

# Football SURVIVAL

# Introduction

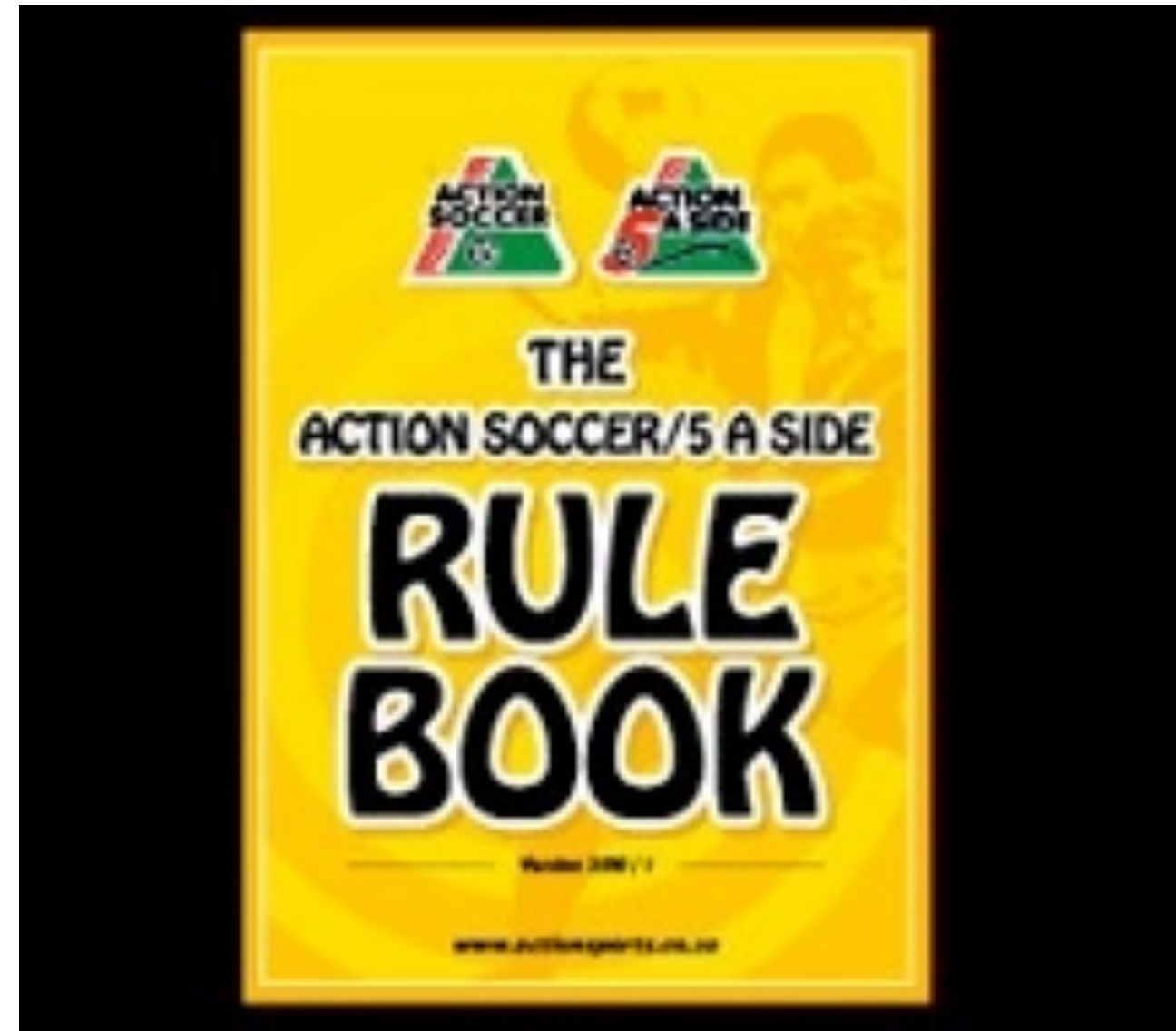
This book is all about how to “survive” mainly on the football pitch, but you can also use it for any time on the playground and in normal day life. When we say survive, we mean solve your problems, prevent problems and how to not get in trouble. First it will state a problem that you may have had. Then it will share a solution. Finally, there is a great quiz that will test what you have learned from the book. At the end it will tell you how you can use this off of the playground. So even if you don’t play football you can use the same **strategies** to solve your problems with your friends, with your enemy’s and even problems with your parents!



# 3 Rules 3 Words of Wisdom

When grade 5 students play at recess, they see and learn that there are a few rules that need to be known, in order for the game to flow **smoothly**. Here are few of them that you should know.

1. Use your feet, not your hands.
2. Try to stay on your feet, or at least play on your feet.
3. This one isn't as much a rule, but a piece of advice: don't argue for a half an hour if it was a goal or not. It really doesn't matter.
4. Try not to do slide tackles, but if it comes to it, slide from the front.
5. Arguing is a really silly thing that everyone seems to do. It only makes people mad and it wastes soooooooooooooooooooooo much time!
6. Finally, it's just a game! Take a breath and don't get so mad.



# What Problems Happen

The chapter you are reading now is basically the most important chapter in the book, because this chapter is the most exiting, funny and informational. It talks about what problems may happen on the playground and then it says the solution. Also, there is always a fun quiz.

What Problems  
Happen,

On The Playground.



# Exclusion in The Game

**Exclusion** is one of the most common things that happens in our school and you may not be a bully but you probably still exclude some people. Exclusion is the opposite of inclusion and what I mean by that is when you exclude somebody you don't let them do something like, you don't let them play with you, you don't let them join your group or even not letting them sit by you at lunch. Mainly people will exclude someone else because they are different or because they are mean or they don't like that person for some reason. e.g. they have brown hair and they can't play with us. Some people even exclude because they are afraid of them because they are big, or they have an illness and they're worried that they will get it. However, excluding is not the right thing to do.



## What to do about exclusion:

1. Ask nicely if you can join the game again. But that might not always work so don't **rely** on the **previous** solution.

2. Try to find someone else who is being excluded or someone who isn't being included but is still your friend. Make your own game and eventually the kids playing the other game will see how much fun you're having and join you. Don't be a hater, let them into your game.

3. If they say you can't play, just walk away.

4. **Take it up** with a teacher, they can help you.

5. Another new strategy, is to go play cooperative games. They are games that include everyone and you all lose, or you all win.

6. Do what makes you happy.

7. Show your unique talents to show off and make them want to play with you.

## What not to do about exclusion:

Do not act sad in front of them, it will make them feel like they have accomplished their mission.

Do not scream at them. begging to play and also, don't punch them.

### Exclusion to Inclusion



This is a good example of what exclusion looks like in a school like ours.



### Did you Know?

- All children learn from inclusion and exclusion because when they include somebody they learn about their differences. When they exclude somebody they learn that excluding someone gets you in trouble. So we all learn something!

### Review #1

Question 1 of 2

**What do I do if I get excluded?**

- ☐ A. Sit there and cry.
- ☒ B. Play at the cooperative games.
- ☐ C. Do nothing.
- ☐ D. Scream and beg people to let you play.



Check Answer



# Unfair Football

Now I will talk to you about unfair football, This section discusses unfair teams unfair ref call's and really any unfair thing you can think of in the game of football. Unfairness is something that you might not recognize at the beginning of the game because, for example, the teams at recess might look really fair, but when you start to play the game it turns out to be horrible because one team keeps scoring and scoring scoring until finally recess is finished. So, unfair teams in ruin your recess and become boring. Even the winning team doesn't have much fun because they also keep scoring, same deal every time. For the next part of the book we will get into solutions to stop unfair teams, and solutions to prevent unfair teams.





What to do:

- 1) Make teams randomly
- 2) Have someone else that doesn't play pick the teams.
- 3) Having an adult ref.
- 4) Have a post that says how high the goals should be.

What not to do:

- 1) Don't have **team captains**.
- 2) Don't just say anything if you see that the teams are unfair.

### Did You Know?

- At every world cup there has been at least two really unfair games. One of those games turns out to be an **upset**!

### Unfair to Fair



This is an example of an unfair game that is played in Japan.



### Review #2

Question 1 of 2

**Should I use team captains to pick teams?**

- ☐ A. Yes
- ☒ B. No



Check Answer





# Playing Dirty

This chapter is about playing dirty.

Playing dirty will happen almost every break so people will not realize that they are doing it. So this chapter is about what playing dirty is.



This is a picture of playing dirty.

### Dirty-Clean



This is a good example of a bad player playing dirty.



### Review #3

Question 1 of 3

**What should I do when my friend fouls me a lot?**

- ☐ A. Seek revenge.
- ☐ B. Continue to let them foul you.
- ☒ C. Play with someone else that is actually your friend.



Check Answer



# How We Can Use This In Life.

Well the book is finished, but before you put down your iPad, you should know that there is other uses for this book than just football. For example, if your parents or somebody random is being really mean, you tell them that you won't put up with it , but don't be mean back, this is just like you do when someone plays dirty on the football pitch. So really this book makes sense for anyone to read. Hope you enjoyed!