

PRO FOOTBALL HALL OF FAME

TEACHER ACTIVITY GUIDE

2020-2021 EDITION



RUNNING BACK MARSHALL FAULK - HALL OF FAME CLASS OF 2011

LOS ANGELES RAMS Team History



One of the National Football League's oldest franchises, the Rams began their football life in Cleveland in 1937. They did no better than a .500 mark once during their first six seasons. They then disbanded for a year in 1943 because of the manpower shortages of the World War II era. When they finally did record a winning season, they hit the jackpot with a 15-14 victory over the Washington Redskins in the NFL championship game. A sensational rookie quarterback from UCLA, Bob Waterfield, was the league's Player of the Year.

That championship game proved to be the last the Rams would ever play in Cleveland. Dan Reeves, a shrewd businessman and a master innovator who had bought the team in 1941, decided to move the Rams to Los Angeles for the 1946 season. He then signed Kenny Washington and Woody Strode to make them the first two African-American athletes with an NFL contract since 1932. Reeves also instituted the famed "Free Football for Kids" program, providing the groundwork for today's successful TV policies, and became the first to employ a full-time scouting staff.

In their first four seasons on the West Coast, the Rams had to wage a costly head-to-head battle with the intra-city Dons of the All-America Football Conference. Reeves and the Rams suffered mammoth financial losses. But the AAFC folded after the 1949 season just as the Rams were embarking on a string of outstanding seasons on the field. They won four NFL Western division championships in seven years and captured their second NFL title in 1951. With Waterfield and Norm Van Brocklin connecting regularly on long bombs to Elroy "Crazylegs" Hirsch and Tom Fears, the Rams played an exciting, glamorous brand of football.

The heady successes of the early 1950s produced one final divisional championship under a rookie coach, Sid Gillman, in 1955. Then the Rams slipped into the second division, not to return to championship contention again until 1967.

By that time, George Allen had taken over the coaching reins. Allen fashioned the highly-publicized "Fearsome Foursome" line that included future Hall of Famers Merlin Olsen and Deacon Jones. Allen's five-year record was 49-19-4, best ever for a Rams coach. The Rams continued their winning ways through the 1970s. They won five straight NFC Western division championships from 1973 to 1977 with Chuck Knox at the helm and then two more divisional titles after Ray Malavasi replaced Knox in 1978. The 1979 Rams won the NFC championship before losing to Pittsburgh 31-19 in Super Bowl XIV.

In 1972, the Baltimore Colts' Carroll Rosenbloom traded franchises with Bob Irsay and took control of the Rams. In 1995, the Rams moved to St. Louis where they played in the Edward Jones Dome. In 1997, the Rams hired former Philadelphia Eagles coach Dick Vermeil.

Two years later the Rams were Super Bowl champions. Guided by quarterback Kurt Warner and running back Marshall Faulk, the team beat Tennessee 23-16 in a thrilling Super Bowl XXXIV.

After cycling through 5 coaches in 11 years, the team hired Jeff Fisher in 2011. The Rams made an even bigger "move" when they went back to their roots in 2016, returning to their old home Los Angeles, bringing football back to LA.

In 2017, the Rams hired the youngest head coach in the NFL's Modern-Era - Sean McVay. In 2018, he and newly touted quarterback Jared Goff along with Todd Gurley at running back along with 2-time AP Defensive Player of the Year Aaron Donald led the team to Super Bowl 53.



Canton, Ohio and the National Football League

Each year, approximately 250,000 fans from all over the world visit the Pro Football Hall of Fame in Canton, Ohio. The museum's guest register reveals that in a year's time, visitors come from all fifty states and from sixty to seventy foreign countries.

Many wonder why the Hall of Fame is located in this small northeast Ohio city. Often, museums are built in locations that have historical significance to their subject matter. The Pro Football Hall of Fame is no exception. Canton's ties to pro football began long before the Hall of Fame was built in 1963. On September 17, 1920, a meeting was held in an automobile showroom in downtown Canton. It was at this time that the American Professional Football Association was formed. Two years later, the league changed its name to the National Football League.

Today, fans follow teams like the Dallas Cowboys, San Francisco 49ers, and the Miami Dolphins. But, in 1920, none of those teams existed. Rather, the NFL had teams like the Columbus Panhandles, Dayton Triangles, Rochester Jeffersons, and the Canton Bulldogs.

The Canton Bulldogs were the first real pro football powerhouse. They won the NFL title in 1922 and 1923 making them the league's first two-time champion.

They were a strong team even before the NFL began because of their star player Jim Thorpe. Thorpe, a Native American Indian, was a tremendous athlete. Not only did he play pro football but he played pro baseball and won two gold medals in the 1912 Olympic Games. Even today, he is considered to be one of the world's greatest athletes of all time.

While the Bulldogs are no longer around, pro football remembers its early days in Canton, Ohio. Visitors, young and old, enjoy the story of pro football's history in the city where the NFL began!



The Legendary Jim Thorpe

Who Was Jim Thorpe?



It seems that whenever stories are written about an all-time pro football great, Jim Thorpe's name comes up. Jim Thorpe was born in a one-room cabin in Prague, Oklahoma, on May 28, 1888. Though he had some Irish and French blood, he was mostly of Sac and Fox Indian heritage. In fact, his Indian name was Wa-Tho-Huk, which means Bright Path.

