**Football Mimics** Grades 3-6

A way to practice skills and responses.

Note: Although this particular one uses football skills and terms; it can be done using other sports and games.

**Setup:** Students will need to find personal space and be able to see the teacher.

**Description:**

* The teacher first teaches the terms, student response and actions. For example: When the teacher calls out “Ready”, students get down as if they are a center and call out “hike!”

Teacher Student Student

Calls Out Calls Out Action

Ready Hike Gets down and hikes the ball between their legs

Quarterback Pass Uses proper technique to throw the ball

Pass Catch Catches the ball using proper technique

Score Touchdown Jumps up and down with hands over head like a referee signaling a touch down

Snap Punt Punting motion using proper technique

Rushing Run Run fast in place pretending they are holding

the football

* The teacher begins calling out one of his/her terms then waits for the appropriate response.
* The teacher should go slow at first and perhaps call them in order.
* Pick up the speed by calling them faster and out of order.

**Helpful Hint:**  I post the terms and responses on the white board at the back of my gym to help me during the activity.