

PRO FOOTBALL HALL OF FAME

Teacher Activity Guide



RUNNING BACK EMMITT SMITH - HALL OF FAME CLASS OF 2010

DALLAS COWBOYS

Team History



In 1960, the Dallas Cowboys became the NFL's first successful new team since the collapse of the All-America Football Conference 10 years earlier. Clint Murchison Jr. was the new team's majority owner and his first order of business was to hire Tex Schramm as general manager, Tom Landry as head coach and Gil Brandt as player personnel director.

This trio was destined for almost unprecedented success in the pro football world but the "glory years" didn't come easily. Playing in the storied Cotton Bowl, the 1960 Cowboys had to settle for one tie in 12 games and Dallas didn't break even until its sixth season in 1965. But in 1966, the Cowboys began an NFL-record streak of 20 consecutive winning seasons. That streak included 18 years in the playoffs, 13 divisional championships, five trips to the Super Bowl and victories in Super Bowls VI and XII.

Dallas won its first two divisional championships in 1966 and 1967 but lost to the Green Bay Packers in the NFL championship game each year. Similar playoff losses the next seasons were followed by a 16-13 last-second loss to Baltimore in Super Bowl V following the 1970 season. The Cowboys were typified as "a good team that couldn't win the big games."

But they dispelled such thought for good the very next year with a 24-3 win over the Miami Dolphins in Super Bowl VI. The Cowboys were Super Bowl-bound three more times from 1975 to 1978. They lost to Pittsburgh in extremely competitive games in Super Bowls X and XIII but defeated the Denver Broncos 27-10 in Super Bowl XII. During their big years of the 1970s, the Cowboys were led by such future Pro Football Hall of Fame members as quarterback Roger Staubach, tackle Rayfield Wright, defensive tackles Bob Lilly and Randy White, defensive back Mel Renfro and running back Tony Dorsett.

The Cowboys of the 1970s and early 1980s were known as "America's Team," an outfit that was just a step ahead of almost every other club when it came to image-enhancing promotions such as The Dallas Cowboys Newsweekly with a circulation of 100,000, sales of Cowboys souvenirs and apparel and the famous Dallas Cowboys cheerleaders.

The Cowboys suffered their first losing season in two decades in 1986 and fell all the way to 3-13 in 1988. H. R. "Bum" Bright, who had purchased the Cowboys from Murchison in 1984, sold the team to Jerry Jones in 1989. Jones named former University of Miami coach Jimmy Johnson to replace Landry, who finished his career with 270 victories, third most by any coach in history. Jerry Jones' efforts were recognized in 2017, when he was enshrined into the Pro Football Hall of Fame. Coach Johnson's efforts were recognized in 2020, when he became a member of the Pro Football Hall of Fame's Centennial Class.

Johnson's first team won only once in 16 games but some daring trades and shrewd selections in the annual NFL draft - that included Hall of Fame quarterback Troy Aikman - quickly returned the Cowboys to championship status in Super Bowl XXVII, the fourth season of the Jerry Jones regime. They followed with a second straight world title in Super Bowl XXVIII. In March 1994, college coach Barry Switzer replaced Johnson and the winning continued under Switzer. The team won its third Super Bowl in four years with a 27-17 victory over the Pittsburgh Steelers in Super Bowl XXX. After Switzer, there were 4 more head coaches until Jason Garrett was named head coach in 2011 after serving as the teams interim head coach midway through the 2010 season.

After seeing Tony Romo retire in 2016, the team looked to quarterback Dak Prescott and running back Ezekiel Elliott to take them back to The Big Game. During the 2020 season, the team lost Prescott to a season ending injury. In 2021, Dak was back and led the Cowboys to the playoffs. Since, the Cowboys have again made the playoffs in 2022 and 2023. In 2026, the Cowboys are looking to make another run.



DALLAS COWBOYS

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

DALLAS COWBOYS

Who Was 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).



DALLAS COWBOYS

Emmitt Smith

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 Emmitt Smith (next page) as a class and discuss his role in black history and the history of pro football.
- Students will compile a list of questions that they would ask Emmitt Smith if he were available at the Hall of Fame the day of the visit.
- If each student were allowed to ask three questions from his/her list, which three would he/she ask? Students should star those three questions.
- Students would be given an assignment to research any Cowboys Hall of Famer to gather five to ten facts or bits of information on them to share with the class. Students would be encouraged to access the Hall's official website: ProFootballHOF.com.
- Students will gather more information on their chosen individual that they previously did not know.
- Students will then write the information in paragraph form and present any new facts or bits of information that they discovered.

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:

- Emmitt Smith biography (1 page)
- ProFootballHOF.com

Assessment:

- Students will submit the informational essay/reports on their chosen Cowboys Hall of Famer.
- Students will deliver formal presentations on their chosen Cowboys Hall of Famer that will demonstrate a clear and distinctive perspective on the subject chosen and convey relevant information and descriptive details.

DALLAS COWBOYS

Emmitt Smith



The Dallas Cowboys were rebuilding when they selected Florida running back Emmitt Smith in the first round of the 1990 draft. After a holdout during all of training camp and preseason of his rookie season, Smith reported to the Cowboys in time for the start of the regular season. He wasted no time in proving he was going to be a huge part of the team's future.



Smith rushed for 937 yards and scored 11 touchdowns to earn Offensive Rookie of the Year honors and the first of eight career Pro Bowl nods. He followed that season by rushing for a league-leading 1,563 yards. Smith won four rushing crowns during a five-year span as he added titles in 1992, 1993, and 1995. He also led the NFL in rushing touchdowns three times and contributed 277 pass receptions during that same five-season period.

His best year came in 1995 when he recorded career highs for rushing yards (1,773), rushing touchdowns (25), and receptions (62).

Not surprisingly, Smith's impact on the team helped nurture the Cowboys back to the top of the NFL. The Cowboys, with their star runner leading the way, won three Super Bowls over four seasons from 1992 to 1995. Smith was named first-team All-Pro in each year during that four-year period. In 1993, he was named the NFL's MVP and followed that by earning Most Valuable Player honors in the Cowboys' 30-13 win over the Buffalo Bills in Super Bowl XXVIII.

After narrowly missing the 1,000-yard mark as a rookie, Smith embarked on a record run of 11 straight seasons with 1,000 yards rushing. His streak came to end in Smith's final season in Dallas in 2002 when he missed the 1,000-yard mark by a mere 25 yards. However, that season was highlighted by one particular game against the Seattle Seahawks on Oct. 27, 2002. In that contest, Smith supplanted Walter Payton as the NFL's all-time rushing leader.

Smith, who was named to the NFL's All-Decade Team of the 1990s, finished his 226-game career by playing two final seasons with the Arizona Cardinals. He retired with a career total of 18,355 yards and a NFL record 164 rushing touchdowns. He also added 515 receptions for 3,224 yards and 11 touchdowns.



DALLAS COWBOYS

Tackling Football Math

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.

DALLAS COWBOYS

Conversions in Football



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

1. During his career, Emmitt Smith rushed for 18,355 yards. How many feet is that? _____
2. In 2025 KaVontae Turpin caught an 86 yard touchdown pass. How many inches is that? _____
3. Quarterback Dak Prescott passed for 4,552 total yards in 2025. How many miles is that? _____
Round to the nearest tenth. *(Hint: 1 mile = 1,760 yards)
4. In 2025 George Pickens led the Cowboys in receiving with 1,429 yards. How many feet is that? _____
5. The Cowboys 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. Dak Prescott 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 16 games are played each week, what is the total number of officials officiating throughout the NFL each week? _____



DALLAS COWBOYS

Super Bowl Thunder

Directions: Answer the following questions using the Dallas Cowboys' roster on the following page.

1. Who was the oldest player on the team?
2. What number was Michael Irvin?
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 Emporia State 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).

