PHYSICAL ACTIVITY ‘HOMEWORK’

Participating in the NFL Play 60 Challenge means helping students get 60 minutes of physical activity every day—30 minutes at school and 30 minutes at home. Teachers can encourage students to get active at home by assigning homework that requires physical activity.

Active Homework—Ideas or suggestions of physical activities that students can try during after-school hours:

1. **Bookends.** Have students do 50 jumping jacks before they start their homework, do 15 crunches between subjects, and when they have finished all their homework, end with the “pretend jump rope” exercise, counting 50 revolutions.

2. **A Blast from the Past:** Take a historical walk of your city or town with your family and/or friends. Contact your city or town for more information regarding a historical walk in your community.

3. **Students in Action:** Make this a school-wide event. Students have a photograph taken of themselves while participating in their favorite physical activity or sport. They can email the photo or bring in a copy of the photo for the homeroom teacher to post on a bulletin board. Instead of a photo, students can draw a picture of themselves participating in their favorite physical activity or sport.

4. **Push-up Challenge:** Watch a NFL or college football game on TV. Every time your team scores, do push-ups to equal your team’s total score. For an additional challenge, also do push-ups when the other team scores.

5. **How Successful are You?** Play catch or shoot baskets with family or friends and calculate the percent of success. For example, if you make 8 out of 10 basketball shots, you are 80% successful.

6. **Get Involved:** Write a letter to your local government on how to promote physical activity in your community. Have your family provide suggestions to the local government on how they can promote physical activity in your community. For example, do you need more walking trails, safer biking routes, more field space at the local parks? Share it with your family.

7. **Tackle Obesity:** Create a 10 minute physical activity routine that you and your parents can do 2 to 3 nights a week. Compare your routine with your classmates.

8. **Jump your Way to Better Health:** Perform a variety of jumping activities to help develop muscle and bone strength: 20 jumping Jacks, 20 goal post jumps (vertically jump in the air), 20 standing long jumps (jump forward), jump rope 20 times.

9. **Fitness Trail:** Take a walk in a local park with a friend or parent and turn it into a fitness trail. As you walk through the park, stop and perform different activities such as squats, lunges, toe raises, stretches, etc. Use benches as props for triceps dips and push-ups.

10. **Train like an NFL Pro:** NFL players spend time working on their football skills and then spend time studying their upcoming opponent. Practice a specific skill to help you perform better in your favorite sport or activity. For example, if you enjoy tennis, work on your serve for 15 minutes before studying.
**Create your Own Playbook:** Create a new physical activity or sport and have your friends and family join in on the fun.

**Verbs in Motion:** Read a sports article in the newspaper about a high school, college or professional game. Underline the action verbs in the article and perform the actions. For example, if you read an article about a football game you might underline action verbs such as pass, throw and kick. Grab a football and go outside and practice passing, throwing and kicking the ball.

**Call in a Substitute:** Choose to substitute one of your favorite family TV shows with a physical activity. For example, if you plan to watch a 30 minute program, substitute it for a 30 minute walk.

**Map it out:** Create a community activity map. Draw a map of your community and mark various community facilities that offer physical activities. Examples: Parks, basketball courts, tennis courts, swimming pools, trails, recreational centers, bike paths, school, bowling alleys, golf courses, etc.

**Pay it Forward:** During the NFL PLAY 60 Challenge commit to participate in a local charity fun run or event such as the Start! Heart Walk.

**Change it Up:** Participate in a new physical activity that you never tried before and write about your experience.

**Training Table:** Eat 3 to 5 different colors of fruits and/or vegetables in one day. Which did you like the best? Why?

**Fantasy Football Physical Challenge:** Pick your favorite running back, quarterback, and wide receiver. Every week you must jog in place the number of steps that correlate with the number of yards your players ran, passed, and received. For example, if Tom Brady passed for 300 yards, Adrian Peterson ran for 125 yards, and Larry Fitzgerald had 100 receiving yards, you would jog in place a total of 525 steps.

**Punt, Pass, Kick:** Measure the distance you can punt, pass and kick a football. Add the three distances together for a total combined score. Do this 5 times and then calculate the average of your total combined score. Participate in official NFL youth football events. Find out more information at NFLRUSH.com

**Obesity Trends:** Share with your parents the information regarding the rise in obesity rates across the United States and also the current obesity rates in your local and surrounding counties. (Share the information from the worksheet you completed during the Social Studies lesson: Obesity Trends). Discuss with your parents why they think the obesity rates vary between states and your local and surrounding counties. (Reinforces Social Studies Lesson 1).

**Make an Active Difference:** Share with your family the class ideas to make a healthier school environment. Discuss what you can do as a family to have a healthier home environment. Make a plan with your family to incorporate the healthy ideas into your life. (Reinforces Social Studies Lesson 3).

**Quiz Time:** Quiz a parent or friend on their knowledge of the risk factors that are reduced and the many possible health benefits as a result of participating in regular physical activity. See how many they can name and then share the information you learned in your Science Lesson: Does Physical Activity Really Make You Healthier? (Reinforces Science Lesson 1).
PHYSICAL ACTIVITY ‘HOMEWORK’ continued

23 Physical Activity—Read all about it: Students will interview a parent or guardian about their physical activity habits using the interview questions from English class. (Reinforces English Lesson 1)

24 What Happens When You Move? Teach your family how to take their heart rate. Measure resting heart rate by finding radial pulse (at the wrist) or carotid pulse (at the neck). Count the number of beats in 10 seconds. Multiply that number by six to calculate the average number of heart beats per minute. Tell your family that you will be going on a 20 minute walk. Have everyone take their heart rate 4 times: 1) before going on the 20 minute walk 2) after walking for 10 minutes 3) right after completing the 20 minute walk 4) 10 minutes after you finish the walk. Have everyone share what their heart rate was for the 4 different times and discuss what happened to your heart rate and why. Take your heart rate during other physical activities such as jogging, biking or swimming. (Reinforces Science Lesson 2 & Math Lesson 1)

25 TV Challenge. If students are watching TV at night, provide a ‘workout routine’ conducive to commercial breaks (i.e. short 2-3 minute circuits such as push-ups, crunches, squats, etc). Have the class brainstorm to come up with a new circuit for every week and write it down in their Student Game Planners. Here are some ideas:

- Hop on one foot for 30 seconds, switch and hop on the other foot for 30 seconds
- Walk up and down the hall or around the room on your tip toes for 1 minute
- Wall sit: Stand against a wall, slowly bend your knees down into a 90 degree angle, keeping back against the wall. Hold for 30-60 seconds
- Stand with feet shoulder width apart, bend one knee up into a 90 degree angle, balancing on the other leg. Hold for a count of 20 and switch legs. Do 5 repetitions
- Lay on your back and write your first name in the air with your toe. Switch legs and write your last name
- 3 sets of push ups — 15 each set
- Lay on your back, extend both legs into the air at a 90 degree angle from the floor. Slowly lower your legs (knees straight) to the floor. Repeat for 20 repetitions
- Jump tucks: Stand with feet shoulder-width apart, knees slightly bent, with arms at sides. Jump up bringing knees up to chest, land on balls of feet. Do 10 repetitions

LOG-ON: Check out fun games and additional opportunities and ideas for living a physically active life by logging on the NFL PLAY 60 website: NFLRUSH.com/play60