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TEACHER GUIDE



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INTRODUCTION

Welcome to the *NFL PLAY 60 Challenge*! This program educates and motivates upper elementary and middle school students to move more before, during and after the school day for at least 60 minutes every day. The *Challenge* encourages schools to create an environment conducive to physical activity.

The American Heart Association (AHA) recommends that children get at least 60 minutes of physical activity every day. We know that physical activity produces overall physical, psychological and social benefits, and that inactive children are likely to become inactive adults. Research also suggests a relationship between increased physical activity and improved academic performance.

By leveraging the AHA's health expertise and the NFL's commitment to physical fitness, we can achieve our goal of getting kids to be physically active for at least 60 minutes every day — with the help of educators like you.





Teachers play an essential role in getting students physically active, so we've provided this *PLAY 60 Challenge* Teacher Guide with classroom resources to help you get your students excited, engaged and active!

Inside this guide you will find:

- **Information about digital resources to help get students active**
- **Details on the four-week program and how to get students started**
- **How to promote the *Challenge* within your school in fun, creative ways**
- **How to incorporate physical activity into the classroom year round**
- **How to access core content lesson plans and worksheets**

The *Challenge* was developed to be a turnkey resource your school can ignite at any time of the year — it's not just reserved for the football season!

IMPLEMENTING THE NFL PLAY 60 CHALLENGE

As a teacher, you have an opportunity to impact your students' choices and actions. Your attitude will influence the attitude of your students, so plan to participate in physical activity with them and have some fun! Remember, all physical activity counts.

PRE-CHALLENGE: The Draft:

1. Review this "Teacher Guide" and make a game plan to implement the four-week *Challenge*. What physical activities will you incorporate into your classroom? How will you collect your students physical activity minutes? When will you conduct your four-week *Challenge*?
2. Assemble a team of teachers and administrators to serve as the *Challenge* leaders. Involve as many teachers as possible to serve as cheerleaders over the four weeks. Staff can help engage students in all classes, provide motivation and help track physical activity minutes.
3. Distribute the Student Game Planners and have students take the **Way To Play** quiz in the Student Game Planner. Begin assigning Physical Activity 'Homework' (pages 10-11) and introduce In-School Activity Breaks (pages 8-9) into classrooms.

WEEK 1: Kick Off the *Challenge*

1. Launch the *Challenge* and work to incorporate lesson plans and interactive curriculum resources into your classroom to reinforce the importance of living a healthy, active life.
2. Talk with students in your classroom about how you're going to track their minutes of physical activity by using the Classroom Scoreboard. Your team (classroom) goal is 60 minutes of daily physical activity per student every day.
3. Encourage students to download the **NFL PLAY 60 App** to help get their 60 minutes of physical activity each day.

4. Implement In-School Activity Breaks into classes and active Lesson Plans to accumulate minutes throughout the school day. Use the Student Game Planners and Classroom Scoreboard to track minutes.

WEEKS 2-3: Keep Up Momentum

1. Use the Student Game Planners, staff role models and resources to stay inspired.
2. Continue In-School Activity Breaks, active Lesson Plans and Tracking classroom minutes!
3. Communicate with parents to encourage physical activity at home.

WEEK 4: Final Tally and Celebration

1. Encourage a “final push” for students to accumulate at least 60 minutes a day.
2. At the end of the *Challenge*, tally total minutes for the school or participating classrooms and celebrate!
Plan an event or rewards for students. Consider a certificate ceremony to recognize student and staff commitment to adding daily physical activity and use the certificate provided in the materials. Consider recognizing students that achieved at least 60 minutes of physical activity a day for four weeks which is a total of 1680 minutes or 28 hours or more!

POST-CHALLENGE: Post-Season Maintenance

Make physical activity a year-round commitment for your school. Create a plan for all teachers to integrate physical activity on a daily basis. Here are a few ideas to get you started:

1. Incorporate five-minute physical activity breaks during the morning announcements.
2. Find areas of the school that everyone can use at the same time (make the gym available before, during and after school).
3. End each day with a few minutes of physical activity.

IN-SCHOOL ACTIVITY BREAKS

These 3-5 minute physical activity ideas can be used in any classroom to get your students moving. Get creative and come up with more of your own!

Here are some suggested movements you can use in the In-School Activity Breaks below:

Arm circles	Hops	Marches
Backstrokes	Jogs	Side shuffles
High knees	Jumps	Skips
Boxing shuffles	Jump rope	Ski-strides
Cross knee lifts	Jumping jacks	Soccer kicks
Dance steps—mamba, cha cha, chug, pivot turns	Jump squats	Squats
Freestyle swim strokes	Kick backs	Step touches
Gallops	Kicks—front, cross and side	Trunk twists
Grapevines	Lunges	Walks
Hamstring curls	Push-ups	Walking lunges

1 Day at the Stadium: Act like you are going to an NFL Stadium without having to leave the classroom! Get out of your car, walk through the turnstile, walk up stadium steps, squat at seat, team scores—signal touchdown and jump up and down, give 5 people a “high 5” since you won the game, walk down the stadium steps, walk through the parking lot, get back into your car. Repeat activity.

2 Rock, Paper, Scissors Leader: Students pair up and play Rock, Paper, Scissors. The winner of each pair becomes the leader and selects an activity listed in the chart above that both students perform. Students play best out of three with a classmate and then find a new partner to challenge. **Adaptation:** *Modify activities as needed for differently abled students such as arm circles, shoulder press or trunk twists.*

3 Juke and Jive: Line students up in groups of 5 or 6, facing forward, one behind the other—2 arms length apart. On the word “go” the last person in the line zigzags safely between teammates until he/she is at the front of the line. Once the student gets to the front of the line he/she says “go” and the new person at the end of the line zigzags to the front of the line. Repeat until the first runner is at the starting point—back of the line. First group to finish is the winner. Extend activity by having each student go through the line twice.

4 Stadium Seat Moves: Students do the following moves while seated in their chair: the rumble (stomp feet on floor as quickly as possible), pretend to throw five penalty flags, YMCA (make letters with arms), shoulder shrugs, extend legs in front, pass popcorn down the row, wave at the camera with both arms, nervous fan (cross one ankle over the opposite knee, alternate 10 times).

5 Line Change: Form groups of 3 and stand in a line facing forward. When you call out a command (down, set or hike), have the students change positions: Down = first and last person change positions; Set = first person goes to the end of the line; Hike = all three students turn and face the other direction. Challenge the students by calling out commands quickly.

6 Countdown: Students form pairs; designate Student A and Student B. Partners decide on an activity they will perform. Student A performs the activity 5 times and then student B performs the activity 5 times. Student A then performs the activity 4 times, followed by student B performing the activity 4 times. Students take turns performing the activity until they countdown to one repetition. Repeat with another activity.

7 Flag Frenzy: Students jump forward, backward, to their left or to their right when given a directional command (e.g., north = forward; south = backward; west = left; east = right). Challenge students and have them jump in the same direction as the command, but say aloud the opposite direction (e.g., if north is called, students jump north but say south). **Adaptation:** Students are seated and can use flags, scarves, their arms or feet to point in the directions given.

8 First Downs and Touchdowns: Challenge students to see if they can correctly follow a pattern of touchdowns (jumping jack with wide stance) and first downs (jumping jack with feet together). Arms should follow usual jumping jack pattern of up-down-up-down. Call out the following sequence: First Down, Touchdown, Touchdown, First Down, Touchdown, Touchdown, First Down. Repeat and change the sequence. Adjust the length of the sequence and how fast it is called out to meet all students' needs. **Adaptation:** If students need to remain seated, have them use their arms to make the first down (arm pointing straight in front of body) and touchdown (both arms extended above head) signals.

