Physical activity is an important part of maintaining good health. Here are some helpful ways to keep your school and students motivated during the 6-week Challenge and all year round.

1. Host Your Own Kickoff Event:
   Start the NFL PLAY 60 Challenge with a school-wide pep rally for students, staff and community members. Invite local athletes, celebrities or community leaders and ask them to share ways that they stay fit and heart healthy. Ask athletes, celebrities or community leaders to donate items (t-shirts, footballs, etc.) to toss into the crowd of students during the pep rally.

2. Bulletin Board:
   Create a NFL PLAY 60 Challenge bulletin board and showcase student pictures or stories of ways they stay active. They can share games to play with friends or a new sport they learned at home. Use themed cut-outs, such as different types of athletic shoes (football, track and dance), to display their stories.

3. Tip of the Day:
   Create a “Tip of the Day” section in the morning announcements. Ask students to create their own tips or the chance to read their tip on the morning announcements. Tips can be examples of ways to get active and stay healthy or just snippets of information about physical activity:
   - Eat 2 servings of fruits and vegetables at lunch
   - The weather will be great today, so grab a friend and play ball
   - Did you know that physical activity can improve your mood and give you an extra energy boost to help you through the day? Well, it can!

Look for additional tips in the Student Game Planner, available on-line too at heart.org/nflplay60challenge
4. **Morning Announcement Activity:**
Start your day off right with physical activity as part of the morning announcements. This is a great way to get everyone’s heart pumping and ready to take on the school day. Ask students to stand up and complete the Classroom Workout Circuit or another activity. See the In-School Activity Breaks section of the Teacher Guide for more physical activity ideas.

5. **NFL Fridays:**
Allow students to come to school dressed in t-shirts and jerseys in support of their favorite NFL teams. This special dress day could be a one time event, or a weekly occurrence. You can also show your own school pride by wearing your school’s team colors.

6. **Classroom Challenge:**
Create a classroom challenge between two neighboring classes and tally the physical activity minutes at the beginning of the week. Talk to the class about ways that they were active over the weekend and any new ideas for activities. Create classroom mascots for the challenge and activities around it. After one week, tally the final results and announce the winning class. As a reward, the winning class could get extra time to spend outside for a water-balloon fight, limbo contest or other activity.

7. **Grade Challenge:**
Create a challenge between grade levels. The grade challenge works similarly to the classroom challenge; tally the physical activity minutes at the beginning and end of the week, and the grade with the most minutes, wins. At the end of the week, a teacher or vice-principal of the losing grade has to throw a healthy snack party for classes in the grade with the most physical activity minutes.
8. Teacher Challenge:
Don’t forget to engage the faculty and staff with a teacher challenge week. The teacher with the most physical activity minutes at the end of the week gets to do something funny with the school principal; make it a “Freaky Friday” and have the teacher and principal switch jobs for the day. Make sure to ask the school principal for permission first.

9. PSA Poster:
Ask each student to create their own Public Service Announcement poster about the NFL Play 60 Challenge and share it with the rest of the class. Posters should showcase their favorite physical activity, the importance of physical activity, and why it’s good for the heart.

10. Introduce New Sports:
Students may not yet have found a favorite sport or maybe they love them all! Host an open gym during lunch or after school and invite all students to attend to learn a new sport. Members of the school’s athletic teams or those who play on their own after school teams could serve as facilitators and teachers for their sport. Students may find new friends with similar sports interest or just have fun learning something new.

11. Outside Rec Groups:
Invite representatives from your local YMCA, after-school club, gymnastics studio or little league group to talk about the various recreational sports opportunities available with their club. Invite parents to attend with their students so they can sign-up for a recreational activity after the presentation.

12. Faculty vs. Students:
Host a Faculty vs. Student sports game, such as volleyball or flag football. Make sure to rotate players so everyone can have the chance to play.
13. Take a Trip:
Find out if your local Science or Children’s Museums have exhibits on health and/or the heart. Take students on a field trip to find out more about the heart and how it affects the body.

14. Field Day:
Engage students in multiple outdoor activities and sports during a school-wide field day. Activities may include sack racing, kickball, water balloon toss, hula-hoop, ultimate Frisbee, tug-of-war, free throw shooting, a limbo contest and an obstacle course. Encourage students to participate in lots of activities and offer tickets at the completion of each activity. Students can use their tickets at the end to be entered into a drawing for a prize. Prizes can be anything from an autographed football to a new jump rope to a free school t-shirt.

15. Tour a Park:
Take a trip with students to a local park or playground and have them evaluate the types of equipment available. What sports or activities can be played? Is there enough grass to play a scrimmage football game? Which muscles are being worked on each piece of equipment? How could this park be improved? Ask students to write a letter to their mayor or city council about their tour of the park and provide suggestions to make the park even better.

16. Virtual Activity:
With video games like Nintendo Wii and Dance Dance Revolution, couch-potato video and computer games can be a thing of the past. Host a virtual activity time where students can participate in various games and get their hearts racing; this is a great way to get movin’ and stay healthy (especially when weather prohibits you from going outside).
17. **PSA Video:**
Ask students to create their own Public Service Announcement skit or video and perform it for the class. Students should include the importance of being physically active and share ways that they get movin’ while having fun at the same time.

18. **Try Healthy Snacks:**
While physical activity is important, good nutrition is also an important part of being healthy. Ask students to bring in a different healthy snack and share it with their classmates. Talk about ways to substitute common snacks for a healthy alternative. For more ideas on hearthealthy nutrition, visit www.americanheart.org/facethefats.

19. **Host a 5K:**
Encourage students to participate in a 5K walk with their family that benefits a local charity. This can provide physical activity for the whole family (and don’t forget the dog!). You can even create your own 5K walk too if you are ambitious!

20. **Research an Olympian:**
Have students research their favorite Olympic athlete and give a report to the class. They could include the history of the Olympics, how an Olympian got their start, and what inspired them to get active. Learning about their workout routine would be interesting too!

21. **Scavenger Hunt:**
Create a sports scavenger hunt at school. Make clues for various locations on your school campus; students must decide which spot on campus the clue is referring to and go to that location; once they reach the right location, they can get another clue that will lead them to the next stop. The team that is back to the starting point first, wins. For an additional challenge, add an obstacle course between the clue locations.
22. Go to the Gym:
Take a field trip to an area gymnastics center, YMCA, dance academy, ropes course or rock climbing gym to participate in and learn about different types of activities. Any activity that gets you moving and your heart pumping can be physical activity, so find different ways to make it fun!

23. Tour a Sports Arena:
Being an athlete is hard work. Take a tour of a local sports arena and find out more about your local athletes and their day-to-day life. Sports arenas can be professional, college or high school facilities.

24. Dance Through Time:
Ask students to research dance styles from different time periods in American culture and perform one of the dances in a small group for the class. Dances could include the Foxtrot, Charleston, Grapevine, Electric Slide, Jazz, and Hip Hop.

25. Celebrate:
After you’ve completed the 6-week NFL PLAY 60 Challenge, celebrate your school-wide success with pep rally. Invite the same local athletes, celebrities, community leaders and local media, and show them how your school got movin’ with the NFL PLAY 60 Challenge. Share success stories and experiences about new games and physical activities; show off the PSA videos and posters; and create your own school cheer or dance move. Don’t forget to submit your stories to our national story bank online at heart.org/nflplay60challenge
Continue your school-wide success by downloading our free Year-Round Physical Activity Toolkit!

American Heart Association

The National Football League and the American Heart Association are proud to work together to produce the NFL PLAY 60 Challenge.