



Dear Educator,

Good health should be a family affair. Nutritious meals and physical activities are always better when enjoyed with family and friends.

Fuel Up to Play 60 can help with that! This free wellness 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 get 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. You will find a complete series of lesson plans for grades 5-8 at ymiclassroom.com/futp60 with activities that promote balanced nutrition and daily physical activity.

This lesson plan provides students with a game plan to get their family and friends moving as they brainstorm and share ways families can be active together, then track, evaluate, and share a week's worth of fun family activities that incorporate physical movement.

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. 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.

Target Audience

Grades 5-8

Program Components

Available at 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

Objectives

- Encourage students to eat a healthy breakfast and get 60 minutes of physical activity every day
- Raise awareness about making healthy food choices and planning meals based on MyPlate guidelines
- Support health, decision-making, and language arts skills

How to Use This Activity

A Page from the Playbook: Family Fitness

Ask students to share things they do as a family. Record their responses, then review the list to identify whether the activities are sedentary or active and discuss the results. Are most family activities sedentary or active? What circumstances might keep families from doing more physical activities together?

Part 1: Have the students read the introductory paragraphs, then ask them to brainstorm and share ways families — and friends — can be active together. For example, taking a walk after dinner before watching television might work best to get one family up and moving, while a game of badminton in the backyard after school or work might be a fun option for another. Have students fill out the "Everyone in Action" Game Plan for the members of their family. For inspiration, they can explore the Fuel Up to Play 60 Physical Activity Plays at www.fueluptoplay60.com/playbooks/fuel-up-to-play-60-playbook.

Part 2: Have students use this chart to monitor their family's daily physical activity for one week. When they complete the chart, discuss the results as a class. What

were the benefits of engaging in physical activity together? What were the challenges? What activities did they do? Have students compare the physical activities their families enjoyed and brainstorm tips for making time to include 60 minutes of physical activity for every family member every day.

Fuel Up to Play 60 Connection

Have the students visit [www.fueluptoplay60.com/stories/success-stories/fuel-up-to-play-60-family-fun-night-preparation](http://fueluptoplay60.com/stories/success-stories/fuel-up-to-play-60-family-fun-night-preparation) to read about how one school invited families to participate in the FUTP60 program, and then visit the "Community Playtime—It's Good for Everyone" Play at www.fueluptoplay60.com/playbooks/last-seasons-plays/community-playtime-its-good-for-everyone to consider how their school or local community can host a similar event.

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.
2. **Eat Healthy** — Implement a Breakfast After the Bell play.
3. **Get Moving** — Develop a plan to get students and teachers up and moving each day for at least 60 minutes.



Visit
ymiclassroom.com/futp60 for additional
nutrition and
physical activity
lessons



AMERICAN DAIRY
ASSOCIATION

play60
THE NFL MOVEMENT FOR AN ACTIVE GENERATION

NDC
NATIONAL DAIRY COUNCIL

FUEL UP



Questions? Contact YMI toll-free
at 1-800-859-8005 or by e-mail at
feedback@ymiclassroom.com.

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A Page from the Playbook

Family Fitness

Part 1: Make fitness a family affair! Did you know that regular physical activity is vital for a strong body and mind? This is true for people of all ages and abilities, but it doesn't mean you have to run a marathon or go rock climbing. As long as you are moving, you are supporting your mind and body. According to the CDC, 60 minutes of physical activity each day improves weight status and cognition skills and reduces risk of depression.*

How active are you and your family? Do you enjoy doing activities together that get you up and moving? Can you think of some other ways your family can stay physically fit? Maybe you could start a vegetable garden, explore local trails, or go on a family bike ride after dinner every night. On the lines below, write an "Everyone in Action" plan for family fitness.

Everyone in Action Plan: _____

Part 2: Now that you've created a family fitness action plan, use this chart to monitor your family's physical activity for one week. When you complete the chart, compare results with your classmates.

	MY FAMILY'S PHYSICAL ACTIVITIES	HOW LONG WE WERE ACTIVE
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		



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.



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