

PRO FOOTBALL HALL OF FAME

TEACHER ACTIVITY GUIDE



Team History



The Pittsburgh Steelers were founded by Arthur J. Rooney on July 8, 1933. Now the seventh-oldest franchise in the NFL, the Pittsburgh team was known as the Pirates until 1940. The Steelers struggled for their first 40 years without winning a championship of any kind until they won the AFC Central division title in 1972. Two years later, the entire sports world cheered when Art Rooney, one of world's most popular sports figures, received the Vince Lombardi Trophy after the Steelers' victory in Super Bowl IX.

After so many years of frustration, the 1970s Steelers began one of the most incredible streaks in sports history when they earned eight consecutive playoff berths, seven AFC Central titles and four AFC championships from 1972 to 1979. The Steelers became the first team to win four Super Bowls and the only team to win back-to-back Super Bowls twice. The team of the decade of the 1970s became the first AFC team to win its division 10 times since the NFL's 1970 merger.

The list of Pittsburgh Steelers heroes of the 1970s is long but it begins with Head Coach Chuck Noll, who took control of the team in 1969. Such stars as defensive tackle Joe Greene, linebackers Jack Ham and Jack Lambert, quarterback Terry Bradshaw, cornerback Mel Blount and running back Franco Harris were the backbone of a team that many insist was the finest ever in pro football. All, including Noll, were accorded membership in the Pro Football Hall of Fame in their first years of eligibility.

Pittsburgh's success in the 1970s was the antithesis of the Steelers' experiences in their early years. The Pittsburgh eleven won only 22 games in its first seven seasons. Rooney, seeking a way to make ends meet, often took his team from Forbes Field to neutral cities such as Johnstown and Latrobe in Pennsylvania, Youngstown, Louisville, and New Orleans so as to avoid competition with baseball and college football in Pittsburgh. Through it all, Rooney never wavered in his determination to make pro football successful in his city.

In 1938, Rooney made Colorado All-America Byron "Whizzer" White the NFL's first "big money" player with a \$15,800 contract. The 1942 Steelers, boosted by the NFL-leading rushing of rookie Bill Dudley, enjoyed their first winning season. With rosters depleted by the manpower shortage of World War II, Rooney merged the Steelers with the Eagles (Phil-Pitt) in 1943 and the Cardinals (Card-Pitt) in 1944. Coach Jock Sutherland led the Steelers to a first-place tie with the Philadelphia Eagles in 1947 but they lost their first postseason game ever to the Eagles, 21-0.

From 1957 to 1963, the Steelers, coached by Buddy Parker and with quarterback Bobby Layne, defensive tackle Ernie Stautner and running back John Henry Johnson playing key roles, were legitimate divisional championship contenders. But the "dynasty years" that coincided with the move to the AFC at the time of AFL-NFL merger, forever brightening Pittsburgh Steelers history, were still a decade away. The Steelers became the third team to win five Super Bowls after they defeated the Seattle Seahawks in Super Bowl XL. The 2005 wild-card Steelers, led by coach Bill Cowher, also became the first wild-card team in history to win three playoff road games and the Super Bowl.

Following the 2006 season, Cowher resigned and was replaced by Mike Tomlin, who in his second season led the team to victory in Super Bowl XLIII. The win marked their sixth championship in franchise history as the Steelers became the first team to win six Super Bowls.



PITTSBURGH STEELERS

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



PITTSBURGH STEELERS

Troy Polamalu

Goals/Objectives:

Students will:

- Conduct research on issues and interests by generating ideas and questions and by posing problems. 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 Troy Polamalu (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 Troy Polamalu from his bio.
- Students would then be given an assignment to research any Steelers' player and gather ten facts or bits of information on them to share with the class. Students would be encouraged to access the Steelers' official website: Steelers.com.
- Students will write up their information in paragraph form (like the Troy Polamalu bio) and present the new facts and bits of information that they discovered about their chosen player.

Materials:

- Troy Polamalu biography
- Steelers.com

Assessment:

- Students will submit an informational essay/report on their chosen Steelers' player.
- Students will deliver a formal presentation on their chosen player that will demonstrate a clear and distinctive perspective on the subject chosen and convey relevant information and descriptive details.

PITTSBURGH STEELERS

Troy Polamalu



The premier safety of his era, Troy Polamalu played his entire 12-year professional football career with the Pittsburgh Steelers. A two-time All-American out of the University of Southern California, Polamalu was drafted in the first round, 16th player overall, of the 2003 National Football League Draft. He quickly earned his nickname, "the Tasmanian Devil," given to him by his fellow teammates for his range, explosiveness, and impact on the field.



He had a strong performance in the 2008 AFC Championship Game with a 40-yard pick-six late in the game to propel the Steelers to a Super Bowl title. Polamalu added to three tackles, one assist, one tackle for loss and two passes defended.

During his storied tenure, Polamalu was a defensive leader who guided the Steelers to seven playoff appearances in 12 years, five division titles, and then win two of their three Super Bowl appearances – XL and XLIII. The 2010 Defensive Player of the Year, Polamalu recorded seven interceptions for one TD, a sack and 63 tackles for the season.

Polamalu was selected to eight Pro Bowls, received First Team All-Pro honors four times, Second-Team All-Pro twice, and was named AFC Defensive Player of the Week seven times throughout his illustrious career. He is a member of the NFL All-Decade Team of the 2000s and the Pittsburgh Steelers All-Time Team. He started 142 of 158 career games; made 32 interceptions for 398 yards and three touchdowns; recorded 107 passes defended; forced 14 fumbles; recovered seven fumbles for 120 yards and two TDs; made 12 sacks; and recorded 783 tackles – 583 of which were solo tackles.

As dangerous as Polamalu was on the field, he was just as well-known for his mild-mannered and kind-hearted demeanor off the field. Polamalu was the 2010 Walter Payton Man of the Year – an accolade he earned for his service work.



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)

Materials:

- Pencil
- Scrap paper for working problems.
- Calculators if permitted.
- Worksheets

Assessment:

- Students will be assessed on accuracy of responses.



Conversions in Football

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

1. During his career, Jerome Bettis rushed for 13,662 yards. How many feet is that?
_____ *(Hint: 1 yard = 3 feet)
2. In Super Bowl XLIII James Harrison returned an interception 100 yards for a touchdown. How many inches is that? _____
3. On October 26, 2014, Ben Roethlisberger threw for 522 yards against the Colts to set a new single game passing record for the Franchise. How many feet is that?
_____. *(Hint: 1 yard = 3 feet)
4. In his first three seasons with the Steelers, Najee Harris had 3,269 rushing yards and 866 receiving yards for a total of 4,135 all-purpose yards. How many all-purpose yards did Najee Harris average per season? _____
5. The Steelers 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. Terry Bradshaw 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?
_____ *(Hint: 1 pound = 16 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? _____



PITTSBURGH STEELERS

Super Bowl Thunder

Directions: Answer the following questions using the Pittsburgh Steelers' roster on the following page.

