



NFL PLAY 60 Challenge Virtual Experience *Your Roadmap to a Healthy Heart* Virtual Viewing Party Guide

DATE: *September 26 at 1 PM EDT*

LOCATION: https://nfl_play60_virtualexperience.eventbrite.com

OVERVIEW:

It's time to get your blood pumping! The American Heart Association (AHA) and the National Football League (NFL) have teamed up to show kids how sixty minutes or more of daily physical activity will benefit their health. In *Your Roadmap to a Healthy Heart*, students will investigate how the circulatory system provides their bodies with the oxygen and nutrients they need to not only play, but play well!

During this virtual experience, Minnesota Vikings' Kyle Rudolph and Everson Griffen, and American Heart Association volunteer Dr. Courtney Jordan Baechler will lead discussions with students about the many jobs of the circulatory system. They will also lead students in fun group physical activities that can help keep their hearts healthy. Through demonstrations and activities, students will discover how the heart pumps blood through blood vessels, as well as how the circulatory system works together with other body systems to help us move, work, and play. Students will also learn the important role that exercise plays in strengthening their heart muscle so that it works as best as it possibly can!

Host a Virtual Viewing Party

Tune in to the NFL PLAY 60 Challenge's newest virtual experience, "*Your Roadmap to a Healthy Heart*," and host a Virtual Viewing Party in your classroom. Follow along with NFL players as they get your students' blood pumping with fun physical activity.

Essential Questions

- How does physical activity benefit the circulatory system?
- How else does the body benefit from 60 minutes or more of physical activity a day?

BEFORE the Viewing Party

- Make the most of the virtual experience with our pre-viewing activity, located in our educator companion activity guide ([link](#)). This activity activates students' prior knowledge and gauges what students already know about the circulatory system.

DURING the Viewing Party

- **Get Moving!** Make sure your students are ready to get up, get moving and follow along with the on-screen action. Our hosts will test your students' knowledge with interactive quizzes throughout the program.
- **Join the conversation with #GetMovingPLAY60.** Register your class to be part of our live Twitter Chat with the National Football League and the American Heart Association. Educators, [submit your students' questions](#) ahead of time for the chance to have them answered during our live conversation. Chat participants can also post photos of their students taking the challenge on Twitter using #GetMovingPLAY60 to have the opportunity to receive a PLAY 60 in a Box from the NFL!

Note: Registrants must be 18 or older



AFTER the Viewing Party

- **Share your experience.** Show us how your class gets moving on Twitter @DiscoveryEd using #GetMovingPLAY60.
 - Examples:
 - “My class took the challenge with the #GetMovingPLAY60 virtual experience! @DiscoveryEd”
 - “My class exercised with the pros during the #GetMovingPLAY60 virtual experience! @DiscoveryEd”
 - “The #GetMovingPLAY60 virtual experience had my class on their feet and active with the pros! @DiscoveryEd”
- **Continue exploring!** Access additional resources from the American Heart Association and NFL PLAY 60. Teach your students the impact of physical activity on health and wellness with these fun, interactive resources [available online](#).
 - NFL PLAY 60 Challenge Online Tracker: Tackle the 4-week Challenge using the NFL PLAY 60 Challenge Tracker. This real-time online tracker helps to count your students’ physical activity minutes and compare your achievements to other schools across the country. [Register your class](#) for a chance to be featured on the National Leaderboard.
 - Virtual Field Trip: Go on a Virtual Field Trip with the National Football League (NFL) and the American Heart Association (AHA) to learn how easy it is to get active and heart healthy. The AHA’s Dr. Mercedes Carnethon will show you the science behind the cardio and strength exercises that NFL players Whitney Mercilus and Christian Covington use stay fit and active. Get an inside look at the Houston Texans’ practice facility and The Health Museum. Afterwards, our hosts will lead you in a quick and easy physical activity, appropriate for your classroom or living room!
 - Digital Exploration: Learn the science behind how regular physical activity positively impacts us physically, mentally, socially, and academically. Along the way, students will get tips and information about different activities that can help them reach their recommended 60 minutes or more of physical activity each day.
 - Videos: Encourage your students to get their recommended 60 minutes of physical activity a day with a series of quick workout videos, featuring NFL players. Use these videos alongside our NFL PLAY 60 Challenge lessons to illustrate educational components in a fun and engaging way, or as a classroom break to help increase student focus once they return to their lessons.
 - Lessons: Teach your students the impact of physical activity on health and wellness with these fun, interactive lessons and family activities. Aligned to National Physical Education Learning Standards, Next Generation Science Standards, and Common Core State Standards for grades 6-8, these lessons allow educators to relay the importance of daily physical activity and provide an engaging, hands-on experience to bring critical content to life.