



Alternative Sports

For our alternative sports offer this year we will be offering out one 1 hour and half session of Flag Football to all our of our schools. You can view available slots and book on online on our website, slots are available on a first come first serve basis.

Dates: Monday 29th April – Friday 17th May
Monday 3rd June – Friday 20th June

Time Slots:

- 9.30AM – 11AM
- 1.30AM – 3PM

Venue: School Field/ Playground

Age Group: KS2

Number of Pupils per session: 30 children

Format:

- Children will spend time learning how to play Flag Football and practising the skills required to play the game.
- Children will then play adapted game in small sided teams

Equipment:

- SSP will provide the Flag Footballs, bibs and cones

What is Flag Football?

Flag Football is a non-contact version of American Football, where tackles are made by pulling off flags which all players wear on their hips (similar to Tag Rugby). The rules are similar to that of American Football with the attacking team having four attempts (downs) to reach a certain point on the field with the defensive team aiming to stop their progress by removing their flags. There are multiple different variations and formats of Flag Football but in the UK the 5v5 format is the most predominantly played format. Teams score 6 points when they reach the end zone and can score either a 1-point (5 yards from end zone) or 2-point (10 yards for endzone) conversion. The team with the most points at the end of the game are the winners. The attacking team has two options; they can either run with the ball or pass then run with the ball, no kicking is allowed. Matches are broken down into two 20-minute halves.