Though football was his first love, he gained his greatest fame as a track star, winning the decathlon and pentathlon events in the 1912 Olympics, held in Stockholm, Sweden. King Gustav V of Sweden told Thorpe as he presented him with his medals, "Sir, you are the greatest athlete in the world." But soon afterward, Thorpe was stripped of his records and medals when it was learned that he had played minor league baseball for money in 1911. In 1984 the Olympic Committee decided that this was an unfair interpretation of the then Olympic rules and restored his records and returned his medals to his family.

In 1915, Thorpe's great abilities and fame led Jack Cusack to offer him \$250 a game to play football for the Canton Bulldogs. While that may not sound like much, it was twice as much as most players were making back then. Even Cusack's friends warned him that he was paying Thorpe too much. Just the same, Thorpe was everything Cusack had hoped he would be -- a great player and a gate attraction. After missing the first two games of the 1916 season because he was playing pro baseball for the New York Giants, Thorpe joined the Canton squad. With Jim playing halfback, the Bulldogs were unofficial World Champions in 1916, 1917 and 1919. (The Bulldogs' championships are said to be unofficial since no organized pro league existed at the time.)

Many old-timers who actually played against Thorpe claimed he was the toughest man ever to play the game. Legend says that Jim would drop-kick a field goal from the 50-yard line, then turn and kick another 50-yarder in the opposite direction with perfect results--just to show off. Others say he could punt a ball the length of the field. Both are probably exaggerations. In any case, there is no doubt that Thorpe was a superb athlete. All accounts suggest he could run with speed and bruising power. He could pass and catch passes with the best. He could kick with accuracy and strength. And, of course, as players did back then, he played defense too.

By the time the NFL was organized in 1920, the thirty-two-year-old Thorpe, who was already past his athletic prime, was unanimously voted the league's charter president. However, he managed to play eight NFL seasons with six different teams and his gate appeal continued. Though at times he sparkled like the Thorpe of old, he never really excelled as much in the NFL as he had in his earlier career. In 1928, at the age of forty he finally called it quits. In 1950, the nation's press honored Thorpe by naming him the most outstanding athlete of the first fifty years of the twentieth century. In 1963, he was elected a charter member of the Pro Football Hall of Fame.

Source: Excerpt from The Official Pro Football Hall of Fame Answer Book by Joe Horrigan, Simon & Shuster Inc., 1990.

If you would like to know more about Jim Thorpe, a good book to read is Jim Thorpe by Bob Wheeler (University of Oklahoma Press, 1979).



Goals/Objectives:

Students will:

- Conduct research on issues and interests by generating ideas and questions and by posing problems. They gather, evaluate and synthesize data from a variety of sources (e.g., print and nonprint displays and artifacts) to communicate their discoveries.
- Use a variety of technological and informational resources (e.g., video, displays, databases) to gather and synthesize information and to create and communicate knowledge.
- Develop an understanding of and respect for diversity in language use, patterns and dialects across cultures, ethnic groups, geographic regions and social roles.
- Use spoken, written and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion and exchange of information).

Common Core Standards: RI- Key Ideas and Details, Integration of Knowledge and Ideas; W- Text Types and Purposes, Research to Build and Present Knowledge; SL- Presentation of Knowledge and Ideas

Methods/Procedures:

- Students will read the biographical sketch on Marshall Faulk (next page) as a class and discuss their role in history and the history of pro football.
- Students will compile a list of ten facts about Marshall Faulk from their bio.
- Students would then be given an assignment to research any Rams' player and gather ten facts or bits of information on them to share with the class. Students would be encouraged to access the Rams' official website: TheRams.com.
- Students will write up their information in paragraph form (like the Marshall Faulk bio) and present the new facts and bits of information that they discovered about their chosen player.

Materials:

- Marshall Faulk biography
- TheRams.com

Assessment:

- Students will submit the informational essay/report on their chosen Rams' player.
- Students will deliver a formal presentation on their chosen player that will demonstrate a clear and distinctive perspective on the subject chosen and conveys relevant information and descriptive details.

Marshall Faulk



The Indianapolis Colts picked San Diego State running back Marshall Faulk as the second player overall in the 1994 NFL Draft. He was an instant star as he rushed for 143 yards and scored three touchdowns in his rookie debut against the Houston Oilers. He then eclipsed the 100-yard mark again the following



week against the Tampa Bay Buccaneers. Those were two of four 100-yard rushing days to go with one 100-plus yard receiving game in his rookie season. He finished his first season with 1,282 rushing yards and an AFC-leading 11 TDs. He also caught 52 passes for 522 yards and one touchdown. He was named Rookie of the Year for his performance.

Faulk rushed for 1,000 yards in four of his first five seasons while also amassing 2,804 yards on 297 receptions. He was then traded by the Colts to the St. Louis Rams in 1999 in exchange for a second- and fifth-round draft pick. He helped guide his new team to a Super Bowl title in his first season in St. Louis. That year he became the second player in NFL history to eclipse the 1,000-yard mark in both rushing and receiving and set the then-record for yards from scrimmage with 2,429 yards. He was named the NFL's Offensive Player of the Year for the first of three straight seasons.

The following year, Faulk earned NFL Most Valuable Player honors after he set the single-season record for touchdowns with 26 that included a career-high and league-leading 18 rushing touchdowns. It marked the first of two straight seasons in which he led the NFL in scoring and touchdowns.

In all, Faulk earned first-team All-Pro acclaim in 1999, 2000, and 2001 and was a second-team All-Pro selection in 1994, 1995, and 1998. He was voted to seven Pro Bowls, named All-AFC twice and All-NFC three times in his career.

Faulk, the first player in NFL history to gain 2,000 yards from scrimmage in four straight seasons (1998-2001), retired as the NFL's ninth-ranked rusher of all-time with 12,279 yards and 100 touchdowns. He also added 767 career receptions, which ranked 16th all-time, for 6,875 yards and 36 touchdowns. His 19,154 yards from scrimmage was sixth all-time. Faulk rushed for 100 or more yards in 38 games and had three games in which he went over the 200-yard mark. He also recorded eight 100-yard receiving games in his 12-year, 176-game career.



Tackling Football Math

Goals/Objectives:

Students will:

- Improve math skills by applying basic functions to the game of football.
- Learn basic football facts and game terms.
- Utilize statistics of NFL football players and teams for computing math problems.
- Research statistics of selected NFL football players and teams for use as alternative information in certain math problems.

Common Core Standards: Operations and Algebraic Thinking; Number Operations in Base Ten; Measurement and Data

Methods/Procedures:

- Students will complete the math worksheets provided on the following pages related to the game of football. They may work independently or with others. Feel free to make adaptations in players and teams to suit your students. Answers to the following worksheets are found in the back of this publication.
 - * Conversions in Football (CCS: Measurement and Data)
 - * Super Bowl Thunder (CCS: Number Operations in Base Ten; Measurement and Data)

Materials:

- Pencil
- Scrap paper for working problems
- Calculators if permitted
- Worksheets

Assessment:

- Students will be assessed on accuracy of responses.

Conversions in Football



Directions: Complete the following problems, be sure to show all of your work on a separate sheet of paper.

1. During his career with the Rams Eric Dickerson rushed for 7,245 yards. How many feet is that?

2. In 1951 Norm Van Brocklin passed for 554 yards in one game. How many inches is that? _____
3. Jared Goff threw for 4,638 yards in 2019. How many miles is that? _____ Round to the nearest tenth. *(Hint: 1 mile = 1,760 yards)
4. Isaac Bruce amassed 14,109 yards receiving during his career. How many feet is that? _____
5. The Rams have the ball on their own 25-yard line and they complete a 45-yard pass. They then lose 4 yards on the next play. What yard line are they now on? _____
6. Jared Goff threw a 54-yard pass. How many inches did he throw? _____ How many centimeters? _____ Hint: 1 inch = 2.54 centimeters
7. A football field measures 100 yards from goal line to goal line. A field is $53 \frac{1}{3}$ yards wide. Convert these measurements to feet. _____
8. If an NFL player weighs 303 pounds. How much does he weigh in ounces? _____
9. A game normally lasts 60 minutes. During a 17-game season, how many total minutes does one team play? _____
10. There are seven officials on the field for every NFL game. If 16 games are played each week, what is the total number of officials officiating throughout the NFL each week? _____



Super Bowl Thunder

Directions: Answer the following questions using the Los Angeles Rams' roster on the following page.

1. Who was the oldest player on the team?
2. What number was Jared Goff?
3. How many wide receivers (WR) were there?
4. How many players had 10 or more years of NFL experience?
5. How many quarterbacks (QB) were listed?
6. Who was the only player to attend The Ohio State University?
7. Who was the heaviest player on the team?
8. Who was the lightest player on the team?
9. What position did number 66 play?
10. Add up the total weight of all the running backs (RB).

Super Bowl Thunder



2018 Los Angeles Rams Super Bowl 53 Roster

#	NAME	POS	HT.	WT.	AGE	EXP.	COLLEGE
55	Allen, Brian	C	6'2	303	23	1	Michigan State
35	Anderson, C.J.	RB	5'8	225	27	6	California
26	Barron, Mark	LB	6'2	230	29	7	Alabama
66	Blythe, Austin	C	6'3	298	27	3	Iowa
90	Brockers, Michael	DT	6'5	305	28	7	LSU
41	Christian, Marqui	SS	5'11	207	24	3	Midwestern State
12	Cooks, Brandin	WR	5'10	183	25	5	Oregon State
24	Countess, Blake	CB	5'10	191	25	3	Auburn
33	Davis, Justin	RB	6'1	199	23	2	USC
64	Derby, Jamil	OT	6'5	321	22	1	Maine
99	Donald, Aaron	DT	6'1	280	27	5	Pittsburgh
50	Edukam, Samson	LB	6'3	245	23	2	East Washington
81	Everett, Gerald	TE	6'3	240	24	2	South Alabama
56	Fowler, Dante JR.	LB	6'3	255	24	4	Florida
57	Franklin-Myers, J.	DE	6'4	288	22	1	S.F. Austin
16	Goff, Jared	QB	6'4	222	24	3	California
30	Gurley, Todd	RB	6'1	224	24	4	Georgia
79	Havenstein, Rob	OT	6'8	330	26	4	Wisconsin
6	Hekker, Johnny	P	6'5	241	28	7	Oregon State
89	Higbee, Tyler	TE	6'6	255	26	3	Western Kentucky
32	Hill, Troy	CB	5'11	183	27	4	Oregon
11	Hodge, Khadarel	WR	6'2	205	24	1	Prairie View A&M
43	Johnson, John III	S	6'0	209	23	2	Boston College
69	Joseph-Day, S.	DT	6'4	310	23	1	Rutgers
20	Joyner, Lamarcus	CB	5'8	191	28	5	Florida State
42	Kelly, John	RB	5'10	205	22	1	Tennessee
59	Kiser, Micah	LB	6'0	244	24	1	UVA
62	Lawler, Justin	DE	6'4	265	24	1	SMU
58	Littleton, Cory	LB	6'3	228	25	3	Washington
96	Longacre, Matt	DE	6'3	265	27	4	NW Missouri State
14	Mannion, Sean	QB	6'6	230	26	4	Oregon State
44	McQuaide, Jake	LS	6'2	235	31	8	Ohio State
82	Mundt, Johnny	TE	6'4	233	24	2	Oregon
19	Natson, JoJo	WR	5'7	153	25	2	Akron
70	Noteboom, Joseph	OT	6'5	321	23	1	TCU
45	Okoronkwo, O.	DE	6'2	253	23	1	Oklahoma
22	Peters, Marcus	CB	6'0	197	26	4	Washington
83	Reynolds, Josh	WR	6'3	196	23	2	Texas A&M
23	Robey-Coleman, N.	CB	5'8	180	27	6	USC
76	Saffold, Rodger	T	6'5	323	30	8	Indiana
37	Shields, Sam	DB	5'11	184	31	8	Miami (Florida)
92	Smart, Tanzel	DT	6'1	295	24	2	Tulane
93	Suh, Ndamukog	DT	6'4	313	32	9	Nebraska
65	Sullivan, John	C	6'4	312	33	10	Notre Dame
21	Talib, Aqib	DB	6'1	205	32	11	Kansas
95	Westbrooks, Ethan	DE	6'4	287	28	5	West Texas A&M
77	Whitworth, Andrew	T	6'7	330	37	13	LSU
27	Williams, Darius	CB	5'9	187	25	1	Alabama - Birmingham
52	Wilson, Ramik	LB	6'2	238	26	4	Georgia
17	Woods, Robert	WR	6'0	195	26	6	USC
49	Young, Trevon	DE	6'4	259	23	1	Louisville
4	Zuerlein, Greg	K	6'0	191	31	7	Missouri Western State

Source: Super
Bowl 53 Game
Program



How Much Can Be Recycled?

Goals/Objectives:

Students will:

- Explain how technology influences the quality of life.
- Discuss how decisions about the use of products can result in desirable or undesirable consequences.
- Use examples to predict and analyze.
- Recognize that science can only answer some questions and technology can only solve some human problems.
- Describe examples of scientific advances and emerging technologies and how they impact society.

National Standards: Science: 5-Science and Technology

Methods/Procedures:

- The students and teacher will compile a list of objects that accumulate from fans, players and workers at any NFL game.
- Students gather, if possible, concrete examples of listed items.
- Students determine which listed objects can be recycled.
- Through letters, calls, emails, and possibly personally, determine which stadiums recycle and what items they recycle.
- After compiling all three lists, using a mathematical formula, including amount of each product sold, students determine the weight of each recyclable item/team's game and or season through extrapolation.

Materials:

- Students and teacher created item list
- ProFootballHOF.com
- Scales for weighing objects

Assessment:

- Student created tables of items sold, recyclable items, items recycled and total poundage.
- Students will deliver a formal presentation on their findings.
- Teacher posts results and student findings (charts).

How Much Can Be Recycled?



SoFi Stadium

Items Sold	Item A	Item B	Item C	Item D
Game 1	Total Weight:	Total Weight:	Total Weight:	Total Weight:
Game 2	Total Weight:	Total Weight:	Total Weight:	Total Weight:
Game 3	Total Weight:	Total Weight:	Total Weight:	Total Weight:

Students may add items, delete items, add games, delete games depending on time constraints.



LOS ANGELES RAMS

From Humble Beginnings: The Story of the Rams

Goals/Objectives:

Students will:

- Understand the beginnings of football as we know it today.

National Standards: U.S. History: 11 - Era 7: The Emergence of Modern America (1890-1930); 12 - Era 8: The Great Depression and World War II (1929-1945); 13 - Era 9: Postwar United States (1945 to early 1970's); 14 - Era 10: Contemporary United States (1968 to the Present)

Methods/Procedures:

- Students will visit the Los Angeles Rams' website: TheRams.com and the Pro Football Hall of Fame's website: ProFootballHOF.com. A tour through these websites informs students how the Rams began, who were the early superstars, and who helped the Rams become what they are today. Students will take notes.
- If the class can take a field trip to SoFi Stadium, students should take notes as they tour.
- Students will complete a one page report on the history of the Los Angeles Rams from the research gathered.
- Students will then present this information (first game, first player drafted, etc.) to the class.

Materials:

- TheRams.com
- ProFootballHOF.com
- Rams History on page 1.

Assessment:

- Students will be able to verbally share with others more about the rich history of the Los Angeles Rams.

Rams' Team Travel

**Goals/Objectives:**

Students will:

- Improve geography skills using football team facts and locations.
- Use map skills with football facts.
- Explore data from NFL players and teams.

National Standards: Geography: 2-Places and Regions; 5-Environment and Society

Methods/Procedures:

- Have students complete the Rams' Team Travel worksheet

Materials:

- Worksheet: Rams' Team Travel
- Maps, atlas, online resources
- 2020 Los Angeles Rams' Schedule
- Writing utensils
- Paper or posterboard
- Pushpins and string

Assessment:

- Students will be assessed on accuracy of responses to worksheet: Rams' Team Travel

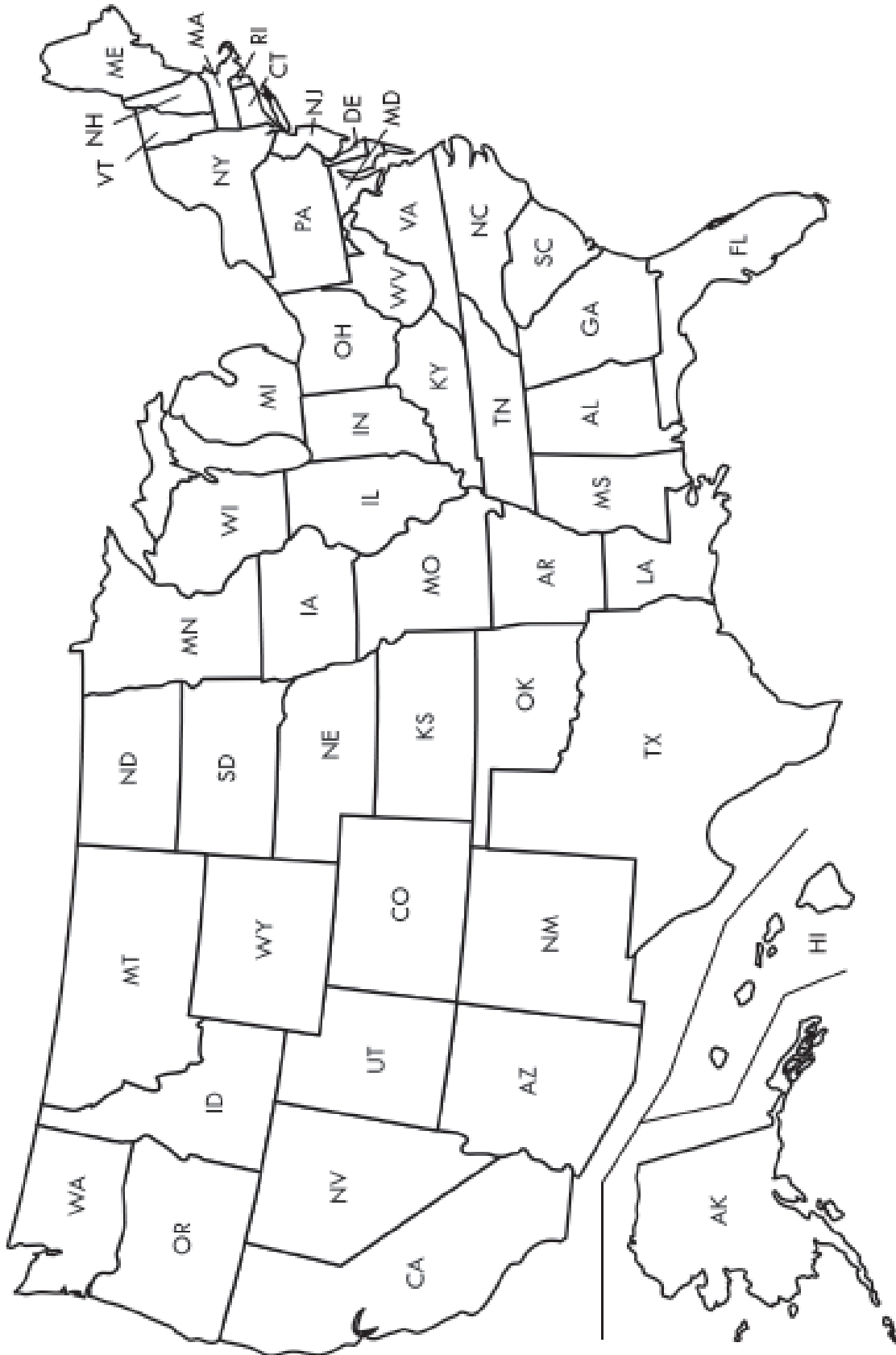


Rams' Team Travel

Directions: Using a blank United States map (next page) and a 2020 NFL schedule complete the following activities.

1. Label each individual state.
2. Label each NFL team in its correct city. On a separate piece of paper, list those states which do not have a NFL team.
3. Secure the map to a piece of cardboard to push pins through. Locate Los Angeles, CA and mark it by attaching a string to a pin and placing the pin on Los Angeles, CA.
4. Refer to a copy of the team's schedule for the current NFL season (TheRams.com). Using the pins and string, locate and mark your team's away games. How many away games do they play?
5. Determine and keep track of the direction your team traveled to play their away games.
6. Using an online map, determine how many miles the team traveled to each of their away games. How many total miles did the team travel throughout the season?
7. Determine if Los Angeles, CA is in a different time zone than Canton, OH. What is the time difference? If the starting time of a game is 4:00 p.m. in Canton, OH, what time is the game starting in Los Angeles, CA?
8. Keep a log of your team's win-loss record for the season plus the number of points they have scored during each game.
9. Did your team win more home or away games?
10. How many miles is it from Los Angeles, CA to Tampa, FL, site of Super Bowl LV?

Rams' Team Travel





Career Exploration

Goals/Objectives:

Students will:

- Identify NFL careers.
- Conduct an exploratory interview to get an insider's view of a particular career.
- Investigate career opportunities that reflect their interests, abilities, and personality.
- Utilize various sources of career information.

National Standards: FACS: 1 - Career, Community, and Family Connections

Methods/Procedures:

- Have students complete the following career worksheets and activities provided on the following pages:
 - * Careers with the Rams
 - * Rams Career Matching
 - * Rams Career Future

Materials:

- Career worksheets and activity descriptions
- Career reference books including:
 - * Dictionary of Occupational Titles
 - * Occupational Outlook Handbook (OOH)
 - * Guide for Occupational Exploration
 - * Occupational Outlook Quarterly
- Computer program "Ohio Career Information System (OCIS)"
- Internet access to career/job/vocation sites (i.e. <http://stats.bls.gov>)

Assessment:

- Students will be assessed on performance and accuracy of responses.

Careers with the Rams



Name: _____

There are hundreds of jobs in and around the Rams in addition to being an athlete. See if you can think of one job for each letter in the alphabet.

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____
- F. _____
- G. _____
- H. _____
- I. _____
- J. _____
- K. _____
- L. _____
- M. _____
- N. _____
- O. _____
- P. _____
- Q. _____
- R. _____
- S. _____
- T. _____
- U. _____
- V. _____
- W. _____
- X. _____
- Y. _____
- Z. _____



Rams Career Matching

Name: _____

Directions: Match the careers on the left with the correct definition on the right:

- | | |
|-----------------------------|---|
| _____ Players Agent | A. Good with computers and networking. Oversee all technology applications for teams. |
| _____ Game Official | B. Requires a keen eye, fast reflexes, stamina, self-control, and knowledge of rules and ability to make quick and correct decisions. |
| _____ Sports Photographer | C. Has a strong science background with an emphasis on anatomy and physical therapy for athletes. |
| _____ Sports Psychologist | D. Makes sure the stadiums and arenas are operable and safe for both players and fans. |
| _____ Facilities Manager | E. Participates in contract negotiations, arranges personal appearances and sets up endorsements for commercial products. |
| _____ Director of IT | F. Advises athletes on how to eat to perform their best. |
| _____ Official Statistician | G. Expert in mathematics, bookkeeping, statistics and operating a computer. |
| _____ Scout | H. Artist who uses a camera to capture the single action of an individual's successes as well as defeats. |
| _____ Athletic Trainer | I. Evaluates potential players as well as next week's opponents. |
| _____ Sports Nutritionist | J. Helps athletes cope with pressure. |

Rams Career Future



Name: _____

The NFL can offer a ticket to fame and fortune. However, only a small percentage of people actually become professional athletes. Even those who do must some day retire and begin new careers. Education is the key to the future.

Think about the types of NFL career possibilities that exist for a person with your interests, abilities, and personality. Project yourself into the future and choose one occupation that interests you. Answer the following questions using any resources available (parents, relatives, career mentors, teachers, guidance counselors, Internet and printed material).

- What education and training would I need?
- What skills and aptitude should I have?
- Is there an age requirement? If so, what is it?
- What would my work environment be like?
- What hours would I spend on the job?
- What is the starting salary?
- What are the opportunities for advancement in this line of work?
- What are the benefits of the career?
- What is the dress code?
- What specific duties would I perform?
- What are the advantages and disadvantages of the job?

Now that you know more about the career, is it still something you would like to pursue? Why or why not?



Rams Jersey Design

Goals/Objectives:

Students will:

- Create an original frontal design for a jersey, employing color choices, fabric/clothing details and lettering design. This lesson focuses on use of contrast, center of interest and balance.

National Standards: Visual Arts: 1-Understanding and applying media, techniques and processes

Methods/Procedures:

- Fold drawing paper in half, short sides together, to create a center line. This line will be used as guide when drawing the neckline and number.
- Using pencil and ruler, divide the paper vertically into fourths, using very light guidelines. These lines represent approximate areas where sleeves are sewn onto the sides of the body.
- Decide on the thickness of sleeves, drawing them to extend to the outside edges of the paper.
- Sketch the neckline – standard jerseys usually have v-necks, but use another shape if you like.
- Add detailing – clothing that must endure the rigors of a contact sport usually has double stitching for strength. This can be shown at the sleeves, bottom and any other area you choose.
- Determine a color pattern – borrow colors from the Rams or create your own combinations. No more than two or three colors are necessary. Highlights of black and white are often used on jerseys in conjunction with one or two other colors. Use your color pattern to create bands on the sleeves, neckline and other areas as desired. Colors should have good contrast that allows the design to be visible from a distance, especially the number(s).
- Use the fold line to help you center the number you chose. Examples of block letters are shown on the accompanying illustration, but be as creative as you'd like. Jersey numbers are often "shaded" with a second colors. Frequently, smaller numbers are sewn to the shoulders. From this viewpoint, only part of the shoulder numbers would be visible.
- Add a tag inside the neckline to show the size. Jerseys often have outside tags on the lower portion of the body that show the manufacturer's name. This would be an ideal area to sign your name or create a company with your initials. Add any other detail you would like.
- If desired, cut out your jersey and mount on a contrasting color.

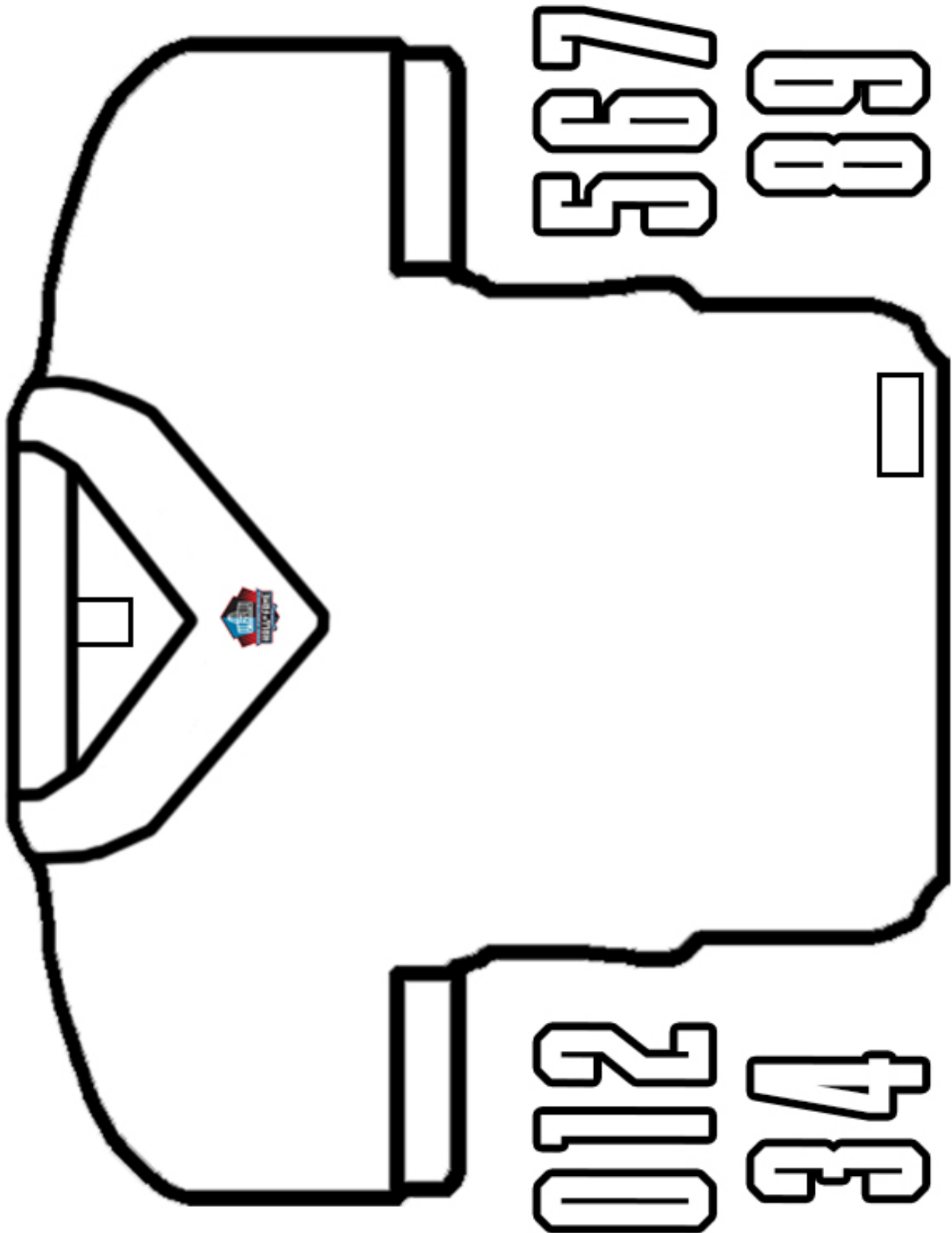
Materials:

- White or manila drawing paper, 12" x 18" or 9" x 12"
- Drawing pencil/eraser
- Ruler or straightedge
- Colored pencils, markers, crayons or other coloring media

Assessment:

- Ask the student to write an advertisement for his/her jersey, describing the type of fabric that would be used, why the color choices are successful, the durability of the shirt, other details that were used, and the approximate price of the shirt.

Rams Jersey Design





The Internet and Football

Goals/Objectives:

Students will:

- Identify the Internet as a viable source for information and research.
- Identify key phrases and words in searching the Internet for football related information.
- Identify various and reliable Internet sites.
- Identify main points of article.
- Effectively analyze Internet sites

National Standards: Technology: 2-Issues; 3-Technology Productivity Tools; 4-Technology Communication Tools; 5- Technology Research Tools, 6-Technology Problem Solving

Methods/Procedures:

- Students complete the worksheets provided on the following pages in this section concentrating on one activity at a time.
- Teachers are encouraged to adjust, adapt, and alter activities to suit class needs.
- Answers are located in the back of this publication.
 - * ProFootballHOF.com
 - * TheRams.com
 - * Additional Internet Sites
- Students would be encouraged to access the Hall's official site: ProFootballHOF.com. On this site students can examine articles to analyze and discuss.
- Students can present the information gathered from the lessons to the class.

Materials:

- Internet Activity Sheets
- TheRams.com
- ProFootballHOF.com
- Access to the school and/or public library as well as a computer center

Assessment:

- Students will be assessed based upon completed worksheets and/or presentations



Name: _____

Directions: After finding your way to the Pro Football Hall of Fame website, find the answers to the following questions.

1. What are the three reasons the Pro Football Hall of Fame is located in Canton, Ohio?
 - A. _____
 - B. _____
 - C. _____

2. In the "Football History" section, find one story about the 1980's. Summarize the article below.

3. Under "NFL History and Stats," list two players talked about in "African Americans in Pro Football."
 - A. _____
 - B. _____

4. Who were the Modern-Era enshrinees in the Class of 2020?
 - A. _____
 - B. _____
 - C. _____
 - D. _____
 - E. _____

5. One jersey number has been worn by more Hall of Famers (13) than any other number. Which number is it? _____



Name: _____

Directions: After accessing the website TheRams.com, find the answers to the following questions:

1. Who founded the Los Angeles Rams?

2. In what year were the Los Angeles Rams founded?

3. How many games did the Rams win in their first NFL season?

4. How did the Rams get their name?

5. Name three Rams inducted into the Pro Football Hall of Fame.
 - A.

 - B.

 - C.

6. Find one article on the site. Summarize that article below.



The following websites can be accessed for additional information for your students.

www.usatoday.com

www.espn.com

www.cbssports.com

www.sportsillustrated.com

www.nfl.com/superbowl



Even Aaron Donald Had to Start Somewhere

Goals/Objectives:

Students will:

- Correlate the fitness concepts of strength, agility, flexibility, and endurance to basic yet specific forms of exercise.

National Standards: Physical Education: 2-Movement Concepts, Principles, Strategies, and Tactics; 3-Physical Activity; 4-Physical Fitness; 6-Values Physical Activity

Methods/Procedures:

- Students will be asked to discuss and list basic exercises that can be done to improve one's muscular strength, agility, flexibility, and muscular endurance.
- Basic Exercise Examples
 - * Muscular Strength Push-ups, Sit-ups (Few Repetition), Chin-ups, Pull-ups, Squat thrust, Bench dips
 - * Agility Line jumps (forward, backward, side to side, scissors), One Foot hop
 - * Flexibility Standing toe touch, Standing V stretch, Butterfly, Seated toe touch, Seated V stretch, Inverted hurdles stretch
 - * Endurance Push-ups, Sit-ups, Chin-ups, Squat thrust, Bench dips, Walking, Jogging (slow, medium or fast) Jump rope (Many Repetitions)

Materials:

- Notepad/paper and pencil/pen
- Blackboard or Dry mark board
- Access to computer

Assessment:

- Students will be assessed on their participation in activities.

LOS ANGELES RAMS
Answer Key



Conversions in Football

1. 21,735 feet
2. 19,944 inches
3. 2.6 miles
4. 42,327 feet
5. 34 yard line of opposing team
6. 1,944 inches, 4937.76 centimeters
7. 300 feet long, 160 feet wide
8. 5,800 ounces
9. 1,020 minutes
10. 112 officials

Super Bowl Thunder

1. Andrew Whitworth (37)
2. 16
3. 5
4. 3
5. 2
6. Jake McQuaide
7. Andrew Whitworth / Rob Havenstein - 330 lbs.
8. Jojo Natson - 153 lbs.
9. Center
10. 853 lbs.

Careers with the Rams

Possible Answers

- A = Agent
- B = Broadcaster
- C = Coach
- D = Doctor
- E = Equipment Manager
- F = Field Judge
- G = Groundskeeper
- H = Head Linesman
- I = Intern
- J = Journalist
- K = Kinesiologist
- L = Lawyer
- M = Mascot
- N = Nutritionist
- O = Owner
- P = Photographer
- Q = Quarterback Coach
- R = Referee
- S = Scout

- T = Trainer
- U = Umpire
- V = Vendor
- W = Writer
- X = X-Ray Technician
- Y = Yoga Instructor
- Z = Zeppelin Driver

Rams Career Matching

- E- Players Agent
- B- Game Official
- H- Sports Photographer
- J- Sports Psychologist
- D- Facilities Manager
- A- Sports Promoter
- G- Official Statistician
- I- Scout
- C- Athletic Trainer
- F- Sports Nutritionist

TheRams.com

1. Homer Marshman
2. 1936
3. One
4. The Rams General Manager, Damon "Buzz" Wetzel's, favorite team was the Fordham Rams and Marshman liked the sound of the name.
5. Answer varies
6. Student's choice

ProFootballHOF.com

1. A. The American Professional Football Association, was founded in Canton in 1920.
B. The Canton Bulldogs were an early day pro football power. First two-time champion of the NFL. Jim Thorpe played for Bulldogs.
C. Canton citizens launched a determined and organized campaign in the 1960's to earn the site.
2. Answer varies
3. Answer varies
4. Steve Atwater, Isaac Bruce, Steve Hutchinson, Edgerrin James, Troy Polamalu
5. 22

LOS ANGELES RAMS

