



American
Heart
Association.



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GAME PLANNER

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



NAME:

GRADE / CLASS:



**Welcome to the
NFL PLAY 60 Challenge!**

You have to play to win!

This Student Game Planner is the part of the *PLAY 60 Challenge* that is just for you. The National Football League and the American Heart Association want you and students all across the country to get physically active for at least 60 minutes a day, every day. 60 minutes a day might sound like a lot, but you don't have to do it all at once. A few minutes here, a few minutes there and – bingo – you've got your 60 minutes.

Use this Game Planner to keep track of your minutes of physical activity, your thoughts and your progress. The challenges and tips (along with active homework from your teacher) give you the activities that will add up to your 60 minutes or more of daily physical activity. The more you use the Game Planner, the more successful you'll be. Remember, the only way to win is if you play the game—and the *Challenge* is a game that everyone can win. Get moving and have fun!

Download the NFL PLAY 60 App!



Get active with the **NFL PLAY 60 App!** The app is a fun way to help get your 60 minutes of physical activity each day.

The **NFL PLAY 60 App** is available for free download in the App Store for iOS and in the Google Play store for Android.



What's Your *Way To Play*? Take This Quiz and Find Out

We all have different ways to play depending on the day, our mood, how busy we are and more. For most of us, there's one main **Way To Play** that's most in line with how we see ourselves being physically active. Take the quiz below and discover your main **Way To Play**.

For each question circle the answer that most represents you.

1. A really fun afternoon for me would include...
 - a. My team winning a championship game, followed by a pickup game just for fun
 - b. A jog in the park and then going to dance class
 - c. All my friends getting together for a picnic and a huge game of Capture the Flag
 - d. A good video game match and one of my favorite movies on the TV
2. If I were a PE teacher, gym class would be all about...
 - a. Being a better player, improving your skills, increasing speed and strength
 - b. Trying new sports and activities; one day I'd have scooter ball, the next day we'd learn some yoga positions
 - c. Letting the students choose and vote on cool, fun games to play
 - d. An "on-your-feet" video game tournament with your whole class
3. If it were my birthday today, I'd ask for...
 - a. Sports equipment
 - b. Membership to a gym
 - c. A huge party with all my friends
 - d. A video game

4. My parents most often have to remind me to...
 - a. Not leave my dirty cleats by the front door
 - b. Not listen to music when I'm walking the dog
 - c. Get off the phone
 - d. Let someone else have a turn on the computer
5. If I could design the room of my dreams, I'd...
 - a. Put in a full-size gym floor and lots of cool sports equipment
 - b. Have the floor open up to reveal a real pool underneath it
 - c. Have a combination bowling alley/ice rink for my friends to come over and play in
 - d. Have a real movie theater in my room
6. My favorite inactive activity is...
 - a. Charting the stats from my last few games or meets so I can see if I'm improving
 - b. Watching sports on TV that I might want to try someday
 - c. Chatting online with my friends
 - d. Reading a good book
7. My motto should be...
 - a. "Being a good teammate is when you try to sprint down a ball that everyone thinks is going out of bounds. But you go after it anyways and you get it." — Mia Hamm, widely considered one of the best female soccer players in history
 - b. "Talent gets you to a certain point, but it's what you do with it, how you handle it." — Brett Favre, former NFL Quarterback
 - c. "Of course, I want to be number one. But being happy and healthy is the most important thing." — Venus Williams, winner of seven Grand Slam singles tennis titles, redefined women's tennis with her athletic and strong style.
 - d. "Keep challenging yourself and only do it if you truly love it." — Tony Hawk, world-famous skateboarder
8. Pick a word
 - a. Excel
 - b. Confident
 - c. Laugh
 - d. Endeavor
9. When I'm at the beach with friends, you'll find me...
 - a. Swim racing against friends
 - b. Running barefoot in the sand – it's a great workout
 - c. Playing "Marco Polo" in the water
 - d. Building an awesome sandcastle village
10. When my PE teacher says that today we're going to be timed running the mile, I think...
 - a. I **have** to beat my last time
 - b. Cool!
 - c. How can I make a fun game out of this
 - d. I **want** to beat my last time

Add up how many "a" answers, "b" answers, "c" answers and "d" answers you had and read on to discover your active style on the next page. →

WAY TO PLAY

If you had more “a” answers than any other, then your **Way To Play** style fits most closely with the “Competitor.”

The Competitor: You’re all about improving skills, enhancing abilities, competing and the thrill of victory.

- You are likely to be a team member on one or more sports teams or involved in competitive events like marathon running. You’ve probably been involved in some form of athletics since you were a young child. You’re proud of your athletic achievements and feel a great sense of satisfaction and success when you see concrete improvements in your strength, speed, agility and/or skill level. Because of this, physical activity is a constant and natural part of your life. You might even feel off balance or incomplete when it’s not part of your day or week.

