



## Index of Plays

The index of Plays allows you to search for specific plays, general plays, such as healthy eating, and makes it easy for you find exactly what you are looking for! Check in with your Program Advisor so you can print off Plays and use them to help you create your Challenge submissions, use them in the classroom and at home!

### Healthy Eating Plays

give you and your friends ideas for breakfast at school, cafeteria makeovers, taste tests and ways to learn about delicious foods to keep you eating healthy.

### Physical Activity Plays

give you and your friends ways to get active before, during and after school. You can find fun ideas for in-class activity breaks and the NFL Play 60 program that makes being active easy and fun!

### Kickoff and Promotion Plays

help you and your friends spread the word about Fuel Up to Play 60 and encourage everyone to be a part of the program.

## Healthy Eating Plays: (1 of 3)

### Breakfast in the Classroom

Organize a program to provide nutritious, easy-to-eat breakfast foods to be offered to students during class. Help students get a good start to their day with a nutritious breakfast!

### Breakfast Picnic

Set up an inviting breakfast picnic area that students can visit before school or between periods. Choose a convenient location and offer nutritious and tasty choices that can encourage students to make healthy choices throughout the day.

### Taste (Test) a Rainbow

Hold taste test activities that highlight all the colors of foods, such as fruit or vegetable rainbow days. Have students sample foods and vote on their favorites. Use the results to create a rainbow poster highlighting the foods and their benefits.

### The Power Behind the Play

Use this milk-focused Play to help make the connection between the healthy benefits of low-fat and fat-free dairy foods and physical activity.

### Super "Bowl" Party

Hold weekly or monthly super "bowl" parties with different ready-to-serve nutritious snacks or cereals served in bowls. The ready-to-serve snack bowls can be sold to cover costs, with advertising throughout the week to help increase sales of these tasty treats.

### If You Ask Them, They Will Eat

Work with the school nutrition staff to start a campaign of simply asking students if they want specific nutrient-rich foods. Preliminary research suggests that by simply asking students the question at the time they're coming through the line, their consumption of the prompted food item goes up!

### Big Game Training Table

School sports are a great way for students to be physically active, and they're a great way to highlight healthy eating. It is important to get the right nutrients for physical activity; additionally, after a vigorous workout like a practice or a game, athletes need to hydrate. Work with your school's athletic director or coaching staff to plan some pregame or post-workout "fuel up" offerings. Display the U.S. Department of Agriculture's MyPyramid posters that show nutrient-rich foods we can consume— both on and off the field!





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### Healthy Eating Plays: (continued 2 of 3)

#### Milk Mustache Booth

Host your own “milk mustache” photo booth, then post pictures of students with milk mustaches on your school website. Pass out materials that highlight the benefits of low-fat and fat-free dairy foods in students’ diets and let students sample dairy foods!

#### Taste Test Days

Organize a series of “taste test” days to have students try different nutrient-rich food options. Have students test nutritious items already on the menu—and organize taste tests of new options that might be added to the menu.

#### Cafeteria Culture

Create monthly themed cafeteria decorations, highlighting the nutritious food choices available. Incorporate cultural themes based on your school’s population to get everyone involved.

#### Taste Test Breakfast

Organize a series of breakfast “taste test” days and invite students to try different healthy breakfast food options. Encourage all students to make healthy eating choices in the morning – every morning!

#### Menu Makeover

Redesign the menus and signs in the cafeteria to highlight the nutritious food options and promote making healthier eating choices during school.

#### A Little Paint Can Go a Long Way

Give your cafeteria a facelift with a new paint job by forming a team to repaint the walls or holding a contest for students to create a healthy lifestyles mural. Show your school what a nice dining experience they can have while eating healthfully!

#### Plenty of Time ... to Eat?

Work with your school leaders to find ways to increase lunch periods, adjust the schedule and rethink the cafeteria culture so students can relax, socialize and have adequate time – at an appropriate time – to eat a well-balanced, nutrient-rich lunch.

#### In the “Hot” Seat

Create a “bistro” seating section in the cafeteria with inviting tables and chairs and let students make reservations as a reward for making progress in healthy eating and physical activity habits.

#### Point-of-Purchase Promo

Make and place signs to highlight the nutrient-rich options in your cafeteria serving line. Working with the school nutrition manager, “rename” healthy foods on the menu so they are more appealing to everyone at your school. A simple renaming of foods can make these options more appealing and can make more students want to eat them!

#### Salad Bar Tryouts

Work with students and the school nutrition manager to design and create a salad bar in your cafeteria. Use student input to ensure you include choices they will eat. Hold “salad bar tryouts” to help select the right foods. If you already have a salad bar, hold tryouts to see what might be more popular than what is already there!

#### Raise the [Food] Bar

Work with your School Nutrition Director to create some fun healthy eating promotions designed to expose students to nutrient-rich foods they might not otherwise try. Feature a different promotional “bar” once every month, and highlight the nutritional value of the foods offered.





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### Healthy Eating Plays: (continued 3 of 3)

#### Grab-n-Go Breakfast

Organize a Grab-n-Go Breakfast Station at a high-traffic location in school where students can get breakfast before school—or an event such as a “last chance breakfast” break after first period to make breakfast a fun, fast option for everyone!

#### How Many Can You ...?

Hold contests to see which classroom or grade level can eat the recommended number of servings of nutrient-rich foods from the food groups including fruits, vegetables, whole grains and low-fat or fat-free dairy foods, every day for a month. Highlight the food of the month and give classroom rewards for those who “win” or all who reach their goal.

#### Recipe Contest

Hold monthly recipe contests for new breakfast or lunch items and build students’ interest in making healthy eating choices. Have everyone taste test the entries and ask the school nutrition professionals to put the winners on the menu for a week or longer.

#### Build Your Own Shake-Up

Add a “Build-Your-Own Shake Up Bar” in your school cafeteria, encouraging students at your school to try new smoothie combinations. Encourage students to drink nutrient-rich low-fat or fat-free dairy and fruit smoothies – and to improve their healthy eating habits every day.

#### A Hero’s Breakfast

Promote healthy breakfast choices by hosting a monthly “hero’s breakfast” for invited community heroes or celebrities, such as firefighters, policemen, good Samaritans, sports figures or other personalities. Encourage more students in your school to enjoy breakfast regularly and get a good start in the morning!

#### Drink Milk and Recycle

Did you know that students who eat or drink more dairy foods get more nutrients in their diets and have improved bone health? In addition to calcium, milk, including flavored milk, contains eight other essential nutrients that can help you fuel your day. One proven way to increase milk drinking among students is to offer it in plastic bottles (instead of cardboard cartons) in a variety of flavors and at a nice cold temperature everyone enjoys. Use this two-part Play first to help advocate for service of milk in plastic containers (if your school does not do so already), at the right temperature – and second to build awareness about the benefits of recycling those plastic bottles

#### Vending Revamp

Work with your school leaders to reorganize vending machines in your school. Move the machines with nutrient-rich options to high-traffic areas. Then move the healthier choices to eye level in the machines – or better yet, get the less healthy choices replaced with healthier options!



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### Physical Activity Plays: (1 of 2)

#### Family Fitness Challenge

Challenge students to see how many family fitness activities they can participate in with a family member or caretaker throughout the school year (or a shorter timeframe). Send home ideas through the parent newsletter or in a separate flyer, and put up classroom or school-wide bulletin boards where students can record their participation. Make physical activity a family focus throughout the year!

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#### Activity Zones

Create activity zone areas on the playground (or in the gym), designated for specific types of activities. Use cones and signs to identify each zone and the activities that will be done there. Set up areas and activities that can make the most of the space you have! Change the zones and activities every couple of weeks.

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#### Pre-Class Lap Run

Organize a morning running club to get students (and teachers) revved up for the day. Create a time and place for students to run a few laps before school starts.

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#### Get Into Intramurals

Organize intramural sports games either at school or in your local parks. Encourage families to participate.

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#### Make a Case for Quality P.E.

Is your school offering P.E. to all students every day? If not, work with your school's P.E. staff, athletic director, administration and parent organization to try to implement what the National Association for Sport and Physical Education calls Quality P.E. Programs.

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#### Walk/Bike-to-School Program

Walk/bike-to-school programs make it possible for students to walk or bike to school accompanied by an adult chaperone. By giving students active and safe routes to school, walk/bike programs create a fun and physical activity-promoting part of everyone's daily school routine.

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#### After-School Drills and Skills

Work with existing after-school clubs or programs to implement some NFL-provided drill and skill activities to add some fun to the after-school period. These activities are a great way both to add interest to an after-school program and to increase everyone's activity levels.

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#### School-Wide Walk It! Club

Work with existing after-school clubs or programs to implement some NFL-provided drill and skill activities to add some fun to the after-school period. These activities are a great way both to add interest to an after-school program and to increase everyone's activity levels.

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#### Lunch Break

Get students active during lunch by having everyone get up and take a short 3- to 5-minute activity break each day. Add some fun by making contests out of the activities. Encourage your whole student body to track these physical activities to see their own progress!

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#### Fitness [not Fire] Drills!

Work with your administration to implement fitness fire drills. When a "fitness drill alarm" sounds, everyone stops what they're doing and participates in 3-5 minutes of physical activity. Do these twice a day for a week, and then make it random throughout the year.

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#### Learning the Moves

Work with teachers and the administration to set up dance video games in classrooms or in a designated area of the school. Make the mats available during special times during the day or set up a way for students to earn time using them.





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### Physical Activity Plays: (2 of 2)

#### Culture Dance Club

Start an after-school dance club to teach students different dances representative of your school community's cultures—or new ones. Help students and teachers learn about the varied dances of the world while they're also getting in some great physical activity!

#### Create Your Own Fitness Center

Work with your school leaders to find a classroom or space that is not being used and create a fitness center that can be used by students and teachers before, during and after school. Show students and the whole community that physical activity is a valuable part of your school's day!

#### Monthly Physical Activity

Organize a monthly activity challenge for students and staff, incorporating physical activities that can be done in short bursts and challenging the whole school community to see who can complete all the activities on the calendar. Challenge students to increase their physical activity!

#### In-Class Physical Activity Breaks

Encourage students to stay active by sneaking in short physical activity breaks during the school day. With guidance from your school's P.E. teachers, have classroom teachers include 3- to 5-minute breaks for fun and creative physical activities during class.

#### NFL PLAY 60 Model Teachers

Organize a friendly teacher competition using the NFL PLAY 60 Challenge for teachers to track their physical activity and post it on a school bulletin board for students to see! Ask teachers to participate as a starter activity or to complement their use of the NFL PLAY 60 Challenge with students.

#### You'll Love Yoga

Work with your physical education department or a local fitness center to start a yoga class (or other fitness class) at your school either before or after school. Help students get a good start (or end) to their day with a calming, but energizing workout!

#### NFL Flag Football

Start an official NFL Flag Football league (or recruit teams from your school to join if one exists) in your area. Flag Football is a great way to get students—both boys and girls—involved in a fun physical activity that will really keep them moving!

#### After-School Fun Fitness

Use Action for Healthy Kids' Game On! The Ultimate Wellness Challenge After School: Fun Fitness Activities to create easy-to-implement fitness activities that can be modified to fit the number of participating students and the availability of equipment.

#### Stop and Go Signs

Place "point-of-decision" prompts around the school that encourage everyone to get active. These signs or posters remind students (and adults) to take advantage of every opportunity to be active. Encourage students to increase their physical activity!

#### NFL Player Challenges

Organize a weekly NFL Player Challenge contest in which students complete physical fitness challenges demonstrated by NFL players. Have students see how many challenges they can finish and share on FuelUpToPlay60.com!





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### Kickoff and Promotion Plays: (1 of 2)

#### Trivia Challenge!

Promote healthy eating by holding lunchtime trivia competitions at your school. Provide rewards for contest winners and promote interest in Fuel Up to Play 60 in your school.

#### Guest Speaker Series

Contact local hospitals, businesses and other community organizations to tell them about Fuel Up to Play 60. Ask if they will send representatives to your school to learn what you're doing and help everyone reach their goals by speaking to them about healthy lifestyles.

#### Lunch Time Launch!

Launch your school's participation in Fuel Up to Play 60 by setting up your cafeteria with promotional materials that get everyone interested. Encourage students to sign up and track their own healthy eating and physical activity.

#### Pull in the PTA/PTO!

Share your ideas about Fuel Up to Play 60 with your school's local parent-teacher organization to build support, and a volunteer base, for your program. Your school's PTA or PTO can be a valuable resource for event planning, soliciting community donations and more. Encourage them to support their children in meeting Fuel Up to Play 60 goals both in and out of school!

#### Kickoff Pep Rally

Spark your school's interest in the Fuel Up to Play 60 program by planning a pep rally that introduces the program and all its benefits. Encourage students to sign up and take the Fuel Up to Play 60 Pledge.

#### In the News

Create and submit to your local news stations a news video or documentary about the healthy eating and physical activity programs that students in your school are doing—and how they are helping to earn rewards for your school. Include information about Fuel Up to Play 60 that encourages other students and their families to join and start tracking their own activities.

#### School and Community Health Fair

Host a community-wide health fair to highlight the importance of healthy eating and physical activity. Through presentations by local health and fitness professionals, fun physical activities and healthy eating opportunities, help students, teachers and families in the community learn how they can improve the healthy eating and physical activity both at school and at home.

#### Fuel Up to Play 60 Poster

Promote participation in Fuel Up to Play 60 by organizing a poster contest for each class or grade level. Students will create posters that highlight what they will do to meet Fuel Up to Play 60 goals and earn rewards for their school in the Fuel Up to Play 60 program.

#### Suit Up Your School

Organize a team to put up the Fuel Up to Play 60 promotional materials around your school. Fire up interest in Fuel Up to Play 60 and encourage everyone at your school to sign up and participate in healthy eating and physical activity opportunities.

#### Kickoff Pep Rally Plus!

Plan a Fuel Up to Play 60 kickoff pep rally that includes the opportunity for students to sign up for Fuel Up to Play 60, start improving their healthy eating and physical activity behaviors and participate in the Fuel Up to Play 60 Plays and Challenges. Include student-created skits about healthy eating and physical activity as the main event.





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### Kickoff and Promotion Plays: (2 of 2)

#### Opinion Makers

Meet with your local newspaper editor and share what your school is doing to become healthier. Highlight students' efforts in improving their healthy eating and physical activity habits and their progress to earn rewards for your school in the Fuel Up to Play 60 program. Then convince the editors to write an editorial to build awareness and support in the community for Fuel Up to Play 60!

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#### Monthly Mini-Promos

Plan a year full of monthly-themed activities that highlight and promote healthy eating and physical activities.

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#### Family, Food and Fitness Day

Host a family day picnic to highlight the importance of healthy eating and physical activity. Through fun physical activities and healthy eating opportunities, help families learn how they can eat and play together in a healthy way.

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#### Healthy Eating and Physical Activity News Flurry!

Create a media blitz about Fuel Up to Play 60 and its goals. Promote the program in a variety of ways and let the community know how students are helping their school earn rewards in the Fuel Up to Play 60 program by improving their healthy eating and physical activity habits.

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#### Fuel Up to Play 60 Morning Comedy Club

Work with your school's television production or drama classes to create a series of skits that highlight the Fuel Up to Play 60 program and your school's goals. Present the skits during morning announcement time and motivate students to participate in the Fuel Up to Play 60 program!

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#### Parent Newsletter

Create a parent/family newsletter that outlines the goals of Fuel Up to Play 60 and highlights what you are doing. Let parents know how students in your school are improving their healthy eating and physical activity habits to earn rewards in the Fuel Up to Play 60 program, so they can encourage their kids to participate too.

