

# FOOTBALL IN AMERICA

## Lesson Plan

### **Pads, Practice, and Penalties**

Lesson Plan for *Football Safety*

Grade 3

#### **Objective**

To help students identify several strategies football leagues use to keep players safe and write a short paragraph explaining these ideas.

#### **Things Needed:**

- *Football Safety* book
- Whiteboard
- Paper and pencils

#### **Before the Activity**

Have students read *Football Safety*. Write the following words on the whiteboard:  
*pads, practice, penalties.*

#### **Activity**

Football is a sport that involves lots of contact. Players and teams work hard to prevent injuries. Each of the words on the whiteboard is one method that helps players stay safe. Students should use details from the book to write a short paragraph about each method. They should describe the people and actions it affects, as well as how it keeps players safe. Each paragraph should be three to five sentences long.

#### **Evaluation**

Use the attached answer key to give students up to 4 points for each paragraph.

#### **Standards**

This lesson plan may be used to address the Common Core State Standards' reading standards for informational texts, grade 3 (RI 3.2, 3.3).



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## **Answer Key**

### **Pads**

Players wear pads on their shoulders, bodies, legs, and knees (p. 18). The pads protect the body parts where players are most likely to be hit during a game (p. 18). The pads help prevent injuries by softening hits (p. 18). Players who take more hits can wear bigger pads (p. 20).

### **Practice**

Players practice ways of tackling that reduce their chances of getting injured (p. 8). They stretch and lift weights to keep their bodies healthy and strong (pp. 28–29). Players practice tackling dummies instead of other people (p. 7). By taking fewer hits, players are less likely to get hurt.

### **Penalties**

Many injuries happen when players collide with one another during games (p. 6). New rules limit how hard players can hit one another (p. 7). Referees call penalties if players hit one another too hard (pp. 4–5). These consequences help motivate players to follow safety rules.

