

PRO FOOTBALL HALL OF FAME

Teacher Activity Guide



WIDE RECEIVER & HALF-BACK BOBBY MITCHELL - HALL OF FAME CLASS OF 1983

WASHINGTON COMMANDERS

Team History



With three Super Bowl championships, the Washington Redskins are one of the NFL's most dominant teams of the past quarter century. But the organization's glorious past dates back almost 60 years and includes five world championships overall and some of the most innovative people and ideas the game has ever known. From George Preston Marshall to Jack Kent Cooke, from Vince Lombardi to Joe Gibbs, from Sammy Baugh to John Riggins, plus the NFL's first fight song, marching band and radio network, the Redskins can be proud of an impressive professional football legacy.

George Preston Marshall was awarded the inactive Boston franchise in July 1932. He originally named the team "Braves" because it used Braves Field, home of the National League baseball team. When the team moved to Fenway Park in July 1933, the name was changed to Redskins. A bizarre situation occurred in 1936, when the Redskins won the NFL Eastern division championship but Marshall, unhappy with the fan support in Boston, moved the championship game against Green Bay to the Polo Grounds in New York. Their home field advantage taken away by their owner, the Redskins lost.

Not surprisingly, the Redskins moved to Washington, D.C., for the 1937 season. Games were played in Griffith Stadium with the opener on September 16, 1937, being played under flood lights. That year, Marshall created an official marching band and fight song, both firsts in the National Football League. That season also saw the debut of "Slinging Sammy" Baugh, a quarterback from Texas Christian who literally changed the offensive posture of pro football with his forward passing in his 16-season career. The Redskins won five NFL Eastern division titles and NFL championships in 1937 and 1942 during Baugh's tenure. Ray Flaherty was Baugh's first pro coach from 1936-1942 and his 56-26-3 record (.701 percentage) is the best in team history. In 1944, the Redskins formed a radio network to broadcast their games throughout the Southern United States. By 1950, all Redskins games were televised over a network of southern stations, thus making Washington the first NFL team to have an entire season of televised games. D.C. Stadium (later changed to Robert F. Kennedy Memorial Stadium) was opened in 1961 and the 55, 683-seat stadium was the Redskins home through 1996. In 1997, the Redskins moved into the new FedEx Field. A consecutive sellout streak began in 1968 and did not end until September 16, 2018 - a record of 50 seasons!

In 1969, the legendary Vince Lombardi guided the Redskins to their first winning record in 15 years but he died of cancer before the 1970 season. Class of 2002 Hall of Fame inductee George Allen took over in 1971 and coached Washington to 69 victories, five playoff appearances and the 1972 NFC championship in his seven years. Joe Gibbs, who led the Redskins from 1981 to 1992, ranks as the most successful coach in Redskins' history with a 140-65-0 record that produced eight playoff appearances, five NFC Eastern division championships and victories in Super Bowls XVII, XXII and XXVI. He was named NFL Coach of the Year in 1982 and 1983 and elected to the Pro Football Hall of Fame in 1996. Gibbs returned as head coach from 2004-2007. In 2010 the team hired two-time Super Bowl winning head coach Mike Shanahan as the team's 28th head coach.

In 2014, the Redskins hired offensive coordinator Jay Gruden as their head coach. Gruden, using weapons like Kirk Cousins and Jordan Reed, he led the team back the playoffs in 2015. The newly touted Washington Commanders, made an appearance to the playoffs again in 2020. Drafting second overall quarterback Jayden Daniels in 2024, he led them to a playoff appearance in his rookie season. In 2025, the Commanders made a deep playoff run and are seeking another in 2026.



WASHINGTON COMMANDERS

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



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).



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Bobby Mitchell

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

UDL Examples

- Read all materials aloud to entire class
- Allow students to work in groups
- Allow students to create a poster or graphic with new facts and bits of information that they discovered about their chosen player

Materials:

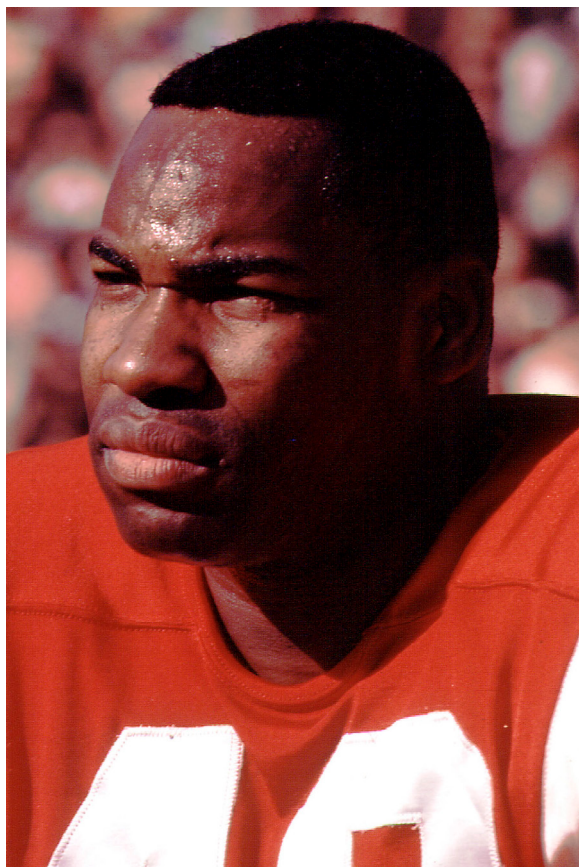
- Bobby Mitchell biography
- Access to the Internet
- Access to Redskins website at Redskins.com

Assessment:

- Students will submit the informational essay/report on their chosen Redskins' 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.



Bobby Mitchell was blessed with exceptional speed, uncanny faking ability and balance. They were assets that served the versatile wide receiver/halfback well during his 11-year National Football League career that began in 1958 as a seventh-round draft pick of the Cleveland Browns.



The fact that Mitchell lasted until the seventh round was somewhat of a mystery, but certainly a stroke of luck for the Browns. Mitchell, who had hoped to play flanker in the pros, was teamed with the incomparable Jim Brown to give the Browns one of history's truly great running back combinations from 1958 through 1961.

He also was a breakaway threat as a punt- and kickoff-return specialist. After four productive seasons with the Browns, Bobby was traded to the Washington Redskins where he played with distinction for seven more seasons.

With his trade to Washington, Bobby became the first African American to sign and star for the Redskins. In Washington, the 6-0, 192-pound Mitchell was for the most part a full-time flanker who gained the reputation as one of the finest catch-run yardage makers in the game.

It is little wonder NFL defenders shuddered whenever Bobby got the ball. He was a potential time bomb who almost always went off. When Mitchell retired, his 14,078 combined net yards was the second highest total in NFL history. He had also scored an amazing 91 touchdowns. Eighteen of his touchdowns came by rushing, 65 on receptions, 3 on punt returns, and 5 on kickoff returns. He amassed 7,954 yards on receptions and 2,735 yards on rushes.

He won the NFL receiving title in 1962 with 72 catches. During his first six seasons with the Redskins he never caught fewer than 58 passes. Four times, once as a running back and three times as a wide receiver, he was selected to play in the Pro Bowl.



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)

UDL Examples

- Allow all students to use conversion charts

Materials:

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

Assessment:

- Students will be assessed on accuracy of responses.



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

1. John Riggins rushed for 7,472 yards, during his career. How many feet is that? _____
2. In 2018 Adrian Peterson ran for a 90-yard touchdown. How many inches is that? _____
3. The Commanders rushed for a total of 2,290 yards in 2025. How many miles is that?
_____ Round to the nearest tenth. *(Hint: 1 mile = 1,760 yards)
4. In 2025 RB Jacory Croskey-Merritt had 805 rushing yards. How many feet is that? _____
5. The Commanders 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. Jayden Daniels 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 17 games are played each week, what is the total number of officials officiating throughout the NFL each week? _____



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Super Bowl Thunder

Directions: Answer the following questions using the Washington roster on the following page.

1. Who was the oldest player on the team?
2. What number was Russ Grimm?
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 Syracuse University?
7. Who was the heaviest player on the team?
8. Who was the lightest player on the team?
9. What position did number 21 play?
10. Add up the total weight of all the running backs (RB).

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Super Bowl Thunder



Washington Super Bowl XXVI Roster

WASHINGTON REDSKINS

Alphabetical Roster

No.	Player	Pos.	Ht.	Wt.	Birthdate	NFL Exp.	College
61	Adickes, Mark	G	6-4	285	4/22/61	6	Baylor
53	Bostic, Jeff	C	6-2	278	9/18/58	12	Clemson
82	Brandes, John	TE	6-2	249	4/2/64	5	Cameron (Okla.)
99	Buck, Jason	DE	6-4	265	7/27/63	5	BYU
21	Byner, Earnest	RB	5-10	218	9/15/62	8	East Carolina
50	Caldwell, Ravin	LB	6-3	240	8/4/63	5	Arkansas
84	Clark, Gary	WR	5-9	173	5/1/62	7	James Madison
51	Coleman, Monte	LB	6-2	245	11/4/57	13	Central Arkansas
55	Collins, Andre	LB	6-1	233	5/4/68	2	Penn State
26	Copeland, Danny	S	6-2	213	1/24/66	3	Eastern Kentucky
27	Edwards, Brad	S	6-2	207	3/22/66	4	South Carolina
32	Ervins, Ricky	RB	5-7	200	12/7/68	R	USC
97	Geathers, James	DT	6-7	289	6/26/60	7	Wichita State
2	Goodburn, Kelly	P	6-2	199	4/14/62	5	Emporia State
54	Gouveia, Kurt	LB	6-1	228	9/14/64	5	BYU
28	Green, Darrell	CB	5-8	170	2/15/60	9	Texas A&I
68	Grimm, Russ	G	6-3	284	5/2/59	11	Pittsburgh
86	Hobbs, Stephen	WR	5-11	200	11/14/65	2	North Alabama
16	Humphries, Stan	QB	6-2	224	4/14/65	3	Northeastern La.
66	Jacoby, Joe	G-T	6-6	314	7/6/59	11	Louisville
88	Jenkins, James	TE	6-2	234	8/17/67	R	Rutgers
47	Johnson, Anthony	CB	5-8	170	6/22/67	3	Southwest Texas St.
45	Johnson, Sidney	CB	5-9	175	3/7/65	3	California
78	Johnson, Tim	DT	6-3	283	1/29/65	5	Penn State
79	Lachey, Jim	T	6-6	294	6/4/63	7	Ohio State
8	Lohmiller, Chip	K	6-3	210	7/16/66	4	Minnesota
71	Mann, Charles	DE	6-6	272	4/12/61	9	Nevada-Reno
58	Marshall, Wilber	LB	6-1	231	4/18/62	8	Florida
35	Mayhew, Martin	CB	5-8	172	10/8/65	3	Florida State
20	Mays, Alvoid	CB	5-9	180	7/10/66	2	West Virginia
63	McKenzie, Raleigh	C-G	6-2	279	2/8/63	7	Tennessee
87	Middleton, Ron	TE	6-2	270	7/17/65	6	Auburn
57	Millen, Matt	LB	6-2	245	3/12/58	12	Penn State
30	Mitchell, Brian	RB	5-10	209	8/18/68	2	Southwestern La.
81	Monk, Art	WR	6-3	210	12/5/57	12	Syracuse
89	Orr, Terry	TE	6-2	235	9/27/61	7	Texas
37	Riggs, Gerald	RB	6-1	240	11/6/60	10	Arizona State
10	Rutledge, Jeff	QB	6-1	193	1/22/57	13	Alabama
11	Rypien, Mark	QB	6-4	234	10/2/62	5	Washington State
83	Sanders, Ricky	WR	5-11	180	8/30/62	6	Southwest Texas St.
69	Schlereth, Mark	G	6-3	283	1/25/66	3	Idaho
76	Simmons, Ed	T	6-5	300	12/31/63	5	Eastern Washington
60	Stokes, Fred	DE	6-3	274	3/14/64	5	Georgia Southern
40	Walton, Alvin	S	6-0	180	3/14/64	6	Kansas
85	Warren, Don	TE	6-4	242	5/5/56	13	San Diego State
75	Williams, Eric	DT	6-4	290	2/24/62	8	Washington State
94	Wilson, Bobby	DT	6-2	283	3/4/68	R	Michigan State

Source: Super Bowl
XXVI Game Program



WASHINGTON COMMANDERS

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.

