

PRO FOOTBALL HALL OF FAME

Teacher Activity Guide



WIDE RECIEVER LARRY FITZGERALD - HALL OF FAME CLASS OF 2026

ARIZONA CARDINALS

Team History



In March 1994, the Cardinals were christened with a new name, the Arizona Cardinals. But there is nothing new about the oldest team in terms of continuous operation in pro football history. A charter member of the National Football League, the Cardinals trace their history back to 1898 when Chris O'Brien formed the Morgan Athletic Club. A few years later, he bought used jerseys from the University of Chicago. He described the faded maroon clothing as "Cardinal red" and the team, then playing at 61st and Racine Street, became the Racine Street Cardinals.

The American Professional Football Association, the direct forerunner of the NFL, began play in 1920. The Cardinals faced an immediate challenge for territorial rights in Chicago from a team named the Tigers, who joined the league after the organizational meeting on September 17. O'Brien and the Cardinals promptly challenged the Tigers to a game, with the losers to leave town. The Cardinals won the game and the franchise rights when the legendary Paddy Driscoll scored the only touchdown in a 6-0 victory.

Except for 1925, when they edged out the Pottsville Maroons for their first NFL championship, the Cardinals experienced only minimal success on the playing field during their first 26 seasons in the league. A Thanksgiving Day game in 1929 did produce an all-time highlight when the Cardinals' superstar running back, Ernie Nevers, scored all 40 points -- an NFL record that stands today -- in a 40-6 victory over the Chicago Bears.

The Cardinals began a continuous period of family ownership in 1932 when Charles W. Bidwill bought the team. His son, William V. Bidwill, now operates the team. Bidwill kept the Cardinals operating during the depression days of the 1930s and the World War II years of the early 1940s and then finally put together a winning unit just as the war ended. Bidwill's building program produced a team that won an NFL championship in 1947 and the NFL Western division title in 1948. The Cardinals' 28-21 victory over the Philadelphia Eagles for the 1947 championship stood as the team's last playoff victory until a 20-7 win over the Dallas Cowboys in the 1998 NFC Wildcard Game. The team's coach, Jimmy Conzelman, is now a member of the Hall of Fame as is Charley Trippi, a key member of the famed "Dream Backfield" that Bidwill fashioned. The unit also included Paul Christman, Pat Harder, Marshall Goldberg and Elmer Angsman when Goldberg moved to defense. In a cruel twist of fate, Bidwill died before seeing that team in action.

Since joining the NFL, the Cardinals have called three cities home. After 40 seasons in Chicago, they moved to St. Louis in 1960. The franchise was moved for a second time in 1988 when William Bidwill selected Phoenix as the new home city, where they played at Sun Devil Stadium. The now "Arizona" Cardinals, who opened the state-of-the-art University of Phoenix Stadium in 2006, found instant success in their new home, winning multiple division titles and an appearance in Super Bowl XLIII.

In 2019, the team made a big change to lead the team back to the playoffs - hiring Kliff Kingsbury as their new head coach and selecting Heisman Trophy winning quarterback Kyler Murray. In addition to these key pieces, the team also traded for Deandre Hopkins and signed veteran Defensive End J.J. Watt to sure up both sides of the ball. In 2021, the Cardinals made the playoffs and are seeking another appearance in 2026 being lead by new head coach Mike LaFleur.



ARIZONA CARDINALS

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

ARIZONA CARDINALS

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).



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Larry Fitzgerald

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 Larry Fitzgerald (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 Larry Fitzgerald from his bio.
- Students would then be given an assignment to research any Cardinals' player and gather ten facts or bits of information on them to share with the class. Students would be encouraged to access the Cardinals' official website: AZCardinals.com.
- Students will write up their information in paragraph form (like the Larry Fitzgerald 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:

- Larry Fitzgerald biography
- AZCardinals.com
- ProFootballHOF.com

Assessment:

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

ARIZONA CARDINALS

Larry Fitzgerald



Totaling the second-most receiving yards in NFL history, sure-handed wide receiver Larry Fitzgerald set a standard for consistency and excellence over a 17-year pro career.

Fitzgerald earned All-America honors at the University of Pittsburgh, won the Biletnikoff Award and



finished as Heisman Trophy runner-up in 2003. He was selected third overall in the 2004 NFL Draft by the Arizona Cardinals, where he spent his entire NFL career, and he holds franchise records for receptions (1,432), receiving yards (17,492) and touchdowns (121).

In Year 2 with the Cardinals, Fitzgerald caught a franchise-record and league-leading 103 passes, becoming the youngest NFL player (22) with a 100-catch season. He earned his first of 11 Pro Bowl invitations. He broke his own team record with a league-leading 107 receptions in 2016.

Fitzgerald fully ascended into the national spotlight in 2008, hauling in a league-leading 12 touchdowns in the regular season while leading the Cardinals to a division title and the franchise's first home playoff game since 1947. Flourishing in the postseason, he reeled in six passes for 101 yards and a touchdown in his Wild Card Round playoff debut.

He then tallied eight catches for 166 yards in the divisional round and set an NFL record with three first-half touchdowns in the NFC Championship Game. He scored two more touchdowns in Super Bowl XLIII and broke Jerry Rice's 1988 postseason records for receiving yards with 546 on 30 receptions with seven touchdowns over four games.

Fitzgerald eclipsed 1,000 receiving yards in six of his first eight seasons, earning three selections to an All-Pro team in that span. He notched three more 1,000-yard seasons from 2015-17.

Widely recognized for his impact off the field, Fitzgerald was a co-recipient of the 2016 Walter Payton NFL Man of the Year Award for his charitable and philanthropic work. Named for his mother, the Carol Fitzgerald Memorial Fund and the First Down Foundation help fund books, field trips, supplies and technology to children in Phoenix and Minneapolis, his hometown.



ARIZONA CARDINALS

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.

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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, Otis Anderson rushed for 7,999 yards. How many feet is that? _____
2. In 2025, Trey McBride led the Cardinals with 1,239 yards receiving. How many inches is that? _____
3. Former Cardinal and Hall of Famer Larry Fitzgerald had 17,492 yards receiving in his career - enough to rank him 2nd in receiving yards in NFL History. How many miles is that? _____ Round to the nearest tenth. *(Hint: 1 mile = 1,760 yards)
4. In 2025 Jacoby Brissett led the Cardinals in passing with a total of 3,366 yards. How many feet is that? _____
5. The Cardinals 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. Jacoby Brissett 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? _____



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Super Bowl Thunder

Directions: Answer the following questions using the Arizona Cardinals' roster on the following page.

1. Who was the oldest player on the team?
2. What number was Leonard Pope?
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 the University of Richmond?
7. Who was the heaviest player on the team?
8. Who was the lightest player on the team?
9. What position did number 24 play?
10. Add up the total weight of all the running backs (RB/FB).

