







Module Three - The Ultimate Goal

In this last module, participants review and apply the concepts they have learned during the program through a series of creative and culminating activities.

The After-school Program from
Action for Healthy Kids and National Football League

Activity Overview — Activities estimated at 20 to 60 minutes each

ACTIVITY	DESCRIPTION	OBJECTIVES
21. Spin and Move 	After warming up, students run a course where they sprint, crouch, run around two marks and sprint again. They relate these skills to movements used in their everyday activities, sports and games.	<ul style="list-style-type: none"> • State the importance of warming up before participating in physical activity • Participate in “Energy Out” skills that combine teamwork, coordination, speed, agility and balance
22. Run to Daylight 	Students work on a goal of increasing the number of times they run a course, then discuss goals and goal-setting. At the end of the activity, the All-Pro Tracker is introduced.	<ul style="list-style-type: none"> • Define a goal • Discuss the importance of goal-setting to improve nutrition (“Energy In”) and increase daily physical activity (“Energy Out”) • State the importance of warming up before participating in physical activity • Participate in “Energy Out” skills that combine teamwork, coordination, speed, agility and balance • Define and set a personal goal that improves nutrition (“Energy In”) • Define and set a personal goal that increases daily physical activity (“Energy Out”)
23. Mix It With Milk Party	Using lowfat milk, milk mix-ins and imagination, students create nutritious alternatives to soda and fruit drinks.	<ul style="list-style-type: none"> • Name the Five Food Groups and give examples of foods from each food group • State the number of servings needed from each of the Five Food Groups every day • State that young people need at least one hour of daily physical activity to get enough “Energy Out” • Participate in an “Energy Out” physical activity
24. Triple Pass and Score 	After warming up, students play a three-on-three game in which three passes are required for a touchdown.	<ul style="list-style-type: none"> • