

FUEL UP TO Play 60



P.E./Health Teachers:

Welcome to Fuel Up to Play 60!

You can engage students to make healthy choices that can help them succeed!

Fuel Up to Play 60 is a nationwide program designed to help students, working with adults, make themselves and their schools healthier.

This program puts students in partnership with the key adults in their schools who can help — and THAT'S YOU.

Fuel Up to Play 60 provides tools, incentives, resources and rewards to help students improve the healthy eating and physical activity environment in your school. By helping to make positive change in these areas, you may find students are more prepared to learn in your classrooms and achieve on your sports teams!



Learn more ...





Fuel Up to Play 60 in Six Easy Steps

How does this work? What's my role? Why me?

These may be questions you're asking — well, we've got answers. Working with your school's Fuel Up to Play 60 Program Advisor, you can play a key role in helping students improve their healthy eating and physical activity habits. The key steps are outlined here to help you get involved and work in partnership with your students and other adults, to help them reach their goals and create a healthier school. You can participate in a lot of ways, helping at each step along the way or jumping in when it makes the most sense for you. Here's how it works — and some key actions that YOU, as a P.E./Health Teacher can take at each step to help:

1. Join the League and Suit Up

If you haven't already, go to FuelUpToPlay60.com and sign up so everyone knows you are part of a Fuel Up to Play 60 School.

When you register, your personal Dashboard will keep you informed of who's involved and how your school is doing overall.

2. Build Teams and Draft Key Players

Encourage students to take part in the planning and implementation of Fuel Up to Play 60 activities.

Attend a Fuel Up to Play 60 planning meeting to see how you can help.

Help shape students' attitudes about being physically active and eating healthfully.

3. Kickoff!

Work with students to spread the word schoolwide about Fuel Up to Play 60.

Help students pass out stickers, flyers and other promotional materials.

Attend the Kickoff event with students and encourage them to participate in the Fuel Up to Play 60 Challenges.

4. Survey the Field

Participate in the School Wellness Investigation and lend your expertise to the Physical Education/Physical Activity section.

Encourage students to share their opinions in the Fuel Up to Play 60 online Student Polls and see how your students' answers compare to others' nationwide.

5. Game Time!

Collaborate with students and the Program Advisor to help students select and implement Healthy Eating and Physical Activity "Plays."

Motivate students to participate in the Fuel Up to Play 60 Challenges.

Help students set up friendly class-to-class or student-to-adult healthy eating or physical activity competitions.

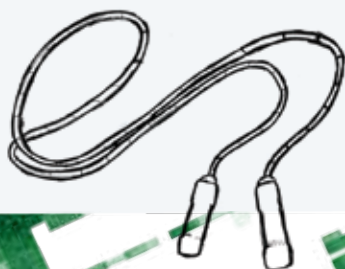
Be a role model!

6. Light Up the Scoreboard!

Celebrate successes in your school!

Encourage students to share their accomplishments. Go to FuelUpToPlay60.com and post success stories, pictures or videos.

Create a "Wall of Fame" in the gymnasium, highlighting achievements of individual students, classes and the school as a whole.





How Can I Best Support the Program?

As a P.E./Health Teacher, you have the expertise and experience to influence students' choices both inside and outside of school. You can provide content expertise and guidance to teams of interested students, integrate nutrition education and physical activity information in your classes and participate in activities to demonstrate your commitment to the long-term health of students and schools.

Through Fuel Up to Play 60, and other wellness initiatives, you're the person who can:

- **Elevate the importance of school wellness.** Actively participate in the ongoing development, implementation and evaluation of your school's wellness efforts. Communicate the importance of a healthy lifestyle to parents, faculty and students, through classroom activities and in the broader school community.
- **Involve students in Fuel Up to Play 60!** Encourage students to participate in Fuel Up to Play 60 Challenges and promotional events. Organize friendly competitions with colleagues and students — you have a chance to earn rewards for the classroom, while providing a great example to students! Help the Program Advisor by supporting a team of interested students in implementing one of the Healthy Eating or Physical Activity Plays.
- **Promote, promote, promote.** Promote the incorporation of nutrition education and physical activity breaks into classrooms. Promote quality physical education, support daily recess and communicate the importance of being physically active for at least 60 minutes a day.

Why Healthy Schools?

Evidence shows that healthy eating and physical activity can contribute to higher levels of student achievement:

- Better nutrition helps students get the nutrients they need and may help improve academic performance. Also, eating breakfast may help students improve their test scores and school attendance.
- Being physically active may help students improve self-esteem, cognitive function and test scores. Experts recommend at least 60 minutes a day for youth.

Helping students prioritize healthy eating and physical activity may help them perform better in school and can contribute to their long-term health.

Why Fuel Up to Play 60?

Fuel Up to Play 60 was launched by National Dairy Council®, your local Dairy Council and the NFL. The U.S. Department of Agriculture has also joined the effort to encourage students to get involved in making positive, healthy changes in their schools.

Working with adults, students can play a key role in helping to increase both access to appealing, nutritious foods and opportunities for physical activity.

Fuel Up to Play 60 provides action ideas, resources and schoolwide incentives and rewards for making these healthy improvements.



What does Fuel Up to Play 60 have for you?

Fuel Up to Play 60 is about taking action. There are resources available — including rewards, recognition and funding — that can help you and your students make positive, long-term change in your school. For P.E. and Health Teachers in particular, you'll find:

- An interactive Playbook with Healthy Eating and Physical Activity Plays — a collection of strategies that can be implemented in whole or in part within your daily classroom routine. There are ideas for implementing Physical Activity Plays before, during and after school as well as ideas for creating special places in school where kids can be physically active.
- Fuel Up to Play 60 rewards, incentives and funding opportunities for you to make healthy changes for and with your students.
- Links to partner and supporter resources that can help you with teaching materials and provide ideas to share with others.



Check out these great ideas and resources that you can use right now to get started!

- **Why and How to Play 60:** This handout can help students understand how physical activity can affect their bodies and minds and give them ideas how they can fit at least 60 minutes a day into their routines!
- **In-School Activity Breaks:** Share these ideas with classroom teachers to get kids active in the classroom. Brief physical activity breaks (as little as five to twenty minutes) before or during class may have a positive effect on learning! Host a training lunch with classroom teachers to show them how easy it is to implement these activity breaks!
- **Physical Activity Extra Credit:** Show students that you value their health. Have them complete some of these activities for extra credit or find ways to fit the ideas into your lessons!



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National Football League. NO PURCHASE NECESSARY. Many will enter, few will win.