

PRO FOOTBALL HALL OF FAME

Teacher Activity Guide



TACKLE WALTER JONES - HALL OF FAME CLASS OF 2014

SEATTLE SEAHAWKS

Team History



When the Seattle Seahawks took the field for the first time in the 1976 season, it marked the culmination of a quest for a National Football League franchise that had its roots in the Pacific Northwest metropolis as early as 1957. That is when discussion first began about the possibilities of constructing a domed stadium that would assure a major league sports franchise for the city. On June 4, 1974, the NFL awarded its 28th franchise to Seattle to play in the 64,984-seat Kingdome.

A civic suggestion campaign netted 20,365 entries and 1,741 different names, but "Seahawks" was selected and announced on June 17, 1975. Just a little more than two months later, after a 27-day sale, the season ticket campaign was shut off with 59,000 tickets sold.

On January 3, 1976, Jack Patera, who had been a Minnesota assistant coach, was named the team's first head coach. The Seahawks finished 2-12 in 1976, when they played in the NFC, and 5-9 in 1977, when they moved into the AFC. The Seahawks had winning 9-7 records in both 1978 and 1979 and Patera was named NFL Coach of the Year the second year.

The strike-shortened 1982 season proved to be a transitional year for all of pro football, but no club fit the transitional description better than the Seahawks. Patera was removed after six-plus years as head coach. Mike McCormack finished the season as interim head coach and then was replaced in 1983 by Chuck Knox, who guided the Seahawks to an 83-67-0 record in nine seasons up through the 1991 campaign.

Knox led the Seahawks to the AFC championship game his first season. Seattle won an AFC West wild-card berth for the first time in its eight-year history and then knocked off Denver and Miami before losing to the Los Angeles Raiders 30-14 in the title game.

Once again in 1984, Knox guided the Seahawks to the playoffs with a 12-4 season. Knox led Seattle back to the playoffs in 1987 and to the team's only AFC Western division championship in 1988. That year, they lost to the eventual AFC champion, the Cincinnati Bengals, in the first playoff round.

The greatest individual star in Seahawks history, wide receiver Steve Largent, retired after the 1989 season as the NFL's all-time leading receiver. At the time of his retirement, Largent held six all-time NFL receiving records. In 1995 he became the first Seahawk to be elected to the Hall of Fame.

During the 1988 season, Ken Behring purchased the majority ownership of the club from the Nordstrom family. On February 11, 1989, he named former Los Angeles Raiders head coach Tom Flores as the team's new president and general manager. Three years later in January 1992, Flores was named the Seahawks new head coach. In 1995 Flores was replaced by Dennis Erickson, the highly-successful University of Miami coach.

The future of the Seahawks in the Pacific Northwest was secured after Paul Allen purchased the team in 1997 and two years later hired Mike Holmgren as their head coach. In 2005, the Seahawks won the NFC West with a 13-3 record and claimed the NFC championship to earn their first-ever Super Bowl berth.

In 2010 Pete Carroll began as the team's new head coach which he along with Quarterback Russell Wilson led the Seahawks to their first ever Super Bowl title in Super Bowl XLVIII. After acquiring head coach Mike Macdonald in 2024 and Quarterback Sam Darnold in 2025 - they quickly led the Seahawks to their second Super Bowl title in Super Bowl LX. They look for another title in the 2026 season.



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

SEATTLE SEAHAWKS

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).



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

- Walter Jones biography
- Seahawks.com

Assessment:

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

SEATTLE SEAHAWKS

Walter Jones



The Seattle Seahawks traded up in the 1997 NFL Draft in order to select Florida State tackle Walter Jones as the sixth overall pick. The move paid off over the next 12 seasons as he solidified himself as the cornerstone of the Seahawks offensive line while becoming one of the finest tackles in the NFL.



His ability on the football field was evident from the start. He earned the starting left tackle spot during his rookie training camp, was named the NFL Offensive Rookie of the Month in October, and selected as a consensus pick for multiple all-rookie teams that year. Jones provided blindside protection for quarterback Warren Moon as the Seahawks topped the NFL in total passing yards that season.

Following the 1999 season, Jones became the first offensive linemen in Seahawks history to be elected to the Pro Bowl. It marked the first of a team-record nine All-Star nods he received in his career.

His level of play continued to escalate and in 2001 he was recognized with his first selection as a first-team All-Pro. Highlights that season included Jones and his line mates opening holes for Shaun Alexander's 266-yard day that, at the time, was the fourth highest single-game rushing total in league history. Jones earned first-team All-Pro honors five more times (2002, 2004-07).

