

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.



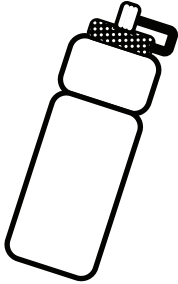
Move your arms from **CANDLESTICK** to **ONE ARM TOUCHDOWN** and continue back and forth! Spell out your positive word with every transitional punch!

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

ON THE HUNT BINGO

Find it in your home or classroom!

WATER BOTTLE



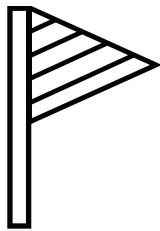
SNEAKERS



COIN



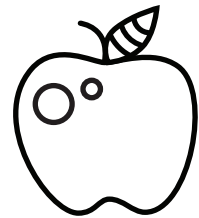
FLAG



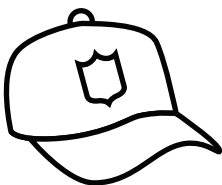
HEADPHONES



HEALTHY SNACK



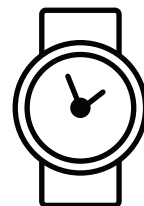
HAT



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

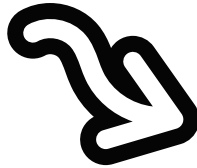
Create your signature move. Jump up and down, spin in a circle, or do what feels right! This last move is your personal finish to celebrate every win in your life!

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.

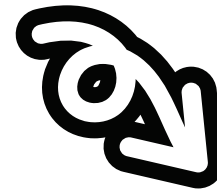


I SPY WITH MY LITTLE EYE... ANIMALS!

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

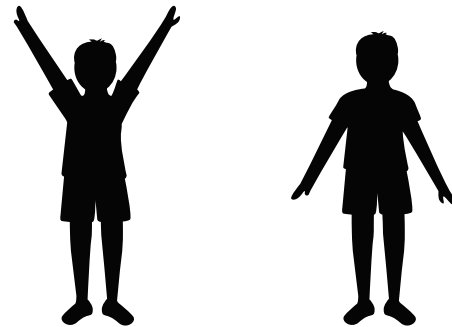
Stand tall and then explosively jump into the air, expanding your legs and your arms so that you look like a large X in the air.

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

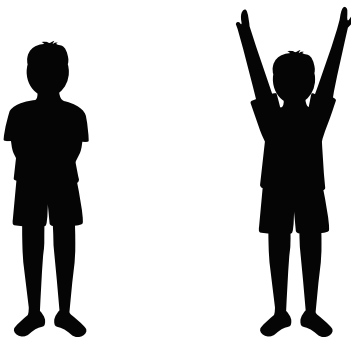
Put your arms straight up above your head to create a V. Thumbs face forward! Reverse the motion and bring arms down to your side to create a low V!



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!

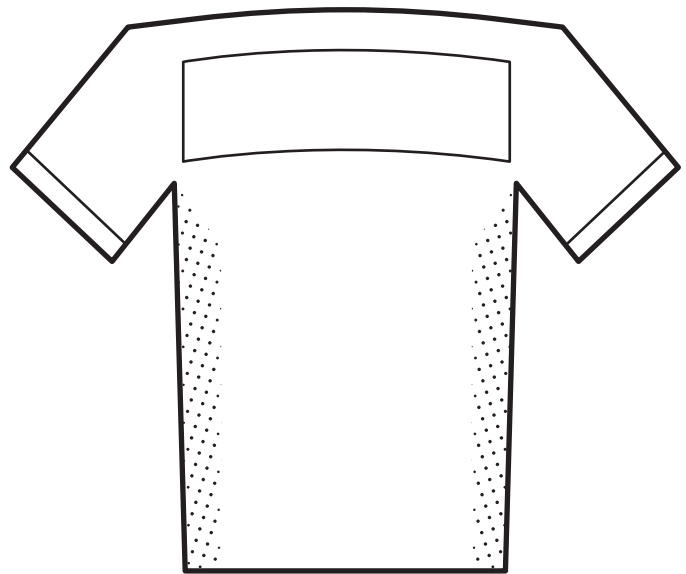
Choose your team's colors and design the front and back of your jersey below! Share pictures of your custom uniform on social media by tagging NFL PLAY 60, the American Heart Association and GoNoodle while using #PLAY60 and #GetMoving.

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!

WHAT'S YOUR NAME?

Spell out your name by completing the activity listed for each letter! Depending how much time you have try it with your first, middle, and last name.

For an added bonus, ask friends or family to join in and give their name a try.

A

Air high-five yourself or friend 2 times.

B

Raise your eyebrows up and down 10 times.

C

Do 10 crab walks or make a crab with your hands for 30 seconds.

D

Dance doing your favorite move for 30 seconds.

E

Reach your hands to the clouds and down to your feet 10 times.

F

Flap your arms 30 times.

G

Lay on your back and fist bump and/or kick the sky 10 times.

H

Hold a pose for 10 seconds.