If you had more “b” answers than any other, then your **Way To Play** style fits most closely with the “Fitnessizer.”

The Fitnessizer: You’re all about keeping fit, getting more energy, releasing stress and trying new things.

- You are physically active simply because it makes you feel good, energetic, strong, confident and capable. Maybe physical activity also acts as a stress reliever for you. You might be a runner or enjoy walking long distances. Maybe you’re a yoga enthusiast. You like to try new activities and you feel confident when it comes to trying something new. You happily welcome the challenge and think it will be fun to add something new to your physical activity repertoire. You might feel off-center and sluggish if you go a few days without some form of physical activity.

If you had more “c” answers than any other, then your **Way To Play** style fits most closely with the “Socializer.”

The Socializer: You’re all about having fun, feeling good, playing with friends and making new friends.

- For you, being active is about the fun and the friends. That could mean getting the whole gang together for a game of Capture the Flag or trying out dance moves with your best friend. It’s a water balloon fight in summer and in winter you’re throwing the first snowball. You’re up for anything—be it Rock Band or Laser Tag. You don’t need fancy equipment because you’re happy making up games, using what you have around the house. You feel energized by fun and friends and might be having so much fun that you don’t even realize you’re staying active.

If you had more “d” answers than any other, then your **Way To Play** style fits most closely with the “Chillaxer.”

The Chillaxer: You’re all about chilling and relaxing on your own or with friends, but not necessarily actively.

- You spend time chilling out with a good book, surfing the Internet, playing video games or watching TV, but you might not have tried many physical activities. Will dance be your thing or will it be games with friends, a sport, maybe biking? Take the **Challenge** and let’s find out.

DATE:

DAILY CHALLENGE

Make Your Mark

Create a list of activities (mountain climbers, elbow to knee, step touches, etc.) that can be done in a minute.

♥ **For the Chillaxer:** Get up and complete each activity for a minute. Add fun music!

♥ **For the Socializer:** Ask friends to join you and take turns doing each activity for a minute. Count the number of reps your whole group does.

♥ **For the Fitnessizer:** Prior to moving, estimate the number of reps you can complete of each activity in one minute. Do your best to make the mark!

♥ **For the Competitor:** Challenge your friends to test their fitness. How many times can you do each activity in a minute? Who can do the most? Next time, try to increase your reps by 2.

DATE:

DAILY TIP

Quench the Thirst

When you wake up, you may be thirsty because you haven't had anything to drink for about eight hours. Start your morning off right with a glass of water to help wake you up and hydrate your body for the day ahead.

MONDAY

My In-School Activity Breaks: MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

TUESDAY

My In-School Activity Breaks: MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

WEDNESDAY

DATE:

My In-School Activity Breaks: MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

DAILY CHALLENGE

Abominable Abdominals

Find a partner and grab a ball! Get in the sit-up position and face your friend. Make sure your toes are touching. As you sit up, pass the ball to your partner.

♥ **For the Chillaxer:** Use a beach ball and tap the ball back and forth.

♥ **For the Socializer:** Sing the chorus to your favorite song while you pass the ball.

♥ **For the Fitnessizer:** Toss and catch the ball with your nondominant hand.

♥ **For the Competitor:** Challenge yourself to set a personal best for continuous passes without messing up.

THURSDAY

DATE:

My In-School Activity Breaks: MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

DAILY TIP

Crowd Out the Junk

When making your plate at meal time, first grab a large serving of healthy foods to crowd out the unhealthy items. Fill at least half of your plate with fruits and vegetables!

DATE:

DAILY CHALLENGE

Know Your Beat

Determine a course. You could use the perimeter of a playing field, a city block or the path around a playground. Use the timer on your phone and take your resting pulse for 10 seconds. Remember that number.

♥ **For the Chillaxer:** Walk a lap, stop and take your pulse again. Is it higher? See how many laps you can walk and maintain that heart rate.

♥ **For the Socializer:** Ask a friend to walk and talk with you. Take your pulse after each lap. What happens to your heart rate?

♥ **For the Fitnessizer and the Competitor:** Walk, jog or power walk four laps and take your pulse. Do this two or three times a week and see if your heart rate increases or decreases.

DATE:

DAILY TIP

Human-Powered Vehicles

Use active modes of transportation to get to and from school and friends' houses and while running errands with your family. Examples of active transportation include biking, skateboarding, rollerblading and walking. Be sure to wear bright colored clothing and a helmet.

FRIDAY

My In-School Activity Breaks: MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

SATURDAY
SUNDAY

My Weekend Activity: MINUTES

Total Physical Activity Minutes

Adult Sign-Off.....

MONDAY

My In-School Activity Breaks:

MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

DATE:.....

DAILY CHALLENGE

Passing Plates

Find a friend and a Frisbee™ and go to an open area.

