Classroom kickoff activity lesson

MAKING A GAME PLAN—Kick off the Challenge in classrooms and distribute the Game Planners

**Quick summary:** Students will learn about the NFL PLAY 60 Challenge and receive their Game Planners, which will be their personal guide and tracking tool for the Challenge.

**How long will it take:** 15-20 minutes

**What do I need:** Game Planners, pens or pencils

**How does it work:**
Start off on the right foot—with physical activity! Refer to page 16 and choose a physical activity break to kick things off in the classroom.

Now that the energy is up, pass out the Game Planners—one to each student.

Give students a brief overview of the Challenge, referring to the week-by-week calendar (on page 8) and include information about special incentives being offered by your NFL team (check with your school’s ‘Head Coach’ for specifics).

Have students turn to “Ready Set Go” in their Student Game Planners. Now that students know what the Challenge is all about, have them take the What’s Your Way to Play quiz in their Game Planner to find out their own personal Way to Play. When it comes to being physically active, most of us have one main, Way to Play style, and it varies from person to person.

Once students have completed the quiz, they should be able to determine if they are a “competitor,” “fitnessizer,” “socializer,” or “chillaxer.” Understanding where they fit amongst these athlete archetypes will help them better relate to physical activity as they complete the Challenge.

Next, complete the Classroom Scoreboard by filling in everyone’s name (you can pass it around for students to add their names while they are completing the quiz). Talk about your team (classroom) goal for minutes of physical activity over the next four weeks (simply multiply the number of students and teacher(s) x 60 minutes a day x 28 days). Reinforce the concept of accountability; everyone has to contribute to achieve the team goal.

Finish off with another physical activity break and record the minutes from both breaks on the Classroom Scoreboard.

**YOU CAN EASILY** keep track of students’ minutes by having them fill out the Weekly Minutes Logs in the back of the Game Planners. Collect the logs each week. Use them to help fill in the Classroom Scoreboard or to reward particular students for outstanding participation in a given week.