I

Go to the nearest clock and back.

J

Pretend to jump rope 20 times.

K

Grab 1 knee at a time pulling it into your chest. Do each knee 15 times.

L

Balance on 1 leg for 15 seconds, then switch to the other. Repeat 3 times.

M

March in place like a toy soldier with feet and/or hands for a count of 15.

N

Pick up your favorite toy without using your hands.

O

Open your arms as big as you can and hold for 20 seconds 4 times.

P

Pretend to pedal a bike with your hands for a count of 18.

Q

Quench your thirst! Take a sip of water.

R

Tuck and roll. Do 3 somersaults or rolls on the ground.

S

Move sideways across the room and back 4 times.

T

Turn your head from left to right holding each side for 15 seconds. Repeat 5 times.

U

Clap your hands 20 times.

V

Pat your head 5 times.

W

Move backwards while wiggling your nose as you count to 15.

X

Touch your right foot then left foot, back and forth, 20 times.

Y

Yoga time! Stretch your arms over your head for 15 seconds. Repeat 3 times.

Z

Zig-zag to the closest door and back 4 times.

COMMIT TO BE FIT!

This or That: NFL Play 60 Edition

Circle your favorite activity on each line and then perform it with a friend, by yourself, or with a family member in the classroom or at home.

10 Pushups

15 Second Plank

20 Froggy Squats

30 Arm Circles

10 Star Jacks

1 Minute Run in Place

10 Superheroes

20 Low V's

Agility Challenge

(From Create Your Own Obstacle Course)

20 Crunches

10 Squats

20 Second Tree Pose

30 Flutter Kicks

10 Bear Walks

20 Skips

30 Second Cooldown

20 Touchdowns

Balance Practice

(From Create Your Own Obstacle Course)

CREATE YOUR OWN PLAYBOOK CHALLENGE!

Time to put plays from other activity pages within your playbook to the test! Follow the directions and create your own field day of obstacles. Challenge your friends, family, or classmates. Rate your performance on a scale of 1-10, and aim to improve over time!

START!

**Agility Challenge
or
The Floor is Lava**
(Find these in Create Your Own Obstacle)

**Bear Walk
or
Froggy Squat**
(Find these in Muscle Challenge)

**Challenge Of
Your Choice**

**Find 5 Items Of
Your Choice From
On The Hunt Bingo**

**Challenge Of
Your Choice**

**Do The Cheer
You Created**
(From Create Your Own Cheer)

Stop!
Clap 10 times.

**Celebrate
Your Win!**
(Stop the watch and
celebrate your fast moves!)

Score Yourself!

Each time you complete the challenge, give yourself a score of 1-10 in these boxes.

TIC-TAC-TOE

To win tic-tac-toe, you have to get three in a row! For every box you choose, perform the exercise in the box and then mark it with an "X" or "O". Play with a friend or a classmate and see who can get three wins first!

<p>Touch your right foot then left foot, back and forth, 20 times.</p>	<p>Do 10 crab walks or make a crab with your hands for 30 seconds.</p>	<p>Dance doing your favorite move for 30 seconds.</p>
<p>Zig-zag to the closet door and back 4 times.</p>	<p>Open your arms as big as you can and hold for 20 seconds - do this 4 times.</p>	<p>Tuck and roll. Do 3 somersaults or rolls on the ground.</p>
<p>Craw like a bear into 3 different corners of the room you're in.</p>	<p>Lay on your back and fist bump and/or kick the sky 10 times.</p>	<p>Hold a pose for 10 seconds.</p>
<p>_____</p> <p>"X" Player's Name</p>		<p>_____</p> <p>"O" Player's Name</p>

ULTIMATE CHECKLIST

Become an NFL PLAY 60 superstar by watching every video in the NFL PLAY 60 channel on GoNoodle! Get creative in the way you color each box after you complete the video. Once your whole sheet is filled out, send play60channel@gonoodle.com a picture to receive a certificate of completion and potentially be featured on GoNoodle's social media!

TOUCHDOWN DANCE

WITH RYAN KERRIGAN

Y-NOT

WITH RYAN KERRIGAN

AGILITY TRAINING

WITH RYAN KERRIGAN

PERFORMANCE TRAINING

WITH RYAN KERRIGAN

LATERAL MOVEMENTS

WITH RYAN KERRIGAN

ENDURANCE

WITH DAVON GODCHAUX

MUSCLE STRENGTH

WITH KENYAN DRAKE & RAEKWON MCMILLAN

WARM UPS

WITH MIAMI DOLPHINS CHEERLEADERS KATIE AND KALLY

BONE STRENGTH

MIAMI DOLPHINS CHEERLEADERS WITH JENNY AND ELENA

CHALLENGE GAME

WITH WHITNEY MERCILUS & MIAMI DOLPHINS CHEERLEADERS JENNY AND ALENA

TOTALLY TERRIFIC TRAINING CAMP

TOTALLY TERRIFIC HALFTIME SHOW