

LET'S CAMP!

ACTIVITY: PAPER FOOTBALL

Materials Needed:

- Scissors
 - One 9.5 x 11 piece of paper
 - Flat surface
- Optional (for goal posts):
- 1 plastic cup
 - Cardboard
 - Glue

Instructions:

Make your Football!

1. Fold the paper in half lengthwise, cut along the fold.
2. You will only need one of these halves or you can use both and make two footballs!
3. Using one piece of paper, fold it lengthwise again making the paper even skinnier.
4. Now, making triangles as you go, fold all the way up to the top of the paper.
5. At the top of the paper, you will have a small bit of excess. Fold the paper so the diagonals line up and then tuck the excess inside the thicker triangle.
6. Now you've made your football! Feel free to decorate and add some fun flair if you'd like!

Goalposts

1. If you want to make goal posts using your fingers, that's great, no need to follow the following directions! If you'd rather make the goal posts, here's how!
2. Find cardboard (we used a pizza box – Newman's Own even!)
3. Cut out the goalpost shape. Make sure you have a bottom to the goalposts, this will go through the cup and help keep the goalpost upright.
4. Cut a slit in the bottom of a plastic cup
5. Put the goal post into the plastic cup. You can use glue if you'd like to help the goal post stay upright.



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How to Play:

Key Terms

- Kick off: happens after a touchdown/field goal or when the paper football goes off the table
- Touchdown: paper football is hanging off the edge of the table on the opponents side. The football must be hanging off, but not fall off. You can tell if it's a touchdown by flicking the football, if it moves, touchdown, if it doesn't, continue playing. If it's too close to tell, use an object and slide it across the edge of the table to see if it moves the paper football. Endzone dances are encouraged.
- Field Goal: flicking a vertical paper football through the opponent's goal posts (either finger goal posts or cardboard goal posts)
- Turn: hitting the football upfield. Typically done by flicking or sliding hand forward and extending fingers.

Scoring:

Touchdown: 6 points

Field Goal: 1 point

Gameplay

1. The game starts by wishing your opponent good luck!
2. Player one starts by a kickoff on their side of the table and getting one turn to flick the football upfield.
3. If the football stays on the table, player two takes their turn to hit football towards player one's end of the table.
4. The back and forth hitting of the paper football continues until:
 - a. A touchdown is scored – football is hanging off the table
See photo to the right for reference
 - i. Then the player who scored the touchdown gets to go for a field goal
 - b. The football goes off the table. Example: player 2 hits the ball off the table, player 2 gets to kickoff then take a turn.



Field Goal Kick

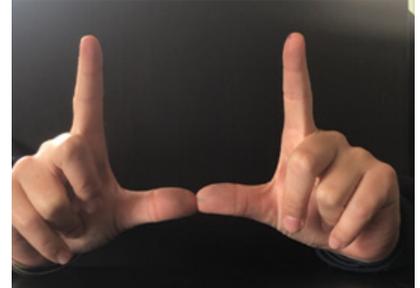
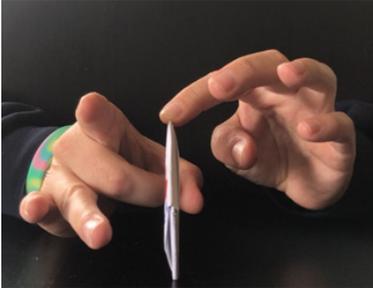
1. Player one scores a touchdown and now has the opportunity for a kick a field goal.
2. Player two uses their thumb and pointer finger to make the field goal. Make two L's with thumb and pointer finger, touch thumbs together. This will make a square, U-shape. Place the field goal at the edge of the table. Like this or the cardboard/cup goalposts mentioned above.
3. Player one takes the paper football and places it vertically in the middle of the field. Use your pointer finger to hold the football vertically and flick with your other hand. Aim between the goal posts!

See photos on following page for reference!

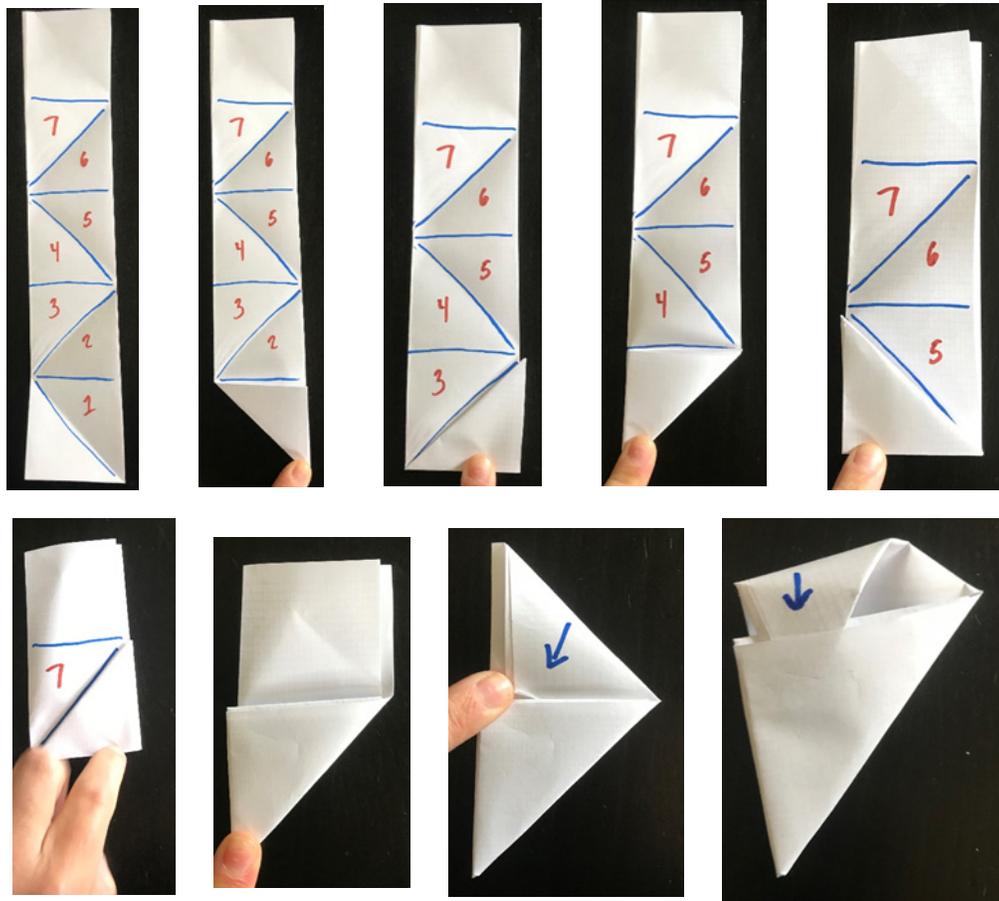
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How to Kick a Field Goal:



How to Fold Your Football:



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