

4th Grade Football Study Guide

Benchmark #1

- Scoring –
 - A touchdown is worth 6 points
 - Extra kick after touchdown is worth 1 point
- Downs – in class the offensive team has 4 downs/tries to move the ball 10 yards
- End zone-The area on the football field where you score a touchdown
- Rushing the QB – in class the defense has to wait for 5 seconds before they can rush QB
- Line of Scrimmage – The imaginary line on the football field that separates the offense from the defense. The football sits on the line and that is where the last play ended and the new play begins.

Benchmark #2

- Positions –
 - Quarterback – the player who either throws the ball or hands it off
 - Center – the player who snaps the ball to the quarterback
 - Receiver – the player who catches the football thrown by the quarterback
 - Running back – the player who takes a hand off and runs with the ball
- Offense – the team that has possession of the ball and is trying to score a touchdown
- Defense – the team that is trying to STOP the other team from scoring.

Benchmark #3

- Force Production
 - Adding muscle groups together to perform a skill
 - Example: Using your legs, hands, arms and body rotation to throw a football
- Force Absorption
 - Slowing down an object to gain control
 - Example: bending your arms and giving with the ball when you catch it