

Niagara Falls City School District
3rd Grade Physical Education Resources
Mr. Evans – Niagara Street School P.E.

***P.E. Activities for APRIL 20th through APRIL 26th**

Grade Level: 3rd Grade

Lesson Title: Flag Football NFL Combine Challenges

*This lesson should be completed at least twice during the week listed above

*Each lesson is approximately 30 to 40 minutes in duration

NYS P.E. Standard #2 -- *Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.*

- **WARM-UP = NFCSD Physical Fitness Testing Mini Practice**
 - 4 Minute Jog
 - 6 Standing Long Jumps for Distance
 - 12 Push-Ups (*substitute in place of Flex Arm Hang*)
 - 20 Sit-Ups/Crunches
 - 6 Sit & Reaches (sit on ground/floor with legs flat and attempt to touch toes or past toes with straight arms)
- **LESSON ACTIVITY = Flag Football NFL Combine Challenges**
 - The NFL Draft will take place at the end of April. College players who wish to get drafted and play in the NFL participate in a series of speed, strength and agility tests at an event called the NFL Combine.
 - **No football equipment needed. See the video links and printable worksheet below for the 5 Football Challenges that students can complete at home.**
- **COOL DOWN = Cool Down Routine** >>> VIDEO LINK: <https://www.youtube.com/watch?v=3w1szPuqY8I&t=25s>

HOW TO PERFORM THE NFL COMBINE CHALLENGES at HOME

- **Challenge #1 = Vertical Jump**

https://drive.google.com/file/d/1YVHzo3dxxtEqVE41eAWpTM_Dar4sAIBA/view?usp=sharing

- **Challenge #2 = Shuttle Run (5-10-5 Drill)**

https://drive.google.com/file/d/1c_SXutdeu98r6_H_Cj-xKln3SKFLYWOC/view?usp=sharing

- **Challenge #3 = Broad Jump**

https://drive.google.com/file/d/1OSnvy46kl83qQyK_92ztMy8JOTnsMRPj/view?usp=sharing

- **Challenge #4 = Bench Press**

https://drive.google.com/file/d/1nwPHTnDOMMxL4YgLfc3RY7lwl1d_CuDP/view?usp=sharing

- **Challenge #5 = 40 Foot Dash**

<https://drive.google.com/file/d/1ILZDaGOaPeL6kKE260-S13nZlgpw3CLO/view?usp=sharing>



Niagara Street P.E. / NFCSD Flag Football COMBINE Challenges

Our Flag Football Combine Challenge is much like the **NFL Scouting Combine**, which is a week-long showcase where college football players perform physical tests in front of **National Football League** coaches, general managers, and scouts. The combine allows professional teams to evaluate football prospects in a standardized testing setting. All of the athletes perform workout drills and position specific drills that help the evaluators witness the size, speed, and strength of the players. **Our challenges (tests) are very similar and will help show elementary school students the work ethic, effort, and training methods needed to be a professional athlete.**

Challenge #1 -- Vertical Jump

Test that is all about lower-body explosion and power. Student first stands flat-footed at a wall or poll and marks their overhead vertical reach without jumping. Then student will jump and touch as high as they can to determine vertical jump height. Mark the spot where you touched on the jump. Use a ruler to measure the difference of marks. Try 5 jump attempts and mark down your best jump height in inches.

Vertical Jump Height= _____ inches

Challenge #2 -- Shuttle Run (5-10-5 Drill)

Test for lateral quickness and explosion. Student starts in a three-point stance, explodes with shuffle steps 5 yards to the right, touches line/cone with right hand, pivots and runs 10 yards to cone/line, left hand touches the line/cone, pivots and runs 5 more yards to finish line/starting cone. Try 3 to 5 run attempts and mark down your best shuttle run time in seconds. Keep a stopwatch/phone in hand to determine time in seconds.

Shuttle Run Time= _____ seconds

Challenge #3 -- Broad Jump

Test for lower-body explosion and lower-body strength. Student starts out in a balanced, 2-foot stance behind a marked line. Jump out straight on a flat surface as far as you can. Student has to jump without moving feet and land without moving feet as well. Mark the landing line behind the heels of sneakers. Use a ruler to measure (12 inches = 1 foot) the distance of the starting line and landing line in feet and inches. Try 5 broad jump attempts and mark down your best jump distance in feet and inches.

Broad Jump Distance= _____ ft. _____ in.

Challenge #4 -- Bench Press

Test of strength and endurance. Student will perform 25 proper bench presses on a bench/floor. Use hand weights or light (5lb.) household items.

Bench Press --- CIRCLE ONE >>> Complete OR Incomplete

Challenge #5 -- 40 Foot Dash

Test for explosion and speed. Student takes about 40 steps and creates a starting line and finish line. Explode from a 3 point stance and run fast with a stopwatch/phone in hand to determine time in seconds. Try 3 to 5 run attempts and mark down your best 40 foot dash time in seconds.

40 Foot Dash Time= _____ seconds