

**SPORTS**

*Learn*  
BRIGHT

# WOMEN'S FLAG FOOTBALL

**High-Interest Reading Comprehension**



**GRADE 3-5**

- Teacher Guidelines** ▶ pages 1 – 2
- Instructional Pages** ▶ pages 3 – 4
- Activity Page** ▶ page 5
- Practice Pages** ▶ pages 6 – 7
- Answer Key** ▶ pages 8 – 9





# Classroom Procedure:

1. Introduce the lesson with the following: Imagine a game where you run fast, dodge opponents, and grab flags instead of tackling! That's what women's flag football is all about. It's a super fun sport where teams work together to score touchdowns. Whether you're catching a pass or pulling a flag, there's always something exciting happening on the field!
2. Distribute the *Sports: Women's Flag Football* Content Pages. Read and review with students. Point out the text features like numbered paragraphs, images, **bold** printed words, and insets. Explain to students that authors add text features to help readers comprehend and find information in the text more easily. Have your students annotate, take notes, highlight, or underline information as they read.
3. Distribute the Activity Page. Divide the class into two teams. Each student should have a flag belt with 2 flags. Determine the field size and mark it off with the cones. Determine the number of downs. Emphasize safety and fair play. Modify the rules as needed to fit players' space and skill levels. Choose the number of points or time frame to play to end the game.
4. Distribute the Practice Pages. Read and review the questions with students to check for understanding. The Practice Pages can be an independent, group, or summative assessment.
5. In closing, ask students what they learned about flag football while reading. What are text features? Does flag football sound like a game you might want to play? Do you think the author plays flag football? How does numbering paragraphs help readers find information quickly?

**Lesson Title:** Sports: Women's Flag Football

**Subject:** High-Interest Informational Reading

**Approximate Grade Level:** 3 – 5

**Objectives:** The student will practice various close reading and comprehension skills. In addition, the student will learn about flag football and how it compares to regular American football.

**State Educational Standards\*:**

LB.ELA-LITERACY.RI.4.2

LB.ELA-LITERACY.RI.4.4

LB.ELA-LITERACY.RL.4.6

**Approximate Lexile Reading**

**Comprehension Level:** 810L to 1000L

**Class Sessions (45 minutes):**

1 to 1½ class sessions

**Teaching Materials/Worksheets:**

Content Pages (2), Activity Page (1), Practice Pages (4)

**Student Supplies:**

Soft foam football, Velcro flag belts (or strip of fabric and a safety pin), cones or markers, whistle, stopwatch or timer

**Prepare Ahead of Time:**

Copies of worksheets; obstacles for course setup

\*Lessons are aligned to meet the education objectives and goals of most states. For more information on your state objectives, contact your local Board of Education or Department of Education in your state.



# Sports: Women's Flag Football



<sup>1</sup>Have you ever watched a football game on television and thought that it would be a fun game to play? Today, we will explore the exciting world of women's flag football. It's not exactly the same as typical American football. Get ready to grab those flags and learn all about this awesome sport!

## A Little Bit o' History

<sup>2</sup>Women's flag football started in the early 20th century when women wanted to play football without the **full contact** of tackle football. They adapted the game to where pulling flags signified tackles, and boom! Flag football was born. Since then, it's grown into a popular sport, with leagues and tournaments popping up all over the globe. Some reports say that women's flag football is the fastest-growing sport in middle and high schools in the United States!



## Worldwide Wow

<sup>3</sup>Women's flag football is popular all around the world. Even though it might not be as famous as other sports, many people love it. In the United States, organizations like the National Football League (NFL) help support the sport, and there are many leagues where girls and women play. In Mexico, there is a big league where teams compete in exciting games. The Federación Española de Fútbol Americano (FEFA) organizes games and tournaments in Spain to get more people interested. Women in Brazil, Japan, and Germany also play flag football. Some even compete in international competitions.

## Cool Facts Alert

<sup>4</sup>Did you know the longest pass in women's flag football was over 70 yards? That's like throwing a football almost the entire length of a football field! And here's another fun fact: the International Federation of American Football (IFAF) hosts women's flag football tournaments worldwide where thousands of players compete. These tournaments are like the Olympics of flag football!



<sup>5</sup>Pro flag football players compete regularly in tournaments, sometimes even every week! They travel all over to play in different competitions. When it comes to prizes, these tournaments aren't just for fun; some serious rewards are at stake! Winners can take home shiny trophies, stacks of cash, and even new gear.

## Gearing Up

<sup>6</sup>To play women's flag football, you don't need a ton of fancy gear. You need a football, a set of flags, and some comfortable athletic clothes. There are different flags and belts to choose from, so you have to find what works best for you. Oh, and don't forget some good cleats because you'll be running up and down the field a lot!

## Flag Football 101

<sup>7</sup>Now, let's get down to the basics. Women's flag football is played on a field with two teams, each trying to score points by getting the football into the **opposing** team's end zone. Instead of tackling, players pull flags from the ball carrier's belt to stop the play. Each team has a set of downs (plays) to move the ball down the field and score. The rules are similar to regular tackle football without the contact between players.

<sup>8</sup>When playing, players use special terms. For instance, when a player makes a great throw, they might say they "launched" it. And if they catch the ball perfectly, it might be called a "clean catch." If a play doesn't go as planned, players might say they "**botched**" it. They're speaking a whole new kind of flag football talk!