♥ **For the Chillaxer:** Throw the Frisbee back and forth using backhand, sidearm and underhand. Try catching it on the tips of your fingers while it is still spinning on your fingers.

♥ **For the Socializer:** Find a few friends and estimate the number of times the group can catch and throw the Frisbee without letting it land in the grass. Catch creatively!

♥ **For the Fitnessizer:** Catch, throw and run the length of a field with your buddy. Cover as much ground as you can!

♥ **For the Competitor:** Throw the Frisbee downfield and race your partner to the landing spot. First one there throws the disc again. Count the number of times each of you throws.

TUESDAY

My In-School Activity Breaks:

MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

DATE:.....

DAILY TIP

Ditch the Wrappers

Choose snacks that do not come in paper or plastic wrappers, such as fruits (apples, bananas) or vegetables (carrots, snap peas), to keep you energized throughout the day.

DATE:

DAILY CHALLENGE

Tennis Without a Racquet

Find a ball that bounces and a tennis court, or create boundaries on any hardtop area with chalk. Don't think too big—you'll need to be able to cover the distance. The goal is to catch the ball before it bounces twice.

♥ **For the Chillaxer and the Socializer:** Throw the ball so that your partner can catch it without taking more than two steps in any direction.

♥ **For the Fitnessizer:** Throw the ball high into the air. When it's your turn to catch, run and touch a sideline or end line before catching the ball. See how many times you can do this without letting the ball bounce twice.

♥ **For the Competitor:** Keep the rally going as long as possible with lots of movement around the court. Don't make the tosses too challenging, but make your partner stretch to make some catches. Keep score to see who wins!

DATE:

DAILY TIP

Minimize Screens and Maximize Moves

Keep screen time to a minimum. When you do watch TV, move around during commercials. Alternate movement activities (running in place, jumping side to side) with strength activities (plank, side plank, push-ups) and stretching (seating forward fold, wide leg forward fold, butterfly stretch).

WEDNESDAY

My In-School Activity Breaks: MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

THURSDAY

My In-School Activity Breaks: MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

FRIDAY

My In-School Activity Breaks:

MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

SATURDAY SUNDAY

My Weekend Activity:

MINUTES

Total Physical Activity Minutes

Adult Sign-Off.....

DATE:.....

DAILY CHALLENGE

Action Charades

♥ **For the Chillaxer:** Create a list of action words (dance, run, jump, skip, etc.) and take turns acting out the movements while your friends try to guess what you are doing.

♥ **For the Socializer:** Have two or three friends on a team. Make a list of team sports and take turns imitating the sports while the other team tries to guess which sport you are playing.

♥ **For the Fitnessizer and the Competitor:** Make a list of fitness activities (weightlifting, stretching, bicycling) and play charades.

DATE:.....

DAILY TIP

Minute to Win It

When you're waiting for something in the microwave, use the time to do a wall walker (supported hand stand with face toward the wall) or wall push-ups to build upper body strength.

DATE:

DAILY CHALLENGE

Survivor Fitness Dash

Look around the park—how creative can you be? Create an obstacle course using the equipment and obstacles you see: park benches, picnic tables, curbs, trees, playground equipment, and grassy fields. Go over, under, around and through the obstacles.

♥ **For the Chillaxer:** Pretend you are a character in your favorite game, movie or video. Move like your hero and overcome the unconquerable.

♥ **For the Socializer:** Meet your friends at the park and work together to create a fun, active obstacle course. Complete the course while linking elbows.

♥ **For the Fitnessizer and the Competitor:** Practice completing the course and then time yourself. Try to beat your best effort!

DATE:

DAILY TIP

Active Chores

Make multiple trips to do one job or chore around the house. For example, take the laundry a few pieces at a time to the washing machine. If you have a pedometer, see how many steps you take to complete the task.

MONDAY

My In-School Activity Breaks: MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

TUESDAY

My In-School Activity Breaks: MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

WEDNESDAY

My In-School Activity Breaks:

MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

DATE:.....

DAILY CHALLENGE

Run, Roll and Throw like a Superhero

Even superheroes need to escape the attack! Run a short distance, then roll on the ground and then throw at a target.

♥ **For the Chillaxer:** You are in your element! Imitate your favorite superhero as he/she evades his/her archenemy. Come up throwing at a trash can or a tree.

♥ **For the Socializer:** Make this a social event. Take on the persona of superheroes and chase and dodge one another while trying to hit the target.

♥ **For the Fitnessizer and Competitor:** Add a higher challenge by rolling a ball at the person that he/she has to evade while running and rolling. Increase the risk by throwing to a teammate who is running across the field.

THURSDAY

My In-School Activity Breaks:

MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

DATE:.....