UDL Examples

- Encourage all students to share their personal experiences with the Cleveland Browns.
- Discuss how the team has impacted the local community.
- Allow students to work with a partner and use technology to compile their lists.

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).

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How Much Can Be Recycled?



Northwest 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.



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From Humble Beginnings: The Story of the Commanders

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

UDL Examples

- Allow students to create a poster, infographic, or digital presentation instead of a written report

Materials:

- Commanders.com
- ProFootballHOF.com
- Commanders History on page 1.

Assessment:

- Students will be able to verbally share with others more about the rich history of the Washington Commanders.



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 Washington Football Team's Team Travel worksheet

UDL Examples

- Read and describe all facts and worksheets to all students

Materials:

- Worksheet: Washington Commanders' Team Travel
- Maps, atlas, online resources
- 2026 Washington Commanders' Schedule
- Writing utensils
- Paper or posterboard
- Pushpins and string

Assessment:

- Students will be assessed on accuracy of responses to worksheet: Washington Commanders's Team Travel



WASHINGTON COMMANDERS

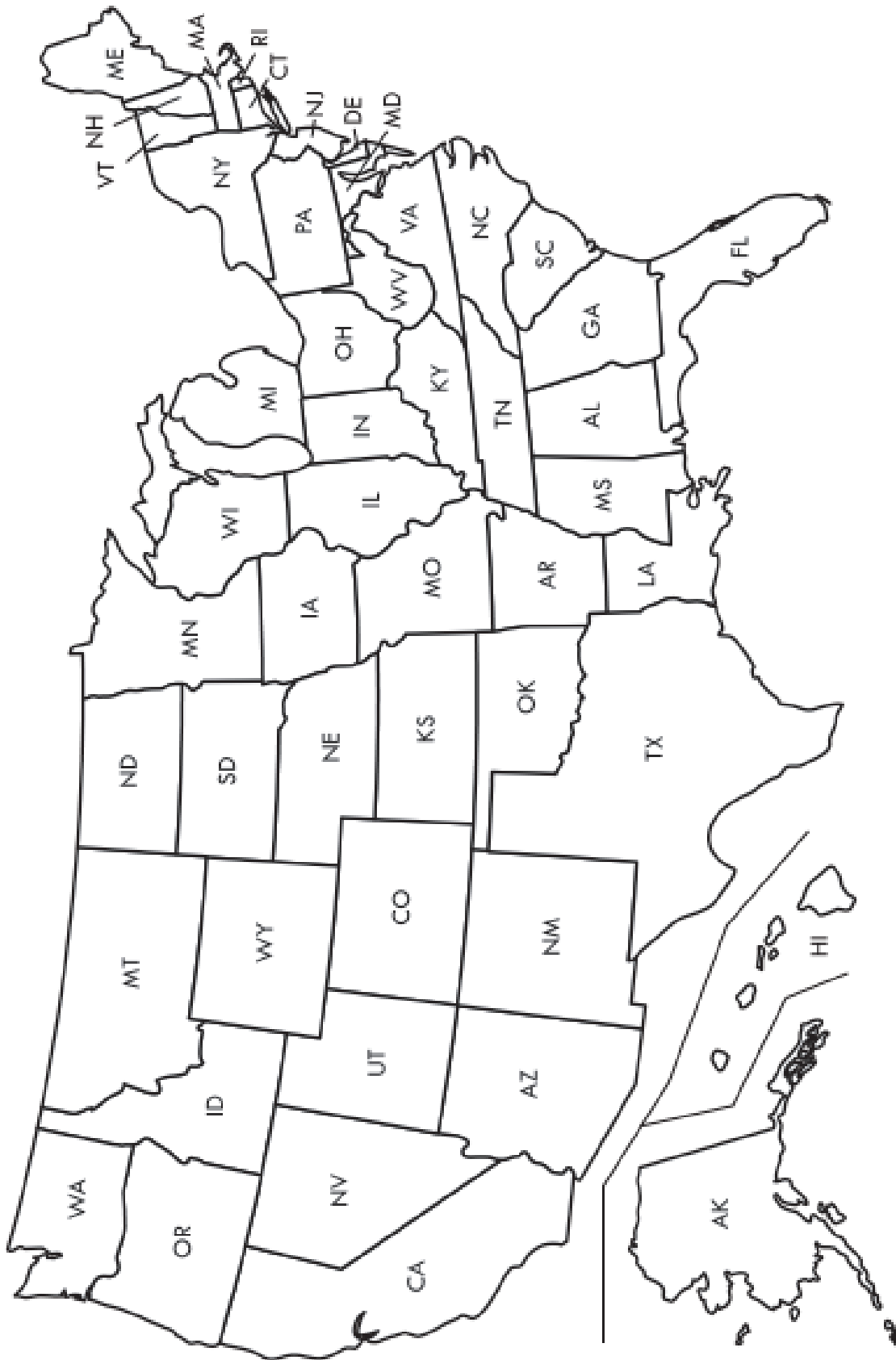
Commanders' Team Travel

Directions: Using a blank United States map (next page) and a 2026 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 Landover, MD and mark it by attaching a string to a pin and placing the pin on Landover, MD.
4. Refer to a copy of the team's schedule for the current NFL season (WashingtonFootball.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 Landover, MD 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 Landover, MD?
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 Landover, MD to Inglewood, CA, site of Super Bowl LXI?

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Commanders' Team Travel





WASHINGTON COMMANDERS

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 Commanders
 - * Commanders Career Matching
 - * Commanders Career Future

UDL Examples

- Read all worksheets aloud to all students
- Allow students to work in pairs to complete the worksheets

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.

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Careers with the Commanders



Name: _____

There are hundreds of jobs in and around the Commanders 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. _____



WASHINGTON COMMANDERS

Commanders 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. |

WASHINGTON COMMANDERS

Commanders 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?



WASHINGTON COMMANDERS

Commanders 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 Football Team 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 are 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.

UDL Examples

- Allow students to work with a partner
- Allow students to use technology to create/draw a jersey design

Materials:

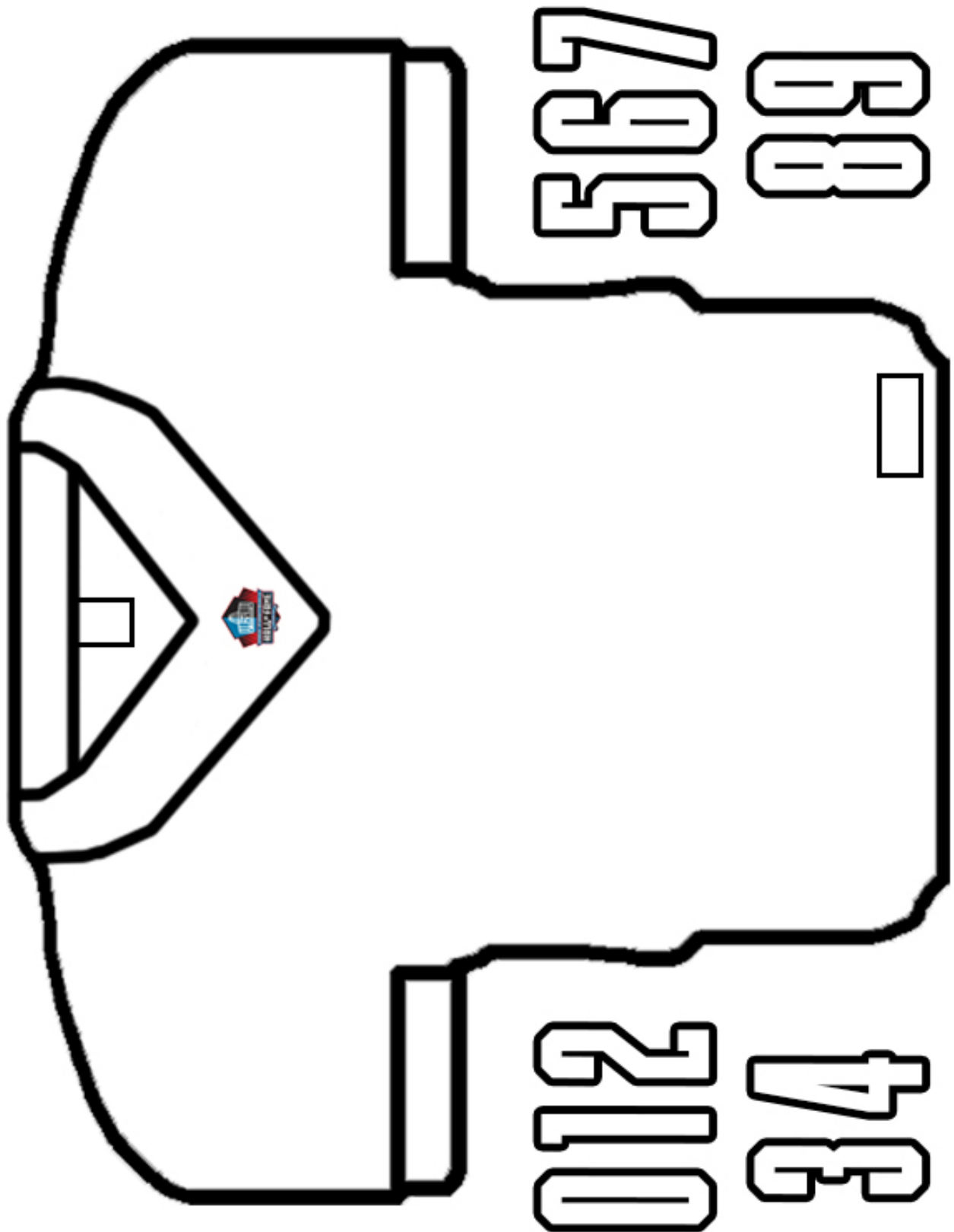
- White or manila drawing paper, 12" x 18" or 9" x 12"
- Drawing pencil/eraser
- Ruler or straightedge
- Colored pencils, markers, crayons or other coloring media

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.

WASHINGTON COMMANDERS

Commanders Jersey Design





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
 - * WashingtonFootball.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.

UDL Examples

- Read aloud all worksheets to the class
- Allow students to work in pairs

Materials:

- Internet Activity Sheets
- WashingtonFootball.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."
 - D. _____
 - E. _____

4. Who were the enshrinees in the Class of 2026?
 - E. _____
 - F. _____
 - G. _____
 - H. _____
 - I. _____

5. A jersey number has been worn by more Hall of Famers (14) than any other number. Which number is it? _____



WASHINGTON COMMANDERS

Commanders.com

Name: _____

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

1. Who founded the "Washington Redskins"?
2. In what year were the "Washington Redskins" founded?
3. How many Super Bowls have the Washington organization won?
4. What name did the Washington Commanders go by when they were founded?
5. Name three members of the organization enshrined 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



WASHINGTON COMMANDERS

Even Jayden Daniels 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.



Conversions in Football

1. 22,416 feet
2. 3,240 inches
3. 1.3 miles
4. 2,415 feet
5. 34 yard line of opposing team
6. 1,944 inches, 4937.76 centimeters
7. 300 feet long, 160 feet wide
8. 4,848 ounces
9. 1,020 minutes
10. 112 officials

Super Bowl Thunder

1. Don Warren 5/5/56
2. 68
3. 4
4. 9
5. 3
6. Art Monk
7. Joe Jacoby - 314 lbs.
8. Darrell Green/ Anthony Johnson - 170 lbs.
9. Running Back
10. 867 lbs.

Careers with the Commanders

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

Commanders 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

WashingtonFootball.com

1. A syndicate headed by George Preston Marshall.
2. 1932
3. Three
4. Boston Braves
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. Roger Craig, Luke Kuechly, Drew Brees, Larry Fitzgerald, Adam Vinatieri
5. 81

WASHINGTON **COMMANDERS**

