

## Dear Educator,

Give your students a break—a movement break, that is! Studies show that 60 minutes of physical activity each day can help improve weight status, improve cognition skills, and reduce risk of depression.\*

*Fuel Up to Play 60* can help with that. This free program from the National Dairy Council and the NFL, in collaboration with the USDA, provides schools with a game plan to promote balanced nutrition, beginning with a healthy breakfast, and gets students moving for 60 minutes each day.

The American Dairy Association North East (ADANE) has teamed with the curriculum experts at Young Minds Inspired to help you make *Fuel Up to Play 60* the foundation of your school's wellness program throughout the coming semester. Every two weeks, you will find a new lesson plan for grades 9-12 at [ymiclassroom.com/futp60](http://ymiclassroom.com/futp60) with activities that promote balanced nutrition and daily physical activity.

This week's lesson plan focuses on the importance of daily physical activity and the benefits it provides the mind and body. Students will track and analyze their physical activity and brainstorm ways they can make movement even more fun. The activities can be completed by students at home or in the classroom, and include ideas for engaging students' families in your school wellness program as well.

We hope you will share these materials with your principal, health teachers, family and consumer science teachers, athletic directors, coaches, parent coordinators, and anyone else who works with middle school students in your community. Please let us know your opinion of this year's *Fuel Up to Play 60* program by visiting [ymiclassroom.com/feedback-futp60](http://ymiclassroom.com/feedback-futp60). We look forward to your comments and suggestions.

Sincerely,

Kristina Moher  
Director of Youth Engagement  
American Dairy Association North East

## About *Fuel Up to Play 60*

*Fuel Up to Play 60* is a free K-12 health and wellness program designed to help schools meet their wellness goals by encouraging youth to eat nutrient-rich meals and participate in at least 60 minutes of physical activity each day.

*Fuel Up to Play 60* offers educators many free resources, including a Playbook packed with creative ideas for implementing school wellness plans, annual funding opportunities, personalized educator and student dashboards, and innovative ways to earn incentives and rewards. Individual students also have the chance to become leaders in their schools and communities by becoming *Fuel Up to Play 60* Ambassadors. Any registered school that meets its wellness goals qualifies to become a "Touchdown School" and receives a fun *Fuel Up to Play 60* prize pack for their students. Learn more and sign up at [www.fueluptoplay60.com](http://www.fueluptoplay60.com).

### Target Audience

Grades 9-12

### Program Components

Available at [ymiclassroom.com/futp60](http://ymiclassroom.com/futp60):

- This one-page teacher's guide with a reproducible activity sheet
- Additional resources, including a reproducible letter to encourage your colleagues to become *Fuel Up to Play 60* advisors and an activity on eating a healthy breakfast

### Objectives

- Encourage students to eat a good breakfast, make healthy food choices and get 60 minutes of physical activity every day
- Support health, decision-making, and language arts skills

### How to Use This Activity

#### A Page from the Playbook: Physical Activity

To support your wellness initiative, get your students up and moving! In this activity, students learn about the importance of physical activity for the brain and body. Students will create a game plan to get moving and will encourage others in their family and community to do the same.

Ask students why they think it is important to be physically active each day. Answer: It can impact their academic performance, and physical and mental health. For Part 1 of the activity, have students use the featured links to research the association between being physically active and optimal cognitive function. For Part 2, have students create their own mixed fitness routine. In Part 3, students track their physical activity for one week. At the end



of the week, discuss and create a pie chart or other graph based on the students' tracking chart results, and brainstorm ways they can increase their physical activity. For inspiration, students can explore the *Fuel Up to Play 60* Physical Activity Plays at [www.fueluptoplay60.com/playbooks/fuel-up-to-play-60-playbook](http://www.fueluptoplay60.com/playbooks/fuel-up-to-play-60-playbook).

### Fuel Up to Play 60 Connection

Have students visit the "In-Class Physical Activity Breaks — Good For Mind and Body" at [www.fueluptoplay60.com/playbooks/fuel-up-to-play-60-playbook/in-class-physical-activity-breaks---good-for-mind-and-body](http://www.fueluptoplay60.com/playbooks/fuel-up-to-play-60-playbook/in-class-physical-activity-breaks---good-for-mind-and-body) to read about how they can build movement breaks into their day, whether in the classroom or at home. Discuss how you can implement this play as part of your school's wellness plan.

#### Check Your Touchdown School Progress

There's still time to become a "Touchdown School" by following these simple steps:

- 1. Get Started** — Build a *Fuel Up to Play 60* team of students and educators and complete a School Wellness Investigation. Target deadline: 9/30/20
- 2. Eat Healthy** — Implement a Breakfast After the Bell play. Target deadline: 10/31/20
- 3. Get Moving** — Develop a plan to get students and teachers up and moving each day for at least 60 minutes. Target deadline: 11/30/20

Complete these steps by 11/30/20 for a chance to receive a *Fuel Up to Play 60* student prize pack. Contact [futp60@milk4u.org](mailto:futp60@milk4u.org) to learn more.



Questions? Contact YMI toll-free at 1-800-859-8005 or by e-mail at [feedback@ymiclassroom.com](mailto:feedback@ymiclassroom.com).

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# A Page from the Playbook

## Physical Activity

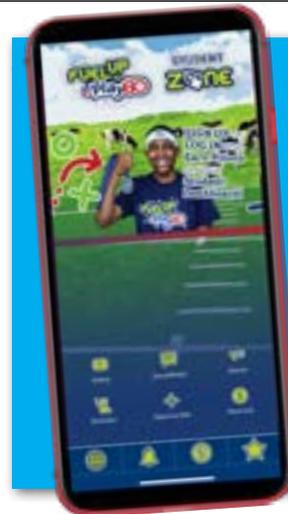


**Part 1:** Get moving and get in the game! Regular physical activity is important for a strong body and mind.\* The evidence is clear. See for yourself! Visit [www.cdc.gov/healthyyouth/health\\_and\\_academics/pdf/health-academic-achievement.pdf](http://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf) or [www.cdc.gov/healthyschools/physicalactivity/facts.htm](http://www.cdc.gov/healthyschools/physicalactivity/facts.htm). Find three statements of evidence that associate regular physical activity with academic achievement, and list them on the lines below.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Part 2:** Looking for fitness ideas? You can dance, skateboard, hike, run, swim, bike, golf, and do other things to be physically active for at least 60 minutes every day. But why not think outside of the box? Brainstorm an idea for a mixed fitness routine that anyone can do anywhere. It can be six 10-minute activities or four 15-minute activities. For example, maybe it's a mix of jumping rope, running, doing yoga, and stretching. Be creative! Write your routine on the back of this sheet.

**Part 3:** Choose your play! How often do you engage in physical activity? Do you spend at least 60 minutes a day moving, grooving, or exercising? If not, now's your chance to step it up. Use the tracking chart below to evaluate your level of physical activity for one week. Every day, fill in your physical activities and the time you devote to each one. Then, bring this activity sheet with the completed chart back to class to discuss your data.



Fuel greatness! Check out the free **Fuel Up to Play 60 Student Zone** app. Stay “in the know” and “on the move” as you use the app to explore the latest **Fuel Up to Play 60** news, activities, challenges, and other content created especially for you! Available in the Apple Store and on Google Play.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>My physical activity</b>							
<b>How long I was active</b>	MIN	MIN	MIN	MIN	MIN	MIN	MIN
	MIN	MIN	MIN	MIN	MIN	MIN	MIN
	MIN	MIN	MIN	MIN	MIN	MIN	MIN
	MIN	MIN	MIN	MIN	MIN	MIN	MIN



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\* [www.cdc.gov/healthyyouth/health\\_and\\_academics/pdf/health-academic-achievement.pdf](http://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf) and [www.cdc.gov/healthyschools/physicalactivity/facts.htm](http://www.cdc.gov/healthyschools/physicalactivity/facts.htm)