

COACH TERRY'S NFL PLAY 60 PLAYBOOK

**PLAY
WITH
PURPOSE**



CHEER ON!

Identify kind words and phrases to help make friends.
Do the activities at home together or share them online!

UNSCRAMBLE THE WORDS

HAKTN UOY

EB A RENDIF

OODG BOJ

_____ !

FILL IN THE BLANKS

My friend, _____, is a good friend because they are

Friend's Name

_____. Our favorite game to play together is _____,

Adjective

Noun

where we _____ and _____ while we play. My

Action Verb

Action Verb

favorite thing about them is _____ and their

Describe Your Friend!

favorite thing about me is _____. Our favorite NFL

Describe Why You Are Awesome!

PLAY 60 playbook activity is _____.

List Your Favorite Activity!

CREATE YOUR OWN CHEER!

Pair positive words with positive moves! Use this to add positivity to a friend or family member by cheering them on, also a daily reminder that you are awesome!

Use the Starter Cheer Moves activity sheet to perform each move below or pick your own moves and create your own custom pairing! Pair different words with each action to make your own custom cheer.



Start with a **HIGH V** and yell your positive, encouraging phrase that you, your friends, or your family will repeat.



**"GIVE US
A YOU!"**

**"GIVE US
AN ARE!"**



Move your hands down to a quick **LOW V** and repeat your phrase.



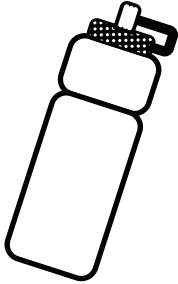
Move your arms from **CANDLESTICK** to **ONE ARM TOUCHDOWN** and continue back and forth! Spell out your positive word with every transitional punch!

"GIVE US AN A-W-E-S-O-M-E!"

ON THE HUNT BINGO

Find it in your home or classroom!

WATER BOTTLE



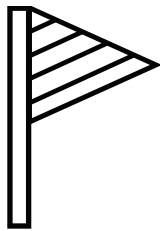
SNEAKERS



COIN



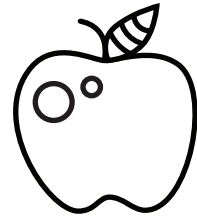
FLAG



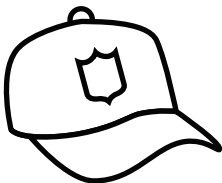
HEADPHONES



HEALTHY SNACK



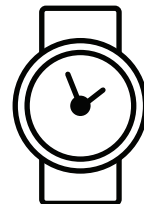
HAT



THE NUMBER 1



WATCH



CELEBRATE A WIN DANCE

Create your own custom dance move to celebrate an achievement!

STEP 1

Raise your hands in the air and move your body with as much speed and joy as you can.

STEP 2

Move in a circle while performing step one. Celebrating loudly with a big, "WOOHOO" or your own creative chant!

STEP 3

Level change! Dance with a different view by laying on the floor or couch.

STEP 4

Create your signature move. Jump up and down, spin in a circle, or do what feels right! This last move is your personal finish to celebrate every win in your life!

LET'S CREATE YOUR OWN OBSTACLE COURSE!

Find a safe area to set up and put together course sections using the following ideas.

MAP OUT YOUR COURSE!

Set out five adult-approved items in the designated area, each spaced a foot apart, in a line. Dodge, jump, or move around each item before moving to the next station.

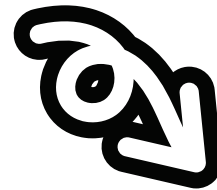


I SPY WITH MY LITTLE EYE... ANIMALS!

Place your stuffed animals (or put a sticky note with a specific animal) next to each obstacle. The animal seen with the area is the movement and sounds you have to make while performing the task!

PRACTICING BALANCE!

Blow up a balloon and hold it on a spoon or in your teeth as you move in a straight line between two points.



AGILITY CHALLENGE

Set up a string obstacle course to create a spy scavenger hunt. Place tiny objects on the floor that you have to grab while you avoid touching the string. The person with the most picked up items wins!

THE FLOOR IS LAVA!

Create safe areas in your room and then jump, hop, or move around the room using only the safe areas. Avoid the floor, it's lava!



MUSCLE CHALLENGE

BEAR WALK



Lean over and put your hands on the ground so your weight is on all four of your "paws." Then, bend your knees and crawl like a bear. Or lay on the ground and do a bear crawl using just your arms to pull you forward!

Challenge:

Crawl like a bear and explore each room of your house.

SKIPPING



Skipping is a combination of a step and a hop. First on one foot and then on to the other. Or skip using your hands by combining a clap in front of you and a fist bump above your head. Switch arms with each fist bump.

Challenge:

Turn it into a game by having someone yell, "FREEZE"!

SUPERHERO



Lie on your belly with your arms stretched out above your head. Arch your back, and then lift your chest, arms, and legs off of the ground as if you're flying (with a cape on!).

Challenge:

Hold your flying pose while you say the ABCs.

TREE POSE



Practice your concentration!