DALLAS COWBOYS

Super Bowl Thunder



Dallas Cowboys Super Bowl XXX Roster

COWBOYS ALPHABETICAL ROSTER

No.	Player	Pos.	Ht.	Wt.	Birthdate	NFL Exp.	College
8	Aikman, Troy	QB	6-4	223	11/21/66	7	UCLA
73	Allen, Larry	G-T	6-3	326	11/27/71	2	Sonoma State
23	Bailey, Robert	CB	5-9	176	9/3/68	5	Miami
40	Bates, Bill	S	6-1	211	6/6/61	13	Tennessee
68	Batiste, Michael	G-DT	6-3	305	12/24/70	1	Tulane
91	Benson, Darren	DT	6-7	308	8/25/74	R	Trinity Valley C.C.
86	Bjornson, Eric	TE	6-4	236	12/15/71	R	Washington
18	Boniol, Chris	K	5-11	167	12/9/71	2	Louisiana Tech
29	Brice, Alundis	CB	5-10	178	5/1/70	R	Mississippi
43	Briggs, Greg	S	6-3	212	10/1/68	2	Texas Southern
24	Brown, Larry	CB	5-11	186	11/30/69	5	Texas Christian
96	Carver, Shante	DE	6-5	253	2/12/71	2	Arizona State
25	Case, Scott	S	6-1	188	5/17/62	12	Oklahoma
87	Davis, Billy	WR	6-1	197	7/6/72	R	Pittsburgh
58	Edwards, Dixon	LB	6-1	225	3/25/68	5	Michigan State
82	Fleming, Cory	WR	6-1	207	3/19/71	2	Tennessee
17	Garrett, Jason	QB	6-2	195	3/28/66	3	Princeton
94	Haley, Charles	DE	6-5	255	1/6/64	10	James Madison
54	Hardy, Darryl	LB	6-2	230	11/22/68	1	Tennessee
69	Hegamin, George	T	6-7	331	2/14/73	2	North Carolina State
70	Hellestrae, Dale	G-C	6-5	286	7/11/62	11	Southern Methodist
95	Hennings, Chad	DT	6-6	295	10/20/65	4	Air Force
81	Hervey, Edward	WR	6-3	189	5/4/73	R	Southern California
88	Irvin, Michael	WR	6-2	207	3/5/66	8	Miami
19	Jett, John	P	6-0	199	11/11/68	3	East Carolina
48	Johnston, Daryl	RB	6-2	242	2/10/66	7	Syracuse
55	Jones, Robert	LB	6-2	244	9/27/69	4	East Carolina
60	Kennard, Derek	C-G	6-3	333	9/9/62	10	Nevada
38	Lang, David	RB	5-11	210	3/28/68	5	Northern Arizona
78	Lett, Leon	DL	6-6	291	10/12/68	5	Emporia State
31	Marion, Brock	S	5-11	193	6/11/70	3	Nevada
67	Maryland, Russell	DT	6-1	282	3/22/69	5	Miami
99	McCormack, Hurvin	DL	6-5	278	4/6/72	2	Indiana
98	Myles, Godfrey	LB	6-1	240	9/22/68	5	Florida
61	Newton, Nate	G	6-3	320	12/20/61	10	Florida A&M
84	Novacek, Jay	TE	6-4	234	10/24/62	11	Wyoming
36	Ross, Dominique	RB	6-0	203	1/12/72	R	Valdosta State
21	Sanders, Deion	CB-WR	6-1	190	8/9/67	7	Florida State
52	Schwantz, Jim	LB	6-2	240	1/23/70	2	Purdue
59	Smith, Darrin	LB	6-1	230	4/15/70	3	Miami
22	Smith, Emmitt	RB	5-9	209	5/15/69	6	Florida
65	Stone, Ron	G-T	6-5	310	7/20/71	3	Boston College
90	Sturgis, Oscar	DE	6-5	278	1/12/71	R	North Carolina
92	Tolbert, Tony	DE	6-6	263	12/29/67	7	Texas-El Paso
71	Tuinei, Mark	T	6-5	314	3/31/60	13	Hawaii
83	Watkins, Kendall	TE	6-1	282	3/8/73	R	Mississippi State
42	Williams, Charlie	S	6-0	189	2/2/72	R	Bowling Green
79	Williams, Erik	T	6-6	324	9/7/68	5	Central State, Ohio
85	Williams, Kevin	WR	5-9	194	1/25/71	3	Miami
20	Williams, Sherman	RB	5-8	191	8/13/73	R	Alabama
11	Wilson, Wade	QB	6-3	206	2/1/59	15	East Texas State
28	Woodson, Darren	S	6-1	216	4/25/69	4	Arizona State