DAILY TIP

Have Positive Self-Talk

If you're not very physically active right now, don't be hard on yourself. Take small strides toward great health and talk kindly toward yourself every step of the way. Post a calendar on your fridge and put a smiley face on every day you are active as a positive reminder of your healthy choices.

DATE:

DAILY CHALLENGE

Frisbee Golf

Grab a Frisbee and get active! Go to a park and choose objects that you can throw at without damaging them.

♥ **For the Chillaxer:** Throw at your pre-determined targets and see how many different ways you can throw the object.

♥ **For the Socializer:** Get a group of friends together and play disc golf scramble. Each person throws his or her object, and as a group you decide which throw you like the best. Then all the others go get their objects and bring them to the best throw. Everyone throws again from there for the second shot and so on. Count the number of "best throws" to come up with a team score for each hole.

♥ **For the Fitnessizer:** Sprint to each of your shots; try not to rest before throwing again.

♥ **For the Competitor:** Invite some friends to join you in a friendly competition. Each person needs two discs. Throw one with each hand. Keep score and see who is most ambidextrous.

DATE:

DAILY TIP

Move While You Wait

While waiting for the school bus, try having active social time with friends. Walk up and down the sidewalk for 20 steps rather than remaining standing in one place.

FRIDAY

My In-School Activity Breaks: MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

SATURDAY SUNDAY

My Weekend Activity: MINUTES

Total Physical Activity Minutes

Adult Sign-Off.....

MONDAY

My In-School Activity Breaks:

MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

DATE:.....

DAILY CHALLENGE

Zombie Tag

Pick one person to be the zombie to start. The zombie tries to tag the "humans." If you are tagged, you become a zombie and try to tag the remaining humans. The last human left is the winner.

The humans may want defense to use against the zombies—for instance, foam balls or pairs of rolled up socks. If a zombie is hit with an object, he/she must freeze for the count of ten.

♥ **For the Chillaxer and the Socializer:** Make this game even more fun by dressing up as zombies.

♥ **For the Fitnessizer and the Competitor:** Keep track of the number of people you tag each game. The zombie with the most tags after three games wins!

TUESDAY

My In-School Activity Breaks:

MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

DATE:.....

DAILY TIP

Plan Healthy Activities

When making plans with friends for a party, gathering or school club meeting, plan to have fun physical activities as a part of the event. If food is going to be served, make sure it's healthy.

DATE:

WEDNESDAY

My In-School Activity Breaks: MINUTES

DAILY CHALLENGE

Scavenger Hunt

Ask a family member to make up a random list of items for you to collect.

♥ **For the Chillaxer:** Walk around searching until you have collected every item on the list.

♥ **For the Socializer:** Invite a friend over to work with you to collect all items or invite several friends and make two teams to see who can collect all the items first.

♥ **For the Fitnessizer and the Competitor:** Don't walk around collecting those items but run around collecting items until all are found.

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

DATE:

THURSDAY

My In-School Activity Breaks: MINUTES

DAILY TIP

Energy In, Energy Out

Being fit is not just about being physically active. It's also about eating right; give your body the fuel it needs so you have the energy to be physically and mentally active.

One way to eat healthier is to eat plenty of fruits and vegetables every day. To get started, make sure you have at least one fruit or vegetable at every meal.

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

FRIDAY

My In-School Activity Breaks: MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off.....

SATURDAY SUNDAY

My Weekend Activity: MINUTES

Total Physical Activity Minutes

Adult Sign-Off.....

DATE:.....

DAILY CHALLENGE

Use Your Noodle

Establish a throwing line. Find a pool noodle and throw it like a javelin. Take care not to cross the throwing line. If you don't have a pool noodle, get creative and create your own javelin or use any type of ball.

♥ For the Chillaxer and Socializer:

Take cumulative throws with one partner throwing the javelin first and the other partner throwing the second time. The score is the combined distance. If you don't have a tape measure, just count the number of steps to calculate distance.

♥ For the Fitnessizer: Throw your javelin as far as you can. Sprint to the landing spot, pick up your javelin and sprint back to the throwing line. Repeat this five times.

♥ For the Competitor: Play against others or play against yourself by trying to beat your previous throw.

DATE:.....

DAILY TIP

Give the Gift of Health

When giving gifts to family and friends for birthdays or holidays, consider giving physical activity themed gifts and be sure to include these gifts on your birthday list, too!

The background of the page is a decorative grid of squares in various shades of blue and green. The top section features a horizontal band of lighter green and yellow-green squares. Below this, the majority of the page is filled with a dense pattern of squares in various shades of blue, ranging from deep navy to bright cyan. The text is contained within a white rectangular area on the left side of the page.

Congratulations!

You've completed your last *Challenge* entry—but we hope it is only the beginning of a lifelong commitment to being physically active!

You can take the lessons and activities you've learned with you throughout the school year and beyond.

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