



# Be A Playmaker

Grades 8-11 Activity  Reproducible Master

Eating a healthful breakfast and getting at least 60 minutes of physical activity each day is key to designing your own winning playbook. For example, did you know —

### Students who eat school breakfast every day:

- ✓ Perform better on standardized tests in spelling, reading, and math
- ✓ Show improved cognitive function, attention, and memory
- ✓ Have improved attendance, behavior, and academic performance as well as less tardiness
- ✓ Are healthier and have a lower probability of obesity

### And students who engage in at least 60 minutes of physical activity each day:

- ✓ Show improved overall health
- ✓ Are more focused in the classroom
- ✓ Have better memory and cognition skills



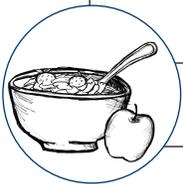
**Fuel Up to Play 60** is an in-school nutrition and exercise program launched by the National Dairy Council and the NFL, in collaboration with the U.S. Department of Agriculture, to help encourage today's youth to lead healthier lives. You can help bring the program and its benefits to your school!

**Part 1:** First, check out this year's **Fuel Up to Play 60** Playbook at [www.fueluptoplay60.com/playbooks/next-seasons-playbook](http://www.fueluptoplay60.com/playbooks/next-seasons-playbook). Click on the *Breakfast for Everyone* play and read about the three plans for enjoying breakfast "after the bell" at school: *Breakfast in the Classroom*, *Breakfast After First Period*, and *Grab and Go Breakfast*. Then, explore the physical activity "plays" listed in the playbook (the ones with blue headings).

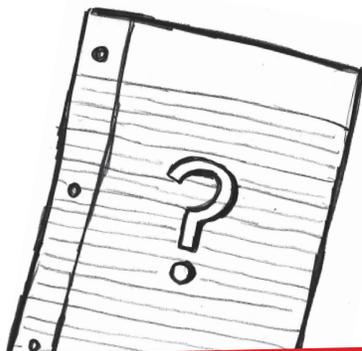
Choose one of the three options for the breakfast play, and one physical activity play. Write them in the spaces below, and then use the other spaces to brainstorm ideas for why these plays should be part of the **Fuel Up to Play 60** program at your school.

### Design Your Own Winning Playbook

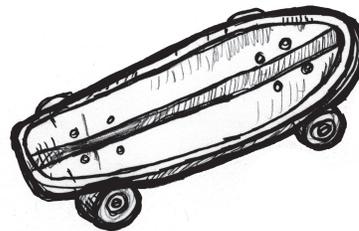
Breakfast Play:	Physical Activity Play



**Part 2:** On the back of this sheet, write a persuasive paragraph, a blog, a school announcement, an online campaign, or an assembly rap designed to promote your choices and the adoption of the **Fuel Up to Play 60** program at your school.



**Part 3:** Get involved! Visit [www.fueluptoplay60.com/get-involved/students](http://www.fueluptoplay60.com/get-involved/students) to find out how you can help the students at your school be at the top of their game! As a first step, on a separate piece of paper, design a poster to promote the **Fuel Up to Play 60** program. Make sure it includes why eating breakfast and exercising each day is so important for your body and mind.



**Get in the Game!** Find out how to join at [www.fueluptoplay60.com/join](http://www.fueluptoplay60.com/join).