9 Times Table Jump: Students pretend to jump rope while saying in unison the Multiplication 12 Times Table corresponding to the rhythm of jumping rope. **Adaptation:** Students lift their feet and/or arms in unison instead of jumping.

10 Higher/Lower: One student comes to the front of the room. The teacher writes a 3-digit number on the board behind the student so he/she can't see it. The student calls out a number while marching in place. The remainder of the class marches in place until the number is called out. If the number is too low, the class jumps up and down (guess higher). If the number is too high, the class squats (guess lower). When the correct number is identified, select a different student to come to the front and repeat.

DO YOU KNOW how to tell if you and your students are getting moderate to vigorous physical activity? It's pretty easy — if you and they are breathing hard and sweating, your hearts are pumping!

PHYSICAL ACTIVITY 'HOMEWORK'

Participating in the *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.

- 1 PLAY 60:** Get active after school with the NFL PLAY 60 App! Search for and collect players, play mini-games to train and strengthen your collected players and compete in a football-themed strategy game using your players. Challenge your family and friends to see who can get the highest score in the game.
- 2 Be a Biathlete:** Draw a chalk target on your driveway (or use a bucket or box) and designate a throwing zone. Run, skip or bike around a set course and stop at the throwing zone. Use newspaper balls to throw at your target, three throws per round. How many balls can you get on/into the target in five rounds? **Adaptation:** *Perform movements while in a stationary position (pretend to climb a ladder with your hands or stomp your feet in place) for 15-30 seconds before taking your throws.*
- 3 A Family Affair:** Help mom, dad, or a neighbor mow the lawn, pull weeds or trim bushes. This can be seasonal, too. If it is fall, rake the leaves making sure to place them into the appropriate garbage. In winter, you can help shovel snow or clean the snow off your parent's car. During the spring, you can help plant flowers or a fruit/vegetable garden.
- 4 A-Z Activity Challenge:** Complete one activity for each letter of the alphabet, e.g. H = handstand or hopping, U = crawl under something, Z = run in a zigzag line around the outside of your house. **Adaptation:** *If you are doing this activity with another person, each person can do a different movement for a given letter (e.g., one person may perform a warrior pose for the letter W, while the other might walk on his or her tip-toes).*
- 5 Fish Bowl:** Everyone in the family writes down a physical activity that all family members can participate in on a piece of paper. Fold the paper and place in a bowl. Every day one family member pulls out a piece of paper and the family participates in the selected activity. **Adaptation:** *Choose activities that everyone can participate in.*
- 6 Walk it Out:** Visit a zoo, arboretum or an aquarium where you can walk around while learning as part of a research project.
- 7 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 Drew Brees passed for 300 yards, Lamar Miller ran for 125 yards and Larry Fitzgerald had 100 receiving yards, you would jog in place a total of 525 steps.

8 Sports Count: Participate in a sporting event and calculate the statistics of the game as a math activity (football, soccer, tennis, etc.).

9 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 four 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 his or her heart rate was for the four 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.

10 TV Challenge: Make up a 'workout routine' to perform during commercial breaks (short 2-3 minute circuits of 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 one 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 five repetitions.
- Lay on your back and write your first name in the air with your toes.
- Switch legs and write your last name.
- Three 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. Do 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.
- Get into a push up position and hold for 20-30 seconds.

Additional Resources

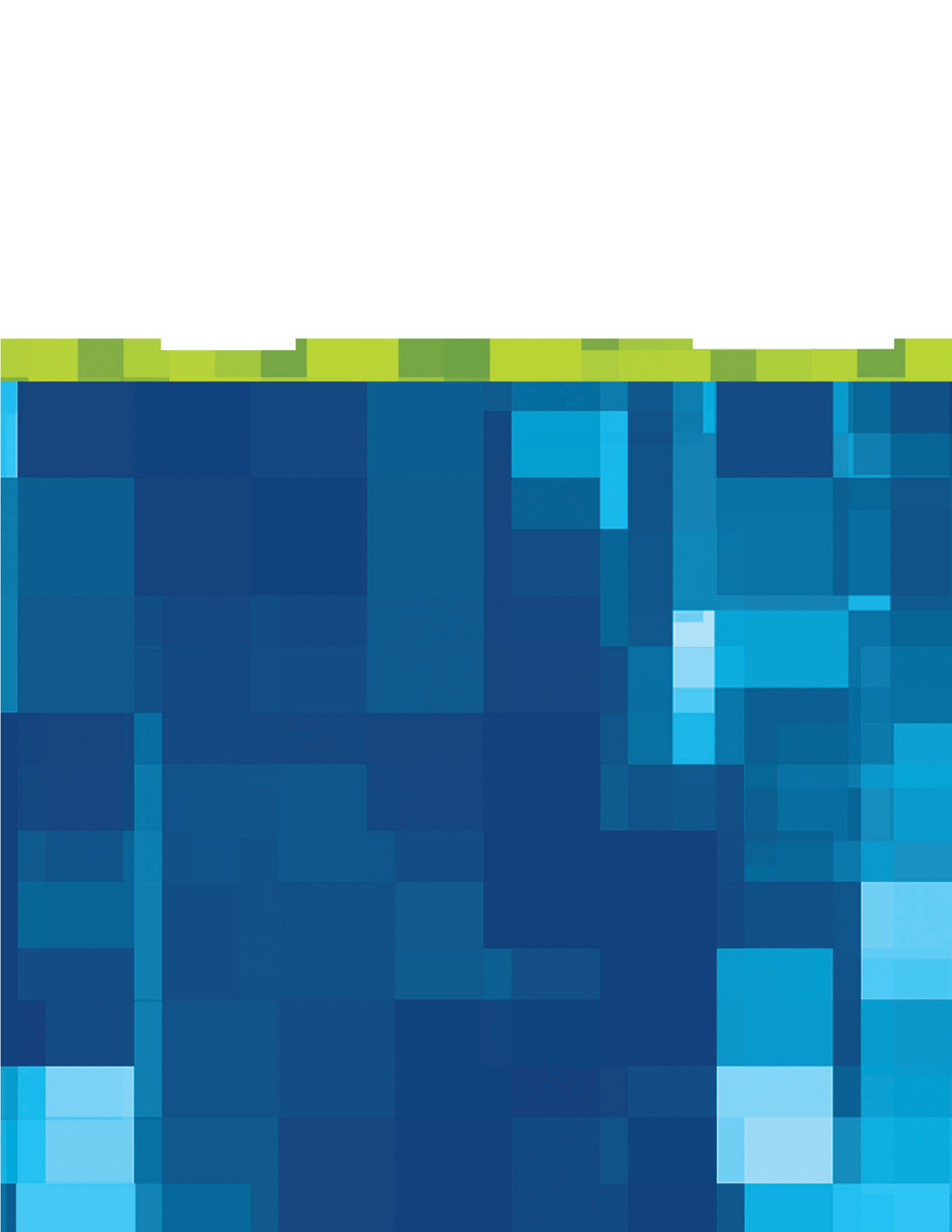
Check out heart.org/NFLPLAY60Challenge and aha-nflplay60challenge.org to receive FREE access to additional *Challenge* tools and resources.

- Use the interactive curriculum resources with your students to reinforce the importance of living a healthy, active life.
- Watch training videos with great tips and ideas for implementing the *Challenge* and the In-School Activity Breaks in the classroom.
- Download interactive Lesson Plans and physical activity resources.
- Find resources to help support your school in making physical activity a year-long commitment and priority.
- Encourage students to download the **NFL PLAY 60 App** to help get their 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.



- Check out physical activity videos featuring NFL players, virtual field trips and a digital exploration for students.
- Encourage families to incorporate physical activity at home with fun family activities and videos.



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