

**Directions:**

1. Print out this page and the next.
2. Write activity ideas on the football. For example - 10 lateral jumps, 10 jumping jacks, 10 push ups, 10 sit ups, 10 hops and 10 jump/turns.
3. Cut out the football cards with activities and the number cards.
4. Place the football cards face down.
5. Player one picks a football card and performs the activity. To see if you scored a field goal match the number on your card to the numbered football on page 1. If the number matches a number on one of the footballs between the uprights you scored a field goal - earn 3 points. If the number matches a number on one of the footballs below the uprights you scored a touch down - earn 7 points.
6. Repeat until all the activities have been performed on the football cards.

SCORE	Player 1	Player 2
Turn #1		
Turn #2		
Turn #3		
TOTAL SCORE		



