a Heisman-Trophy pose (teacher should demonstrate). You become unfrozen when another player comes over, hands you your belt and says, "Amazing season, kid!" Then put your belt back on and get back in the game. Defenders cannot tag someone while they are helping a classmate become unfrozen.
3. The Heisman Trophy is awarded to the best player in college football who demonstrates a season of outstanding play along with a high level of integrity. Let's all work hard to pursue excellence with integrity!