## Why It's So Fun

<sup>9</sup>What makes women's flag football so amazing? It's a fantastic way to stay active and enjoy the outdoors. Plus, it's easy to learn but challenging to master. Every game is different, so you'll always face new opponents and strategies. And there's something incredibly satisfying about making a great catch or a **crucial** flag pull. Whether you're playing with friends or competing in a tournament, women's flag football is a blast from start to finish!

<sup>10</sup>So, there you have it, future flag football stars! Women's flag football has a rich history, worldwide appeal, cool facts, and tons of fun packed into every game. So grab your flags, hit the field, and get ready to unleash your inner flag football champion!



## FLAG FOOTBALL GAME

**Instructions:** Follow the gameplay rules and directions to engage in a friendly flag football game.

### RULES

1. The objective is to get the football into the opposing team's end zone to score points.
2. Instead of tackling, players pull flags from the ball carrier's belt to stop the play.
3. Each team has plays (downs) to move the ball toward the end zone.
4. The team with the most points at the end of the game wins.

### GAMEPLAY

- **Kickoff:** One team starts with the ball at their end of the field. They start the game by kicking the ball to the other team.
- **Offensive Play:** The team with the ball (offense) has four downs to advance the ball to the end zone. They can do this by passing or running with the ball.
- **Defensive Play:** The opposing team (defense) tries to stop the offense by pulling the ball carrier's flags.
- **Turnover:** If the offense doesn't reach the end zone in four downs, the ball is turned over to the other team.
- **Scoring:** A touchdown is scored when a player carries the ball into the opposing team's end zone or catches a pass in the end zone. Each touchdown is worth six points.
- **Restart:** After a touchdown, the scoring team kicks off to the other team.



# Practice

Name \_\_\_\_\_ Date \_\_\_\_\_



**Instructions:** Show what you know!

1) Why does the author write words using bold print? (Text feature)

---

---

---

2) Identify the text features in the article. How do text features help you read the article? (Text feature)

---

---

---

3) In paragraph 7, the author uses the word *opposing*. What is the meaning of opposing? (Vocabulary)

---

---

---

4) What is the difference between regular football and flag football? Where did you find the information? (Comprehension)

---

---

---

5) Which gear do you need to play women's flag football? Where did you find the information? (Comprehension)

---

---

---





# Practice

Name \_\_\_\_\_ Date \_\_\_\_\_



6) Why does the author say flag football is easy to learn but challenging to master? (Inference)

---

---

---

7) Which organization helps support women's flag football in the United States? Where did you find the information? (Close reading)

---

---

---

8) Choose the word(s) the author would say **best** describes women's flag football. (Point of view)

- a. sedentary      b. non-contact      c. skillful      d. contact      e. competitive

9) What is the author's purpose for writing "Sports: Women's Flag Football"? (Author's purpose)

---

---

---

10) How long was the longest pass ever recorded? (Find information in the text)

---

---

---





# Practice

Name Answer Key Date \_\_\_\_\_



**Instructions:** Show what you know!

1) Why does the author write words using bold print? (Text feature)

Essential vocabulary words or words that have a special meaning appear in bold print. Readers may not be familiar with these words. The definition is usually somewhere in the surrounding sentences.

2) Identify the text features in the article. How do text features help you read the article? (Text feature)

The text features in the article are words in bold print, numbered paragraphs, images or insets, and other graphics. Text features help readers find information quickly and comprehend the author's meaning.

3) In paragraph 7, the author uses the word *opposing*. What is the meaning of opposing? (Vocabulary)

Opposing means against or in competition with something. In this case, one team has the ball, and the opposing team is against them to keep them from scoring. A good synonym for the word, as used in the context of the article, is competitor.

4) What is the difference between regular football and flag football? Where did you find the information? (Comprehension)

In flag football, flags are used to show a tackle rather than actually tackling someone. Contact between players is limited and discouraged, which makes the game safer. The information is in paragraph 2.

5) Which gear do you need to play women's flag football? Where did you find the information? (Comprehension)

To play a flag football game, players need a football, a set of flags, comfortable athletic clothes, cleats, and an open field to play on! The information is in paragraph 6.



# Practice

Name Answer Key Date \_\_\_\_\_



6) Why does the author say flag football is easy to learn but challenging to master? (Inference)

Although the rules are simple and similar to regular football, the game requires a lot of strategy, teamwork, and organization for teams to be successful.

7) Which organization helps support women's flag football in the United States? Where did you find the information? (Close reading)

In the United States, the National Football League (NFL) helps support women's flag football. The information is in paragraph 3. (Some students may also say that many middle schools, high schools, and colleges have teams as well.)

8) Choose the word(s) the author would say **best** describes women's flag football. (Point of view)

a. sedentary      b. non-contact      c. skillful      d. contact      e. competitive

9) What is the author's purpose for writing "Sports: Women's Flag Football"? (Author's purpose)

The author wants to describe and inform readers about this unique sport. The author also wants to encourage readers to become physically active by suggesting a sport they may find fun.

10) How long was the longest pass ever recorded? (Find information in the text)

The longest pass ever recorded in women's flag football is 70 yards! That's nearly as long as a football field.