Seattle possessed what was arguably the NFL's finest left side at the time with Jones entrenched at tackle alongside perennial Pro Bowl and Hall of Fame guard Steve Hutchinson. A team leader, Jones was an integral part of Alexander's MVP season in 2005. Jones helped his running back chalk up a franchise-record and league-high 1,880 yards while establishing the then NFL mark for touchdowns in a season (28) as Seattle led the NFL in scoring with 452 points.

Jones' team-record 10 playoff starts included the 2005 NFC Championship Game and Super Bowl XL. In all, he played in 180 regular season games during his career. He was a first-team selection of the NFL's All-Decade Team of the 2000s.



SEATTLE SEAHAWKS

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.

SEATTLE SEAHAWKS

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 with the Seahawks Shaun Alexander rushed for 9,429 yards. How many feet is that? _____
2. In 2015, Tyler Lockett returned a kickoff 105 yards for a touchdown. How many inches is that? _____
3. Jaxon Smith-Njiba had 1,793 receiving yards in 2025. How many miles is that? _____ Round to the nearest tenth. *(Hint: 1 mile = 1,760 yards)
4. In 2025, Sam Darnold passed for 4,048 yards. How many feet is that? _____
5. The Seahawks 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. Sam Darnold 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? _____



SEATTLE SEAHAWKS

Super Bowl Thunder

Directions: Answer the following questions using the Seattle Seahawks' roster on the following page.

1. Who was the player on the team with the most years of experience?
2. What number was Josh Jones?
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 Iowa?
7. Who was the heaviest player on the team?
8. Who was the lightest player on the team?
9. What position did number 8 play?
10. Add up the total weight of all the running backs (RB/FB).

SEATTLE SEAHAWKS

Super Bowl Thunder



Seattle Seahawks Super Bowl LX Roster



SEATTLE SEAHAWKS
NUMERICAL ROSTER

NO	PLAYER	POS	HT	WT	BIRTH DATE	NFL EXP	COLLEGE	HOW ACQUIRED
0	DeMarcus Lawrence	LB	6-3	254	4/28/92	12	Boise State	UFA (DAL) '25
2	Drew Lock	QB	6-4	228	11/10/96	7	Missouri	UFA (NYG) '25
3	Nick Emmanwori	S	6-3	220	2/7/04	R	South Carolina	D2(a) '25
4	Michael Dickson	P	6-2	208	1/4/96	8	Texas	D5(c) '18
5	Jason Myers	K	5-10	190	5/12/91	11	Marist	UFA (NYJ) '19
6	Jalen Milroe	QB	6-2	216	12/13/02	R	Alabama	D3 '25
7	Uchenna Nwosu	LB	6-2	265	12/28/96	8	Southern California	UFA (LAC) '22
8	Coby Bryant	S	6-1	205	3/29/99	4	Cincinnati	D4 '22
9	Kenneth Walker III	RB	5-9	216	10/20/00	4	Michigan State	D2(b) '22
10	Cooper Kupp	WR	6-2	207	6/15/93	9	Eastern Washington	FA '25
11	Jaxon Smith-Njigba	WR	6-0	202	2/14/02	3	Ohio State	D1(b) '23
13	Ernest Jones IV	LB	6-2	233	11/22/99	5	South Carolina	T (TEN) '24
14	Sam Darnold	QB	6-3	225	6/5/97	8	Southern California	UFA (MIN) '25
18	Elijah Arroyo	TE	6-5	254	4/5/03	R	Miami (FL)	D2(b) '25
19	Jake Bobo	WR	6-4	211	8/4/98	3	Duke	FA '23
20	Julian Love	S	5-11	195	3/19/98	7	Notre Dame	UFA (NYG) '23
21	Devon Witherspoon	CB	6-0	185	12/11/00	3	Illinois	D1(a) '23
22	Rashid Shaheed	WR	6-0	180	8/31/98	4	Weber State	T (NO) '25
27	Riq Woolen	CB	6-4	210	5/2/99	4	Texas-San Antonio	D5(a) '22
28	Nehemiah Pritchett	CB	6-0	190	2/11/01	2	Auburn	D5 '24
29	Josh Jobe	CB	5-11	190	4/9/98	4	Alabama	FA '24
36	George Holani	RB	5-10	208	12/16/99	2	Boise State	FA '24
38	Brady Russell	FB	6-3	250	8/31/98	3	Colorado	PS (PHI) '23
39	Ty Okada	S	5-11	200	6/4/99	3	Montana State	FA '23
40	Robbie Ouzts	FB	6-3	274	9/6/02	R	Alabama	D5(c) '25
41	Chris Stoll	LS	6-2	255	8/3/98	3	Penn State	FA '23
42	Drake Thomas	LB	5-11	228	2/25/00	3	North Carolina State	W (LV) '23
48	Tyrice Knight	LB	6-0	233	12/20/99	2	Texas-El Paso	D4(a) '24
51	Jared Ivey	LB	6-6	274	12/5/01	R	Mississippi	FA '25
52	Patrick O'Connell	LB	6-1	231	12/31/98	3	Montana	FA '23
53	Boye Mafe	LB	6-4	261	11/30/98	4	Minnesota	D2(a) '22
55	Olu Oluwatimi	C	6-2	309	8/5/99	3	Michigan	D5(b) '23
57	Connor O'Toole	LB	6-3	248	8/27/02	R	Utah	FA '25
58	Derick Hall	LB	6-3	260	3/19/01	3	Auburn	D2(a) '23
61	Jalen Sundell	C	6-5	301	10/18/99	2	North Dakota State	FA '24
64	Christian Haynes	G	6-3	317	4/13/00	2	Connecticut	D3 '24
67	Charles Cross	T	6-5	317	11/25/00	4	Mississippi State	D1 '22
72	Abraham Lucas	T	6-6	322	10/15/98	4	Washington State	D3 '22
74	Josh Jones	G/T	6-7	339	6/22/97	6	Houston	UFA (BAL) '25
75	Anthony Bradford	G	6-4	335	4/28/01	3	Louisiana State	D4(a) '23
76	Grey Zabel	G	6-6	316	3/30/02	R	North Dakota State	D1 '25
78	Mason Richman	T/G	6-5	307	5/7/02	R	Iowa	D7(b) '25
79	Amari Kight	T	6-6	299	12/21/00	R	Central Florida	FA '25
81	Eric Saubert	TE	6-5	248	5/9/94	8	Drake	FA '25
83	Dareke Young	WR	6-2	225	6/4/99	4	Lenoir-Rhyne	D7(b) '22
88	AJ Barner	TE	6-6	251	5/3/02	2	Michigan	D4(b) '24
89	Nick Kallerup	TE	6-5	266	3/27/01	R	Minnesota	FA '25
90	Jarran Reed	NT	6-3	315	12/16/92	10	Alabama	D2 '16
91	Byron Murphy II	DT	6-0	306	9/8/02	2	Texas	D1 '24
94	Mike Morris	DE	6-6	306	4/22/01	3	Michigan	D5(a) '23
95	Brandon Pili	NT	6-3	334	4/2/99	3	Southern California	W (MIA) '24
98	Rylie Mills	DE	6-5	296	8/20/01	R	Notre Dame	D5(a) '25
99	Leonard Williams	DT	6-5	310	6/20/94	11	Southern California	T (NYG) '23

NFL.COM

Source: Super Bowl
LX Game Program



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 Seattle Seahawks.
- 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).

SEATTLE SEAHAWKS

How Much Can Be Recycled?



Lumen Field

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.



SEATTLE SEAHAWKS

From Humble Beginnings: The Story of the Seahawks

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

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

Assessment:

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

SEATTLE SEAHAWKS

Seahawks' 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 Seahawks' Team Travel worksheet

UDL Examples

- Read and describe all facts and worksheets to all students

Materials:

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

Assessment:

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



SEATTLE SEAHAWKS

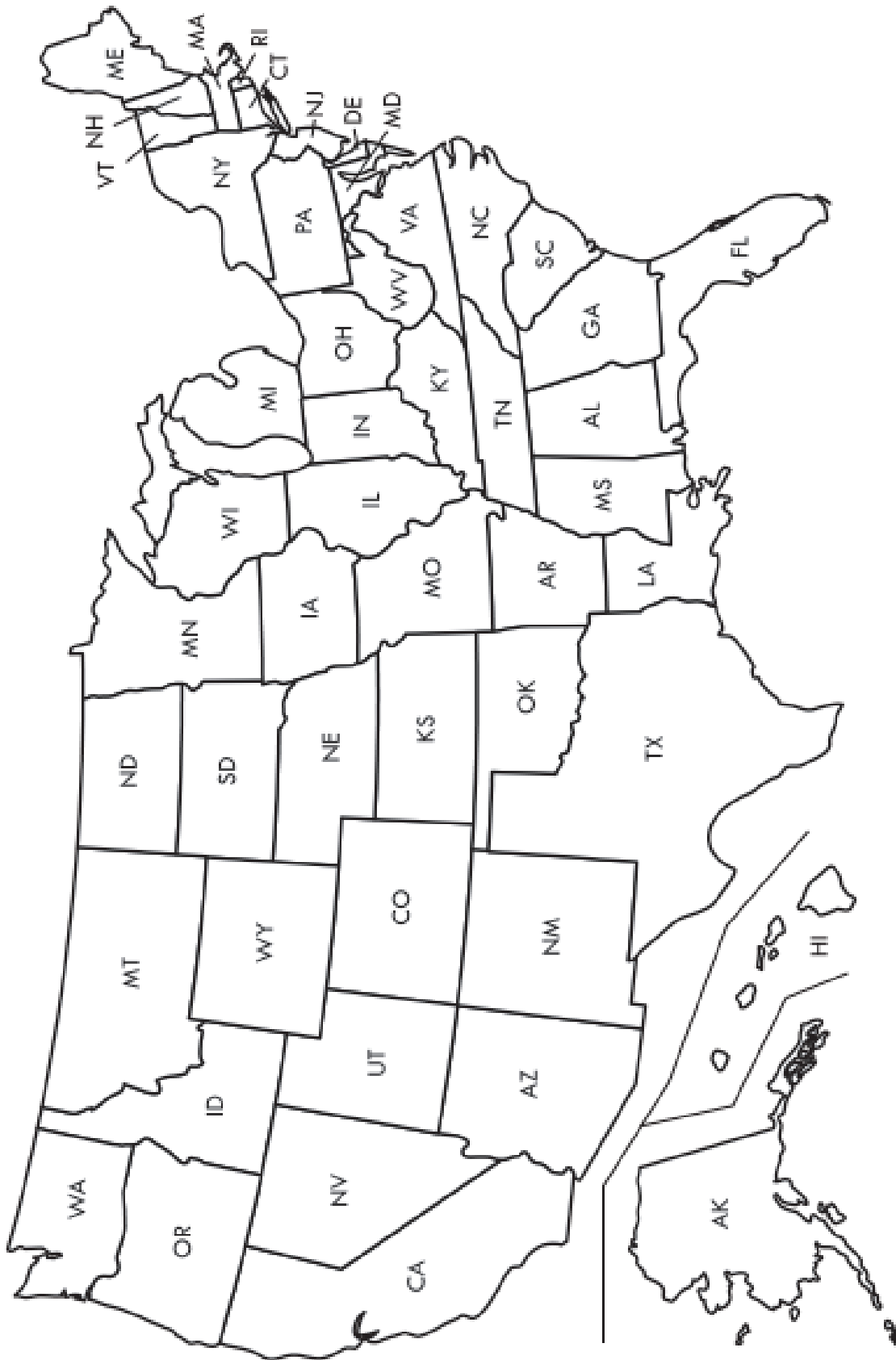
Seahawks' Team Travel

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

SEATTLE SEAHAWKS

Seahawks' Team Travel





SEATTLE SEAHAWKS

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 Seahawks
 - * Seahawks Career Matching
 - * Seahawks 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.

SEATTLE SEAHAWKS

Careers with the Seahawks



Name: _____

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



SEATTLE SEAHAWKS

Seahawks 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. |

SEATTLE SEAHAWKS

Seahawks 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?



SEATTLE SEAHAWKS

Seahawks 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 Seahawks 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:

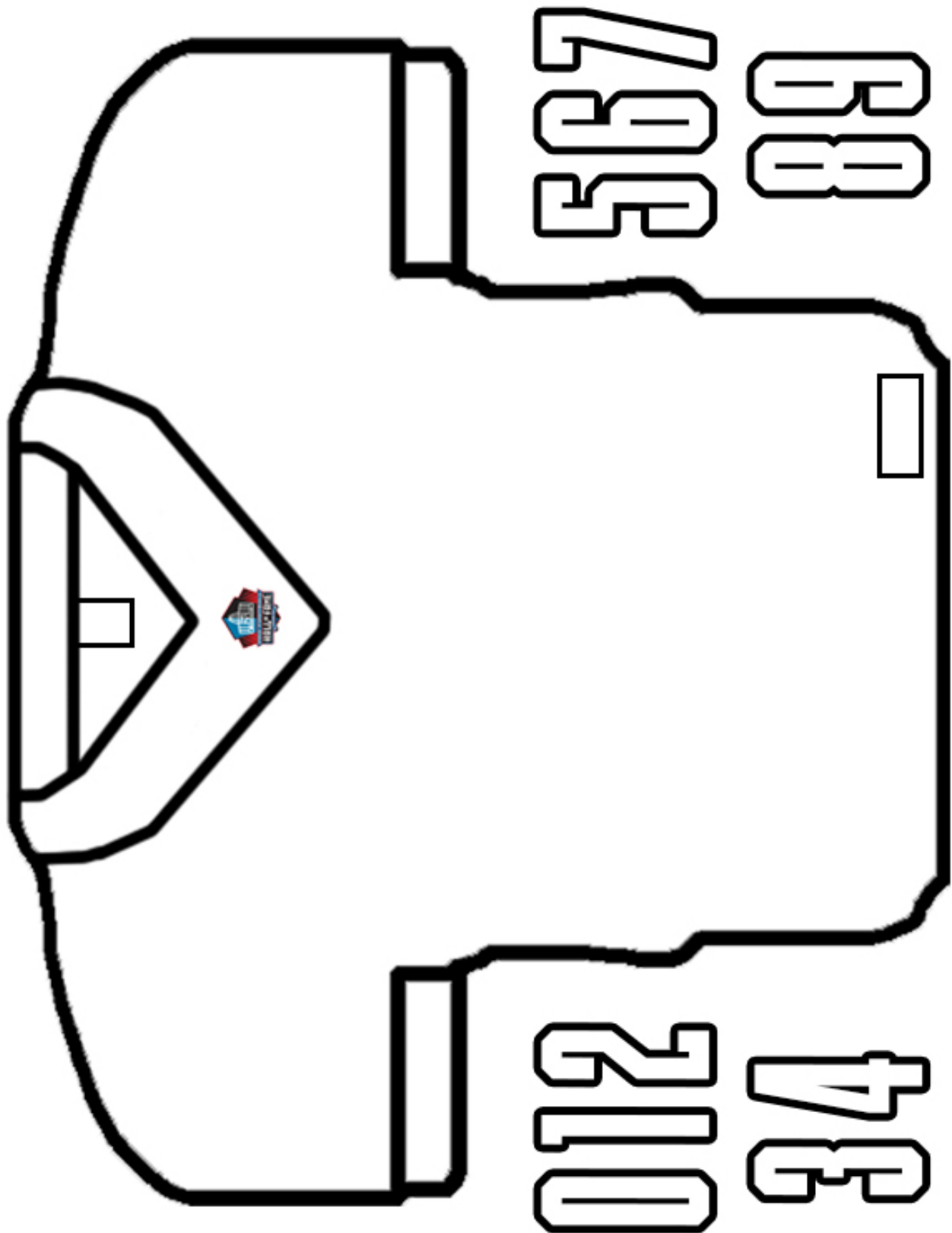
- White or manila drawing paper, 12" x 18" or 9" x 12"
- Drawing pencil/eraser
- Ruler or straightedge
- Colored pencils, markers, crayons or other coloring media

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.

SEATTLE SEAHAWKS

Seahawks Jersey Design





SEATTLE SEAHAWKS

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
 - * Seahawks.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
- Seahawks.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.

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?



Name: _____

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

1. Who is the head coach of the Seattle Seahawks?
2. What is the nickname given to the Seattle Seahawks fans?
3. How close are the end-zone seats to the field at Lumen Field?
4. What name does the Seattle Seahawks drum line go by?
5. Name three rookies on the Seahawks roster.
 - 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



Even Kenneth Walker III 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. 28,287 feet
2. 3,780 inches
3. 1 miles
4. 12,144 feet
5. 34 yard line of opposing team
6. 1,944 inches, 4937.76 centimeters
7. 300 feet long, 160 feet wide
8. 5,800 ounces
9. 1,020 minutes
10. 112 officials

Super Bowl Thunder

1. DeMarcus Lawrence
2. 74
3. 5
4. 4
5. 3
6. Mason Richman
7. Josh Jones - 339 lbs.
8. Rashi Shaheed - 180 lbs.
9. Safety
10. 948 lbs.

Careers with the Seahawks

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

Seahawks 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

Seahawks.com

1. Pete Carroll
2. 12th Man
3. 40 feet
4. The Blue Thunder
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

SEATTLE SEAHAWKS