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

PITTSBURGH STEELERS

Super Bowl Thunder



Pittsburgh Steelers Super Bowl XLIII Roster

Steelers Alphabetical Roster							
No	Player	Pos	Ht	Wt	Birth Date	NFL Exp	College
55	Bailey, Patrick	LB	6-4	235	7/27/85	R	Duke
17	Berger, Mitch	P	6-4	228	6/24/72	13	Colorado
31	Bryant, Fernando	CB	5-10	175	3/26/77	10	Alabama
69	Capizzi, Jason	T	6-9	330	6/19/83	2	Indiana (Pa.)
23	Carter, Tyrone	S	5-9	195	3/31/76	9	Minnesota
25	Clark, Ryan	S	5-11	205	10/12/79	7	LSU
74	Colon, Willie	T	6-3	315	4/9/83	3	Hofstra
53	Davis, Bruce	LB	6-3	252	9/2/85	R	UCLA
38	Davis, Carey	RB	5-10	225	3/27/81	3	Illinois
2	Dixon, Dennis	QB	6-3	195	1/11/85	R	Oregon
93	Eason, Nick	DE	6-3	305	5/29/80	6	Clemson
79	Essex, Trai	T	6-4	324	12/5/82	4	Northwestern
51	Farrior, James	LB	6-2	243	1/6/75	12	Virginia
50	Foote, Larry	LB	6-1	239	6/12/80	7	Michigan
57	Fox, Keyaron	LB	6-3	235	1/24/82	5	Georgia Tech
54	Frazier, Andre	LB	6-5	245	6/29/82	4	Cincinnati
22	Gay, William	CB	5-10	190	1/1/85	2	Louisville
98	Hampton, Casey	DT	6-1	325	9/3/77	8	Texas
92	Harrison, James	LB	6-0	242	5/4/78	5	Kent State
62	Hartwig, Justin	C	6-4	312	11/21/78	7	Kansas
66	Hills, Tony	T	6-5	304	11/4/84	R	Texas
76	Hoke, Chris	DT	6-2	305	4/6/76	8	Brigham Young
10	Holmes, Santonio	WR	5-11	192	3/3/84	3	Ohio State
99	Keisel, Brett	DE	6-5	285	9/19/78	7	Brigham Young
68	Kemoeatu, Chris	G	6-3	344	1/4/83	4	Utah
90	Kirschke, Travis	DE	6-3	298	9/6/74	12	UCLA
4	Leftwich, Byron	QB	6-5	250	1/14/80	6	Marshall
37	Madison, Anthony	CB	5-9	180	10/8/81	3	Alabama
20	McFadden, Bryant	CB	6-0	190	11/21/81	4	Florida State
49	McHugh, Sean	TE	6-5	265	5/27/82	5	Penn State
83	Miller, Heath	TE	6-5	256	10/22/82	4	Virginia
21	Moore, Mewelde	RB	5-11	209	7/24/82	5	Tulane
39	Parker, Willie	RB	5-10	209	11/11/80	5	North Carolina
65	Parquet, Jeremy	G/T	6-6	321	4/11/82	4	Southern Mississippi
71	Paxson, Scott	DT	6-4	292	2/3/83	1	Penn State
43	Polamalu, Troy	S	5-10	207	4/19/81	6	USC
3	Reed, Jeff	K	5-11	225	4/9/79	7	North Carolina
61	Retkofsky, Jared	LS	6-5	260	3/16/83	1	TCU
7	Roethlisberger, Ben	QB	6-5	241	3/2/82	5	Miami (Ohio)
96	Roye, Orpheus	DE	6-4	330	1/21/73	13	Florida State
33	Russell, Gary	RB	5-11	215	9/8/86	2	Minnesota
91	Smith, Aaron	DE	6-5	298	4/19/76	10	Northern Colorado
27	Smith, Anthony	S	6-1	200	9/20/83	3	Syracuse
89	Spaeth, Matt	TE	6-7	270	11/24/84	2	Minnesota
72	Stapleton, Darnell	G/C	6-3	305	9/21/85	2	Rutgers
78	Starks, Max	T	6-8	345	1/10/82	5	Florida
14	Sweed, Limas	WR	6-4	220	12/25/84	R	Texas
24	Taylor, Ike	CB	6-2	195	5/5/80	6	Louisiana-Lafayette
94	Timmons, Lawrence	LB	6-1	234	5/14/86	2	Florida State
26	Townsend, Deshea	CB	5-10	190	9/8/75	11	Alabama
86	Ward, Hines	WR	6-0	205	3/8/76	11	Georgia
85	Washington, Nate	WR	6-1	185	8/28/83	4	Tiffin
56	Woodley, LaMarr	LB	6-2	265	11/3/84	2	Michigan

Source: Super Bowl
XLIII Game Program

Steelers' 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 Steelers' Team Travel worksheet.

Materials:

- Worksheet: Steelers' Team Travel
- Maps, atlas, online resources
- Pittsburgh Steelers' Schedule from this past season.
- Writing utensils
- Paper or posterboard
- Pushpins and string

Assessment:

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

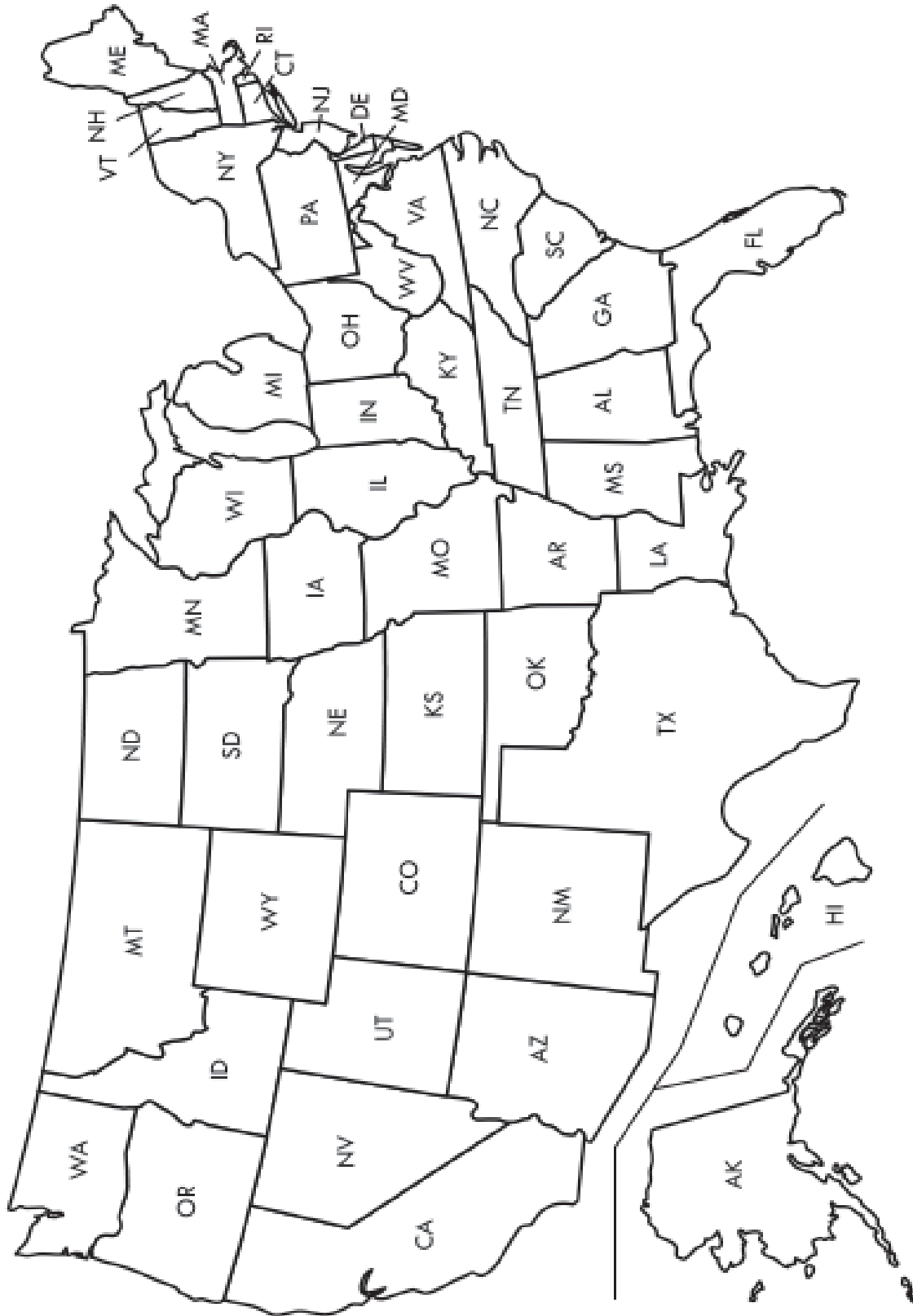
Steelers' Team Travel



Directions: Use a blank United States map (next page) and this past season's Steelers schedule to 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 Pittsburgh, PA and mark it by attaching a string to a pin and placing the pin on Pittsburgh, PA.
4. Refer to a copy of the team's schedule for the current NFL season (Steelers.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 Pittsburgh, PA 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 Pittsburgh, PA?
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?

Steelers' Team Travel





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 Steelers
 - * Steelers Career Matching
 - * Steelers Career Future

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.



Careers with the Steelers

Name: _____

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



Steelers 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 someday 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?



Steelers 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 the 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 Steelers 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 color. 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.

Materials:

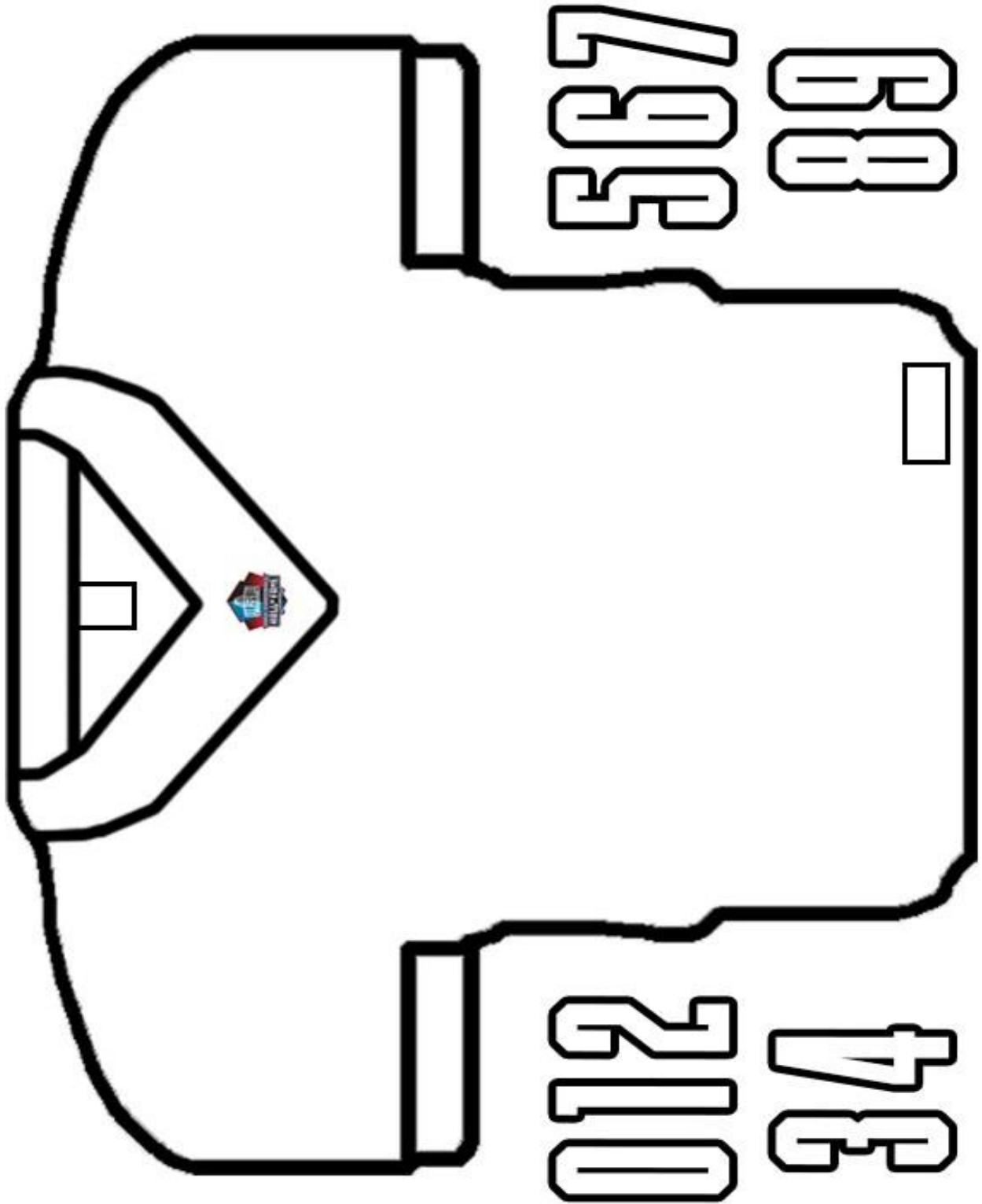
- White or manila drawing paper, 12" x 18" or 9" x 12"
- Drawing pencil/eraser
- Ruler or straightedge
- Colored pencils, markers, crayons or other coloring media

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



Steelers Jersey Design





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
 - * Steelers.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.

Materials:

- Internet Activity Sheets
- Steelers.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.



Name: _____

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 Modern-Era enshrines in last year's class?
 - E. _____
 - F. _____
 - G. _____
 - H. _____
 - I. _____

5. Two jersey numbers have been worn by more Hall of Famers (13) than any other number. Which number is it? _____



Name: _____

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

1. Who founded the Pittsburgh Steelers?
2. In what year were the Pittsburgh Steelers founded?
3. How many Super Bowls have the Steelers been to? How many have they won?
 - A.
 - B.
4. What is the Steelers' logo based on?
5. Name three Steelers inducted into the Pro Football Hall of Fame.
 - A.
 - B.
 - C.
6. Find one article on the site. Summarize that article below.



Even Minkah Fitzpatrick 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, 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.

PITTSBURGH STEELERS

Answer Key



Conversions in Football

1. 40,866 feet
2. 3,600 inches
3. 1,656 feet
4. 1,378.34 all-purpose yards
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. Mitch Berger, 37
2. 92
3. 4
4. 8
5. 3
6. Willie Colon
7. Max Starks - 345 lbs.
8. Fernando Bryant - 175 lbs.
9. WR
10. 858 lbs.

Careers with the Steelers 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

Steelers 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

Steelers.com

1. Arthur J. Rooney
2. 1933
3. A. Eight
B. Six
4. The Steelers logo is based on the Steel mark logo belonging to the American Iron and Steel Institute (AISI). Created by U.S. Steel Corp. (now known as USX Corp). The logo contains three hypocycloids (diamond shapes).
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. ****Check website for correct answers**
5. 22 and 81