Source: Super Bowl
XXX Game Program



DALLAS COWBOYS

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 Dallas Cowboys.
- 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).

DALLAS COWBOYS

How Much Can Be Recycled?



AT&T 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.



DALLAS COWBOYS

From Humble Beginnings: The Story of the Cowboys

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 Dallas Cowboys' website: DallasCowboys.com and the Pro Football Hall of Fame's website: ProFootballHOF.com. A tour through these websites informs students how the Cowboys began, who were the early superstars, and who helped the Cowboys become what they are today. Students will take notes.
- If the class can take a field trip to AT&T Stadium, students should take notes as they tour.
- Students will complete a one page report on the history of the Dallas Cowboys 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:

- Access to the Internet
- DallasCowboys.com
- ProFootballHOF.com
- Cowboys History on page 1.

Assessment:

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

DALLAS COWBOYS

Cowboys' Team Travel



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 Socie

Methods/Procedures:

- Have students complete the Cowboys' Team Travel worksheet

UDL Examples

- Read and describe all facts and worksheets to all students

Materials:

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

Assessment:

- Students will be assessed on accuracy of responses to worksheet: Cowboys' Team Travel



DALLAS COWBOYS

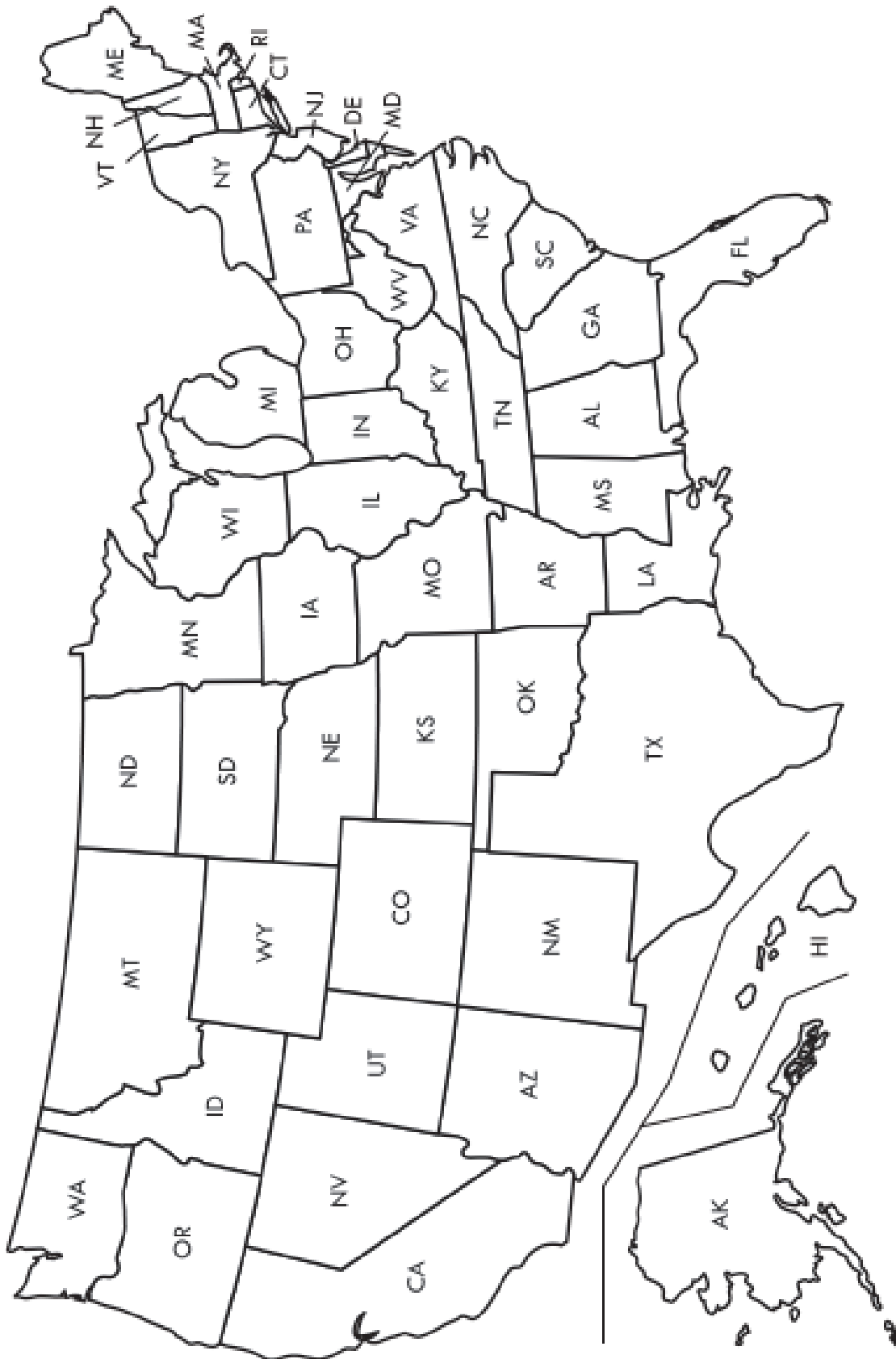
Cowboys' Team Travel

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 Dallas, TX and mark it by attaching a string to a pin and placing the pin on Dallas, TX.
4. Refer to a copy of the team's schedule for the current NFL season (DallasCowboys.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 Dallas, TX 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 Dallas, TX?
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 Dallas, TX to Inglewood, CA, site of Super Bowl LXI?

DALLAS COWBOYS

Cowboys' Team Travel





DALLAS COWBOYS

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 Connectio

Methods/Procedures:

- Have students complete the following career worksheets and activities provided on the following pages:
 - * Careers with the Cowboys
 - * Cowboys Career Matching
 - * Cowbody 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.

DALLAS COWBOYS

Careers with the Cowboys



Name: _____

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



DALLAS COWBOYS

Cowboys 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. |

DALLAS COWBOYS

Cowboys 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?



DALLAS COWBOYS

Cowboys 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: 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 Cowboys 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 area 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:

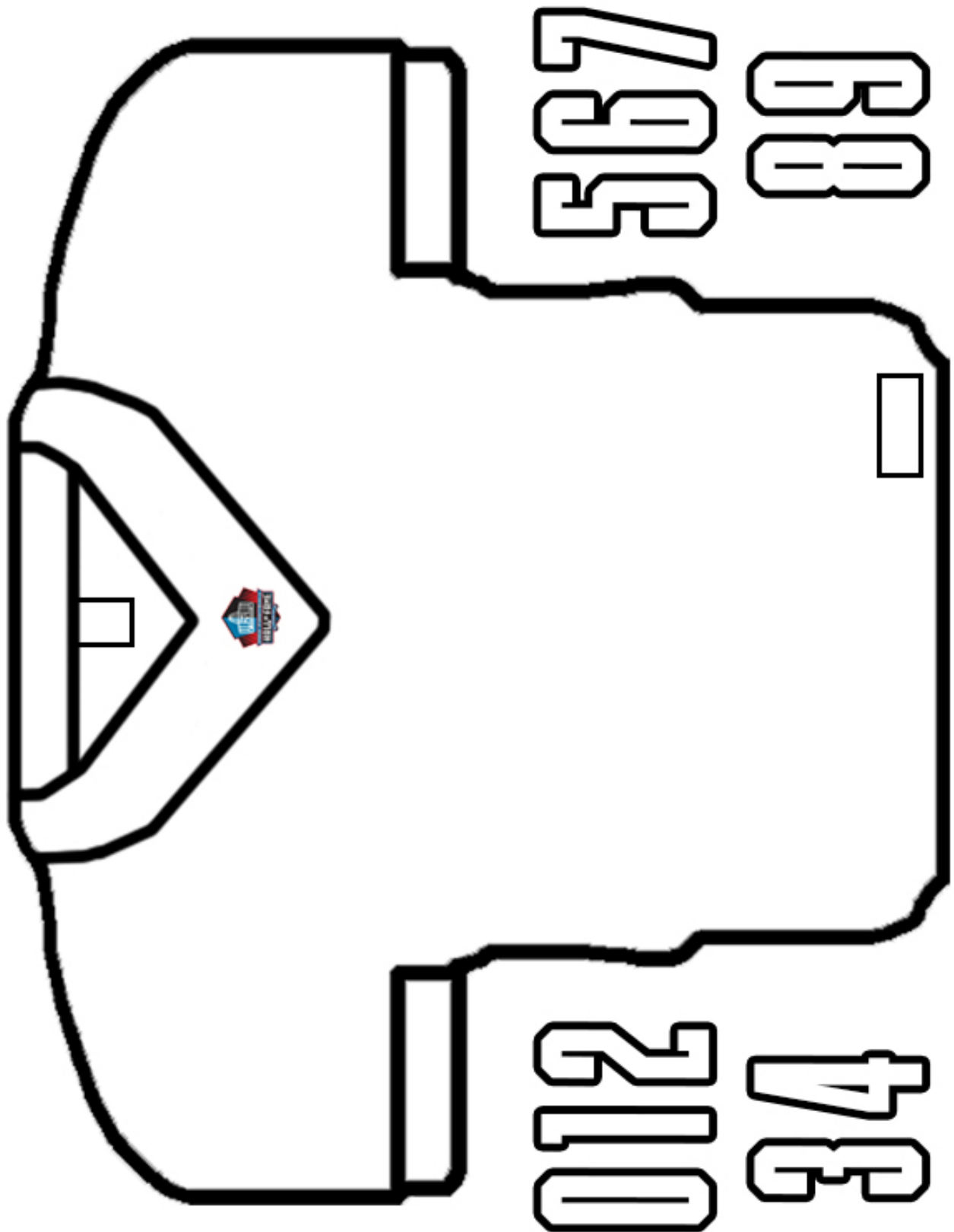
- White or manila drawing paper, 12" x 18" or 9" x 12"
- Drawing pencil/eraser
- Ruler or straightedge
- Colored pencils, markers, crayons or other coloring media

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.

DALLAS COWBOYS

Cowboys Jersey Design





DALLAS COWBOYS

The Internet and Football

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
 - * DallasCowboys.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
- DallasCowboys.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

Directions: After finding your way to the Pro Football Hall of Fame website, find the answers to the following questions.

- ## Pro Football Hall of Fame Youth & Education



Name: _____

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

1. Who is the Owner, President, and General Manager of the Dallas Cowboys?
2. What Cowboys' running back is the NFL's All-Time leading rusher?
3. How many Super Bowls have the Cowboys won?
4. Who is the Head Coach for the Cowboys?
5. Name three players drafted by the Cowboys in the 2017 NFL Draft.
 - 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



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.

DALLAS COWBOYS

Answer Key



Conversions in Football

1. 55,065 feet
2. 3,096 inches
3. 2.6 miles
4. 4,287 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. Wade Wilson (2/1/1959)
2. 88
3. 6
4. 9
5. 3
6. Leon Lett
7. Derek Kennard - 333 lbs.
8. Chris Boniol - 167 lbs.
9. Cornerback-Wide Receiver
10. 1055 lbs.

Careers with the Cowboys

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

Cowboys 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

DallasCowboys.com

1. Jerry Jones
2. Emmitt Smith
3. Five
4. Brian Schottenheimer
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

COWBOYS