Stand tall on one leg and create a "D" with your other leg. Reach your arms up and grow branches. Or, from a seated position, inhale slowly and lift your arms so they are above your head. As you exhale, move your arms down to your side, creating swaying branches.

FROGGY SQUAT



Squat down, fingertips on the ground between your legs for support. Leap high in the air and try to touch the clouds. Or sit on your lily pad and bend from the waist with your back straight to pick something up off a table or the ground.

Challenge:

Explore your pond and do these moves all-around your house!

STAR JACK



Spread your arms and legs midair like a starfish. You can modify this move to add a hop like a jumping jack or do it from a seated position using just your arms!

Challenge:

See who in your family can do the most Star Jacks!

STARTER CHEER MOVES

Learn the basics by following these steps!

STAR JUMP

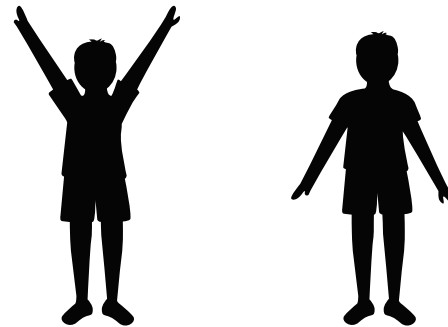
Stand tall and then explosively jump into the air, expanding your legs and your arms so that you look like a large X in the air.

Or, from a seated position, make a V with your arms. Clap above your head and then move back to a V. Reminder keep closed fists!



HIGH V – LOW V

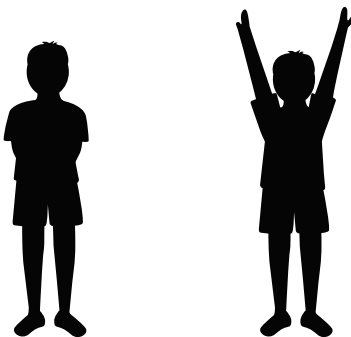
Put your arms straight up above your head to create a V. Thumbs face forward! Reverse the motion and bring arms down to your side to create a low V!



CANDLESTICKS TO TOUCHDOWN

Bend your elbows and bring your arms in tight to your body. Your elbows should be pulled in and pointed down, and your hands should be just below your chin.

Expand them straight above your head and be sure to yell, "TOUCHDOWN"!



CREATE YOUR OWN TEAM!

Make a team that is designed for you, your friends, or your family!

ANSWER THE QUESTIONS BELOW TO DESCRIBE YOUR TEAM

My team is _____ and _____. The way my team
Descriptor Word (Adjective) Descriptor Word (Adjective)
 warms up is by _____ and _____. My team's favorite
Action (Verb) Action (Verb)
 exercise or stretch in the Muscle Challenge is _____.
Share from your Muscle Challenge sheet!
 The best thing about my team is that we like to _____.
Action (Verb)
 Our mascot is a _____, who loves to _____ and
Toy/Character (Noun) Action (Verb)

Action (Verb)

CREATE YOUR TEAM NAME

Favorite Color

Favorite Healthy Food

Favorite Toy



Team Name Example: The Blue Yam Astronauts



CREATE YOUR OWN TEAM!

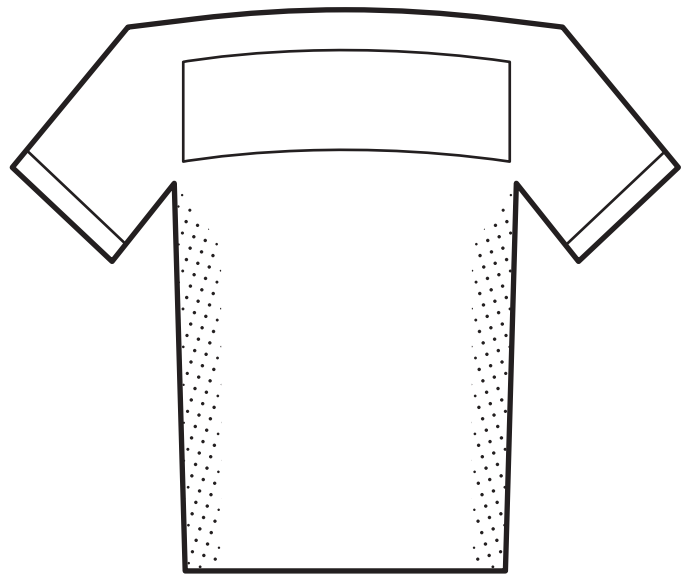
Choose your team's colors and design the front and back of your jersey below! Share pictures of your custom uniform on social media by tagging NFL PLAY 60, the American Heart Association and GoNoodle while using #PLAY60 and #GetMoving.

DESIGN IDEAS & TIPS

- Add your favorite toy and color.
- Do you have a favorite pattern? Create one!
- Don't forget a lucky number!



FRONT



BACK

**★ COMPETE IN FUN GAMES AND
DOWNLOAD THE NFL PLAY 60 APP! ★**

Now that your team is set, be sure to celebrate this achievement with our
CELEBRATE A WIN DANCE ACTIVITY!