ARIZONA CARDINALS

Super Bowl Thunder



Arizona Cardinals Super Bowl XLIII Roster

Cardinals Alphabetical Roster

No	Player	Pos	Ht	Wt	Birth Date	NFL Exp	College
27	Adams, Michael	CB	5-8	181	6/17/85	2	Louisiana-Lafayette
28	Arrington, J.J.	RB	5-9	212	1/23/83	4	California
52	Beisel, Monty	LB	6-3	244	8/20/78	8	Kansas State
92	Berry, Bertrand	DE	6-3	260	8/15/75	11	Notre Dame
81	Boldin, Anquan	WR	6-1	217	10/3/80	6	Florida State
78	Branch, Alan	DT	6-5	332	12/29/84	2	Michigan
15	Breaston, Steve	WR	6-0	189	8/20/83	2	Michigan
61	Brown, Elton	G/T	6-5	332	5/22/82	4	Virginia
75	Brown, Levi	T	6-5	322	3/16/84	2	Penn State
20	Brown, Ralph	CB	5-10	185	9/16/78	9	Nebraska
93	Campbell, Calais	DE	6-8	282	9/1/86	R	Miami (Florida)
46	Castille, Tim	FB	5-11	242	5/29/84	2	Alabama
58	Dansby, Karlos	LB	6-4	250	11/3/81	5	Auburn
90	Dockett, Darnell	DT	6-4	285	5/27/81	5	Florida State
80	Doucet, Early	WR	6-0	211	10/28/85	R	LSU
11	Fitzgerald, Larry	WR	6-3	220	8/31/83	5	Pittsburgh
47	Francisco, Aaron	S	6-2	207	7/5/83	4	Brigham Young
69	Gandy, Mike	T	6-4	316	1/3/79	8	Notre Dame
5	Graham, Ben	P	6-5	235	11/2/73	4	Deakin (Australia)
25	Green, Eric	CB	5-11	196	3/16/82	4	Virginia Tech
54	Hayes, Gerald	LB	6-1	249	10/10/80	6	Pittsburgh
34	Hightower, Tim	RB	6-0	224	5/23/86	R	Richmond
57	Hobson, Victor	LB	6-0	252	2/3/80	6	Michigan
48	Hodel, Nathan	LS	6-2	238	11/12/77	7	Illinois
26	Hood, Roderick	CB	5-11	198	10/3/81	6	Auburn
91	Iwebema, Kenny	DE	6-4	274	2/6/85	R	Iowa
32	James, Edgerrin	RB	6-0	219	8/1/78	10	Miami (Florida)
72	Keith, Brandon	T	6-5	343	11/21/84	R	Northern Iowa
55	LaBoy, Travis	DE/LB	6-3	250	8/20/81	5	Hawaii
7	Leinart, Matt	QB	6-5	232	5/11/83	3	USC
76	Lutui, Deuce	G	6-4	332	5/5/83	3	USC
87	Morey, Sean	WR	5-11	193	2/26/76	7	Brown
56	Okeafor, Chike	LB	6-5	247	3/27/76	10	Purdue
89	Patrick, Ben	TE	6-3	260	8/23/84	2	Delaware
82	Pope, Leonard	TE	6-8	258	9/10/83	3	Georgia
1	Rackers, Neil	K	6-1	202	8/16/76	9	Illinois
97	Robinson, Bryan	DT	6-4	304	6/22/74	12	Fresno State
29	Rodgers-Cromartie, Dominique	CB	6-2	182	4/7/86	R	Tennessee State
21	Rolle, Antrel	S	6-0	208	12/16/82	4	Miami (Florida)
70	Ross, Pat	C	6-3	300	3/16/83	1	Boston College
63	Sendlein, Lyle	C	6-2	300	3/16/84	2	Texas
94	Smith, Antonio	DE	6-4	285	10/21/81	5	Oklahoma State
45	Smith, Terrelle	FB	6-0	250	3/12/78	9	Arizona State
2	St. Pierre, Brian	QB	6-3	230	11/28/79	6	Boston College
51	Togafau, Pago	LB	5-10	240	1/10/84	2	Idaho State
84	Tuman, Jerame	TE	6-4	253	3/24/76	10	Michigan
85	Urban, Jerheme	WR	6-3	207	11/26/80	5	Trinity
68	Vallejo, Elliot	T	6-7	312	5/17/84	1	Cal-Davis
22	Ware, Matt	S	6-2	215	12/2/82	5	UCLA
13	Warner, Kurt	QB	6-2	218	6/22/71	11	Northern Iowa
98	Watson, Gabe	DT	6-3	332	9/24/83	3	Michigan
74	Wells, Reggie	G	6-4	308	11/3/80	6	Clarion
24	Wilson, Adrian	S	6-3	230	10/12/79	8	North Carolina State

SUPER BOWL XLIII 91

Source: Super Bowl
XLIII Game Program



ARIZONA CARDINALS

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 Arizona Cardinals.
- 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).

ARIZONA CARDINALS

How Much Can Be Recycled?



State Farm 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.



ARIZONA CARDINALS

From Humble Beginnings: The Story of the Cardinals

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 Arizona Cardinals' website: AZCardinals.com and the Pro Football Hall of Fame's website: ProFootballHOF.com. A tour through these websites informs students how the Cardinals began, who were the early superstars, and who helped the Cardinals become what they are today. Students will take notes.
- If the class can take a field trip to State Farm Stadium, students should take notes as they tour.
- Students will complete a one page report on the history of the Arizona Cardinals 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:

- AZCardinals.com
- ProFootballHOF.com
- Cardinals History on page 1

Assessment:

- Students will be able to verbally share with others more about the rich history of the Arizona Cardinals

ARIZONA CARDINALS

Cardinals' 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 Society

Methods/Procedures:

- Have students complete the Cardinals' Team Travel worksheet

UDL Examples

- Read and describe all facts and worksheets to all students

Materials:

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

Assessment:

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



ARIZONA CARDINALS

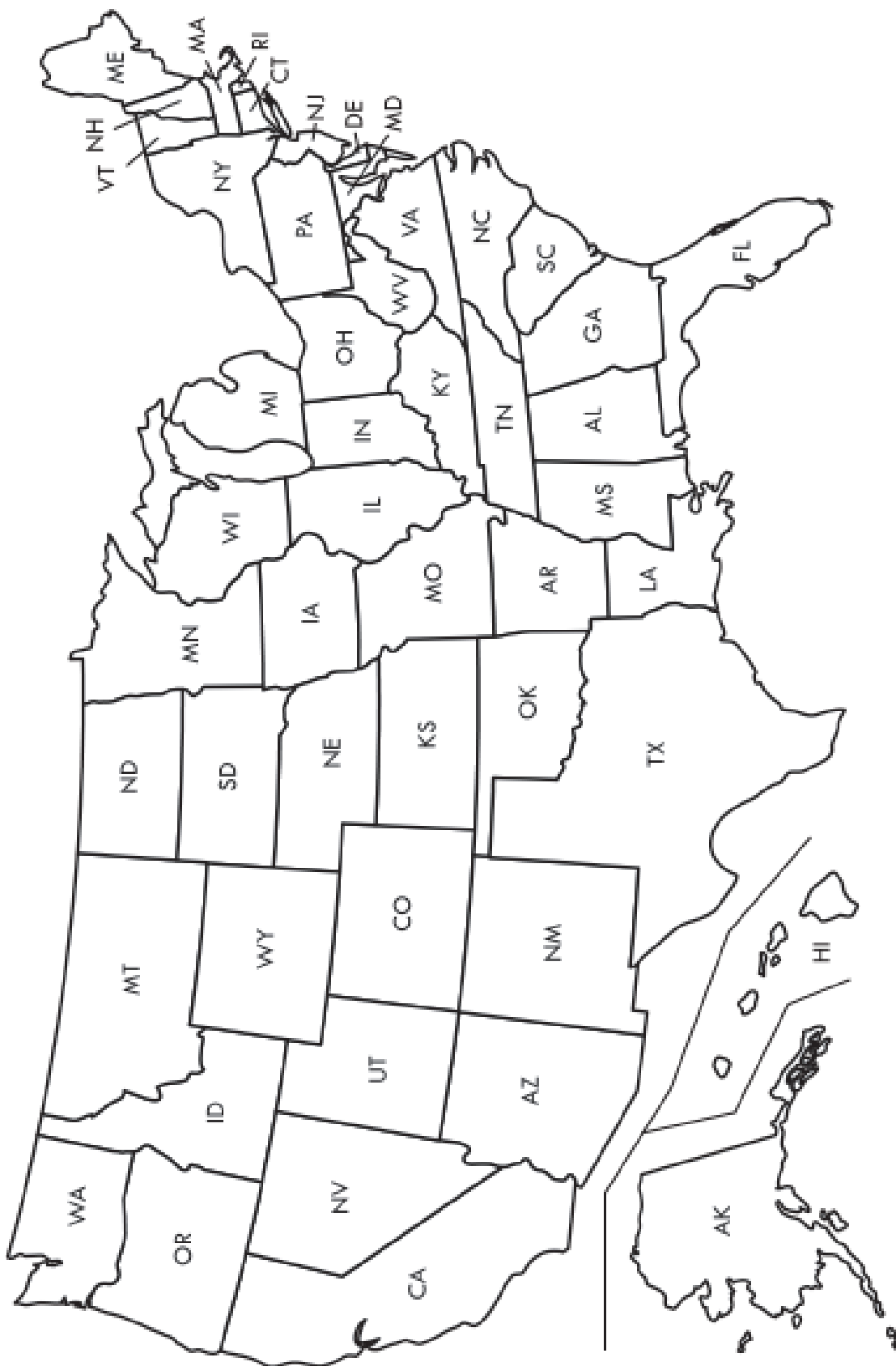
Cardinals' Team Travel

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 Glendale, AZ and mark it by attaching a string to a pin and placing the pin on Glendale, AZ.
4. Refer to a copy of the Cardinals schedule for the current NFL season (AZCardinals.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 Glendale, AZ 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 Glendale, AZ?
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 Glendale, AZ to Inglewood, CA, site of Super Bowl LXI?

ARIZONA CARDINALS

Cardinals' Team Travel





ARIZONA CARDINALS

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 Connection

Methods/Procedures:

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

ARIZONA CARDINALS

Careers with the Cardinals



Name: _____

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



ARIZONA CARDINALS

Cardinals 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. |

ARIZONA CARDINALS

Cardinals 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?



ARIZONA CARDINALS

Cardinals 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 Cardinals 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:

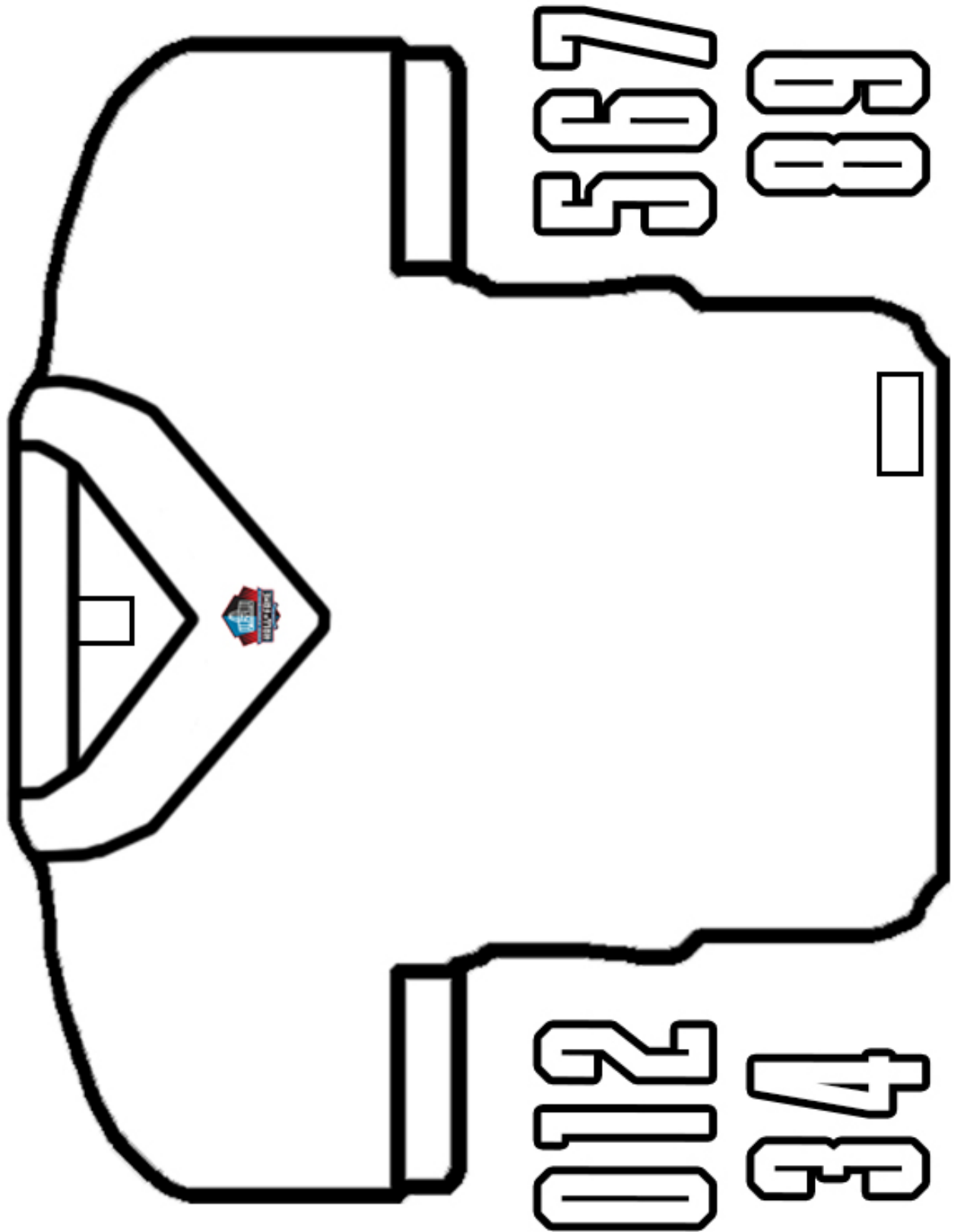
- White or manila drawing paper, 12" x 18" or 9" x 12"
- Drawing pencil/eraser
- Ruler or straightedge
- Colored pencils, markers, crayons or other coloring media

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.

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Cardinals Jersey Design





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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
 - * AZCardinals.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
- AZCardinals.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 Azcardinals.com, find the answers to the following questions:

1. Who was the first owner of the Arizona Cardinals?
2. In what year were the Arizona Cardinals founded?
3. How did the Cardinals' get their nickname?
4. On Thanksgiving Day 1929, which Cardinals star player scored an NFL record 40 points in one game?
5. Name three Cardinals 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



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Even Marvin Harrison, Jr. 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.

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Answer Key



Conversions in Football

1. 23,997 feet
2. 44,604 inches
3. 9.9 miles
4. 10,098 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. Kurt Warner
2. 82
3. 6
4. 6
5. 3
6. Tim Hightower
7. Brandon Keith - 343 lbs.
8. Michael Adams - 181 lbs.
9. Safety
10. 1147 lbs.

Careers with the Cardinals

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

Cardinals 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

AZCardinals.com

1. Chris O'Brien
2. 1898
3. In 1901 Chris O'Brien bought used jerseys from the University of Chicago. The jerseys were faded maroon in color, prompting O'Brien to declare, "That's not maroon, it's Cardinal red!"
4. Ernie Nevers
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 & 3. Answer varies
4. Roger Craig, Luke Kuechly, Drew Brees, Larry Fitzgerald, Adam Vinatieri
5. 81

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