Social Studies Lesson Plan 2

History of the NFL and NFL PLAY 60

Quick summary: The history of the NFL and the creation of NFL PLAY 60 will be presented. Students will discuss the impact of football on our culture. Information will also be presented regarding the creation of the NFL PLAY 60 initiative and the importance of giving back to the community.

How long will it take: 35 minutes

What do I need: Student worksheet (Page 5 in Worksheet Booklet in zip file)

How does it work:
The teacher will share information regarding the history of football, the NFL and the NFL PLAY 60 initiative. Teachers can locate information specific to the NFL and football at nfl.com/history.

One way that the NFL has given back to local communities is by creating the NFL PLAY 60 Challenge with the American Heart Association to promote physical activity for students and their families. Teachers can share the following information about the origination of the PLAY 60 initiative found on the PLAY 60 website nfl.com/play60:

The Mission of PLAY 60 is to make the next generation of youth the most active and healthy. In October 2007, the NFL launched NFL PLAY 60, a national youth health and fitness campaign focused on increasing the wellness of young fans by encouraging them to be active for at least 60 minutes a day. Designed to tackle childhood obesity, NFL PLAY 60 brings together the NFL’s long-standing commitment to health and fitness with an impressive roster of partner organizations. In addition to national outreach and online programs, NFL PLAY 60 is implemented at the grassroots level through NFL’s in-school, after-school and team-based programs. The NFL PLAY 60 initiative is prominent during the NFL’s key calendar events, including Super Bowl, Pro Bowl, Draft, Kickoff and Thanksgiving and is supported by many NFL players and coaches year round. To date, the NFL has dedicated more than $250 million to youth health and wellness through NFL PLAY 60.
Discussion Questions:

1. How do you think the NFL and football have impacted the United States?
2. Has the NFL and football impacted our community?
3. Has the NFL and football impacted you personally?
4. How has NFL PLAY 60 impacted middle school students?
5. How has NFL PLAY 60 impacted you personally?
6. How has NFL PLAY 60 impacted our community?
7. American football, including the NFL, has become a major part of the American culture. In what ways do you think the sport of football has impacted our culture?
8. Why is it important for sports leagues like the NFL to try and help communities become healthier?

REINFORCE the content in this lesson with Active Homework Break #1, “60 Minute Give-Away” on page 20.
Names of Students in your Group: ______________________________________________________
________________________________________________________________________________

Group Discussion questions:

1. How do you think the NFL and football have impacted the United States?

2. Has the NFL and football impacted our community?

3. Has the NFL and football impacted you personally?

4. How has NFL PLAY 60 impacted middle school students?

5. How has NFL PLAY 60 impacted you personally?

6. How has NFL PLAY 60 impacted our community?

7. American football, including the NFL, has become a major part of the American culture. In what ways do you think the sport of football has impacted our culture?

8. Why is it important for sports leagues like the NFL to try and help communities become healthier?