

Football Season week 3

February 22- February 26

Day 1: Parent signature_____

This week we are playing the actual game of American Football. I have uploaded the rules and positions for you to understand how to play the game.

https://www.youtube.com/watch?v=GEJ0_f1IOY8

<https://www.youtube.com/watch?v=OFiDged4Z2s>

Day 2: Parent signature_____

The second day this week is a free play day. Perform an activity of your choice for 45 min to a hour long. If you would like to do more you are free to do so, but do not be late to your next class.