



# Let's Get Active

## Circle Activity: Pass the Football

### Objective:

This activity reinforces hand-eye coordination and gross motor skills as students work together to complete a physical task grounded in cooperation and encouragement.

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### Materials:

- Visual sequence strip (provided)
  - Football (1)
  - Football image (optional; provided if real football is unavailable)
  - Butcher paper
  - Marker
  - Music
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**Duration:** 10 minutes

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### Preparation:

1. Print, laminate, and cut out:
  - a. Visual sequence strip
  - b. Football image (optional)
2. Place chairs in a large circular configuration.
3. Place butcher paper in an accessible location. Write "Touchdown" at the top and list each student's name down the left side of the paper.
4. Have music ready.
5. Seat students in the ring of chairs, leaving the center chair empty.
6. Have the visual sequence strip on hand and refer to it throughout the activity to guide students.

## Activity Script:

*We recommend using the following verbal cues as you model each step.*

1. **"Today we're going to play a game called 'Pass the Football.' To have fun, all you have to do is try your best and encourage each other."**  
[As you walk students through each step of the activity, point to its corresponding step on the visual sequence strip. Indicate the football or the football image.]
2. **"To begin the game, I'm going to hold the football. When the music starts, I am going to pass the football to my friend next to me."**  
[Demonstrate passing the football or the football image to the student next to you.]
3. **"We are going to keep passing the football to the friend sitting next to us as quickly as possible."**  
[Facilitate football-passing from student to student in order to model the activity.]
4. **"When you hear the music stops, whoever has the football will yell, 'Touchdown!' and come and make a tally mark by their name."**  
[Pause the music and demonstrate saying, "Touchdown!" and making a tally mark.]
5. **"Let's begin!"**  
[Start the music and prompt students to pass the apple around the circle of chairs.]
6. **"Freeze!"**  
[Pause the music and prompt the student holding the football to say, "Touchdown!" and make a tally mark. Repeat until every student has made a touchdown, if possible.]

# Visual Sequence Strip:



<p>Listen for music</p>	<p>Pass the football</p>	<p>When the music stops, freeze</p>	<p>If holding the football say "Touchdown!"</p>	<p>Make a tally mark</p>
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Listen for music



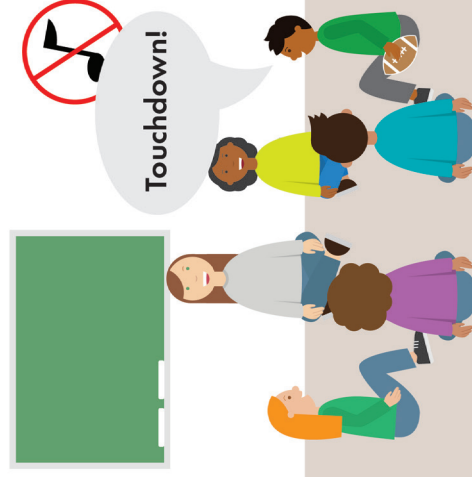
Pass the football



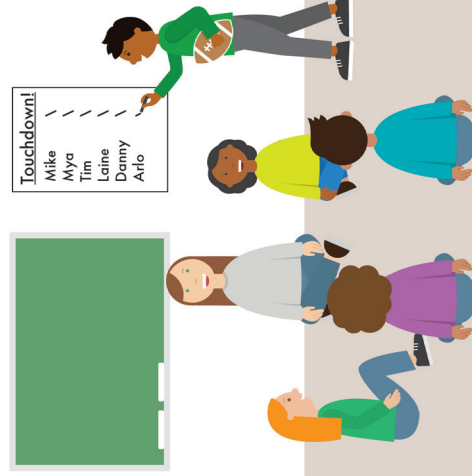
When the music stops,  
freeze



If holding the football, say  
“Touchdown!”



Make a tally mark



Football Image:

