

Until two weeks ago, recess was really fun. But since the recess ladies said football was too dangerous and the school banned it, now kids just sit around on the grass. We're too old for the swings and there is nothing else to do. Football is not dangerous. It is great for kids! We should have football at recess because it is good exercise, because everyone can play, and because it will help us learn important things.

First of all, there should be football during recess because it is great exercise. When you play football, you get to run, throw, and catch. The quarterback throws the ball and everyone else runs to catch it and tries to get a touchdown. Without football, everyone just sits. "Football is great exercise," says Sam Rapoport, a senior manager for USA Football. Teachers and kids could play and everyone would get more exercise. Mrs. Obama says that kids aren't getting enough exercise and we are getting obese. All of this shows that we need football so we don't grow up to be unhealthy and get diseases.

Another reason why we should have football is because everyone can play. You don't need to spend money on fancy equipment or uniforms. Football will not cost the school any money. Football has big teams so it doesn't leave anyone out like other games. Some people think football is only for boys, but that's not true. I sometimes play with my sisters and even my mom plays! Everyone in our class wants to play. Out of 25 kids, all 25 said they wanted football. Everyone can play.

The most important reason why we should have football is because it will help us learn important things. For example, we can learn to solve problems. Like when a play is made and everyone argues because you aren't sure what team gets the point. In an article a parent named Christine McAndrews says that football is good for kids. She says that "It's great for their social skills and they resolve things on their own. It's good for them." She's a parent and she thinks football is great! Football can teach us a lot.

There should be football at recess. We will get more exercise, we will play more, and we will learn important skills. I'm starting to realize that when we were little we could get hurt on the swings or slide. Football is just like the slides and the swings. As long as we are careful, we can be safe. Please take the football ban away and let us play again.

Sources:

- "First Lady Fights Fat in Kids." TIME for Kids (2010)
- "Flag Football: It's the Girls' Turn to Play." Washington Post (2011)