



NFL PLAY 60 Challenge
Pump You Up: Exploring Physical Fitness
Family Activity

Activity Overview

How many benefits of regular physical activity can you name? In this activity, you and your family will learn about the changes that occur in your body during regular physical activity and the related physical, academic, social, and emotional benefits. You'll then track your own physical activity and update your "game plan" to meet the following American Heart Association (AHA) physical activity recommendations:

Ages 2-17: 60 minutes of physical activity, per day, of either moderate- or vigorous-intensity aerobic activity; a portion of the time should be spent doing muscle- or bone-strengthening activities.

Ages 18 and over: at least 150 minutes of moderate intensity physical activity or 75 minutes of vigorous aerobic activity each week; or an equal combination of moderate- and vigorous-intensity aerobic activity.

Activity Duration: Will vary

Activity Goals:

- Describe the physical, social, emotional, and academic benefits of regular physical activity.
- Analyze physical activity and assess the need for changes to your family's physical activity plan and health goals.

Materials:

- NFL PLAY 60 Game Planner
- Physical Activity Cards - 1 set for every team or player
- Benefit Cards - 1 set for every team or player
- Timer or stopwatch
- Access to the Internet

Activity:

Part I

1. Challenge each family member to keep a record of his or her physical activity over the next three- to five-day period. Activity can be recorded using the [NFL PLAY 60 Challenge Game Planner](#) or another tool of your choice.
2. During or after the tracking period, hold a family game night and play the "How Physical Activity Benefits You" matching game to learn about the impact and benefits of regular physical activity. Play individually or as a team. Here's how!
 - a. For each team or player, cut out and distribute one set of the colored Benefit Cards labeled Physical Health, Academic, Social Health, and Emotional Health and one set of the Physical Activity Cards. Note: Some of the topics on the Physical Activity Cards are repeated because they may apply to more than one benefit.

- b. Read and discuss the descriptions on the Benefit Cards. Make sure everyone has a general understanding of the information. Direct each team or player to lay out the four Benefit Cards on a flat surface in front of them.
- c. Direct each team to place the 16 Physical Activity Cards face down to one side of the playing area.
- d. The goal of the game is to see which team or player can earn points by sorting the Physical Activity Cards into the benefit each describes. For example, if they read a Physical Activity Card and think it describes an academic benefit of physical activity, they will place that card underneath the academic benefit card. Each card that is sorted correctly is worth one point for a possible total of 16 points.
- e. Set a timer for five minutes. Challenge each team to sort the 16 Physical Activity Cards under the benefits each describes. After five minutes, direct each team to stop sorting.
- f. Compare answers among the teams and use the answer key or additional internet resources to award points for every correct answer.
- g. The team with the most points wins!

Part II

1. Invite each family member to take out his or her [NFL PLAY 60 Challenge Game Planner](#) or physical activity tracking sheets. Discuss the benefits of different activities on the tracker, using what you learned in the matching game. Think about how the activities could be connected to the benefits you learned about. How has physical activity benefitted your family? Did all family members benefit in the same way? Why or why not? Use the information from the matching game to enhance your discussion.
2. Review the amount of time you were active this past week. Determine if you met the American Heart Association recommendations of 60 minutes per day of physical activity (ages 2-17) or at least 150 minutes per week (ages 18 and over) of moderate intensity physical activity each week or 75 minutes of vigorous aerobic activity each week; or an equal combination of moderate- and vigorous-intensity aerobic activity.
3. Consider if each family member is active enough. Can you identify any areas where changes need to be made to increase current activity? Challenge each other to create new activities you can do together.
4. Review your goals for physical activity using what you learned from this activity to get you started. You might also find it useful to refer to [Tips to Keep in Mind for Physical Activity](#), or [5 Ways That Play Can Change Your Day](#) for ideas and suggestions on how to create or improve your existing physical activity levels to meet the AHA Physical Activity Recommendations.
5. Use the Game Planner to set your goals and continue to track your activity in the next few weeks. Discuss your progress regularly. Remember:
 - a. Be proud of your successes and be inspired to find new activities to help you achieve your goals.
 - b. Start an annual family tradition to celebrate your achievements and update your activity plans to meet your health goals.

Benefit Cards

Physical benefits of physical activity may include:

Improved heart health, reduced risk of stroke or chronic diseases (for example type II diabetes), lowered blood pressure, and could lead to a longer lifespan

Academic benefits of physical activity could include:

Increased focus and thinking in class, greater success with grades and tests

**Social benefits of physical activity
could include:**

Becoming a good member of a team, building confidence, and increased opportunities to do activities with family and friends

**Emotional benefits of physical activity
could include:**

Increased self-esteem and a more positive mood

Physical Activity Cards

**Physical Activity
uses energy to
strengthen the heart
muscle.**

**Physical Activity
uses energy to
pump and transport
blood and oxygen
around the body.**

**Physical Activity
uses energy to
release chemical
substances.**

**Physical Activity
uses energy to
increase muscle
strength and flexibility.**

**Physical Activity
uses energy to
stimulate growth of
cells in the body.**

**Physical Activity
uses energy to
support bone growth
and density.**

**Physical Activity
uses energy to
increase lung capacity
(volume of oxygen) -
how much breath that
can be taken in and
held.**

| | |
|---|---|
| <p>Physical Activity uses energy to support posture and bones.</p> | <p>Physical Activity uses energy to break down foods and burn fat and carbohydrates.</p> |
| <p>Physical Activity uses energy to support healthy bones for participation in games</p> | <p>Physical Activity uses energy to increase muscle flexibility.</p> |

**Physical Activity
uses energy to
support a good mood.**

**Physical Activity
uses energy to
stimulate growth of
cells in the body.**

Matching Game Answer Key

| Health Benefit | When you are physically active, energy is used to |
|---|---|
| <p>Possible Physical Benefits</p> <ul style="list-style-type: none"> ➤ maintaining respiratory health ➤ contributing to longer lifespan ➤ lowering blood pressure ➤ reducing risk for diseases such as heart disease and type II diabetes | <ul style="list-style-type: none"> ● strengthen the heart muscle. ● pump and transport blood and oxygen. ● increase lung capacity (volume of oxygen). ● increase muscle strength and flexibility. ● support bone growth and density. ● stimulate cell growth. ● break down foods and burn fat and carbohydrates. |
| <p>Possible Academic Benefits</p> <ul style="list-style-type: none"> ➤ being more focused ➤ promoting success with grades and tests | <ul style="list-style-type: none"> ● release chemical substances. ● pump and transport blood and oxygen. |
| <p>Possible Social Benefits</p> <ul style="list-style-type: none"> ➤ encouraging participation in sports and games ➤ becoming a good member of a team and building confidence ➤ increased opportunities to do activities with family and friends | |
| <p>Possible Emotional Benefits</p> <ul style="list-style-type: none"> ➤ increased self-esteem ➤ supports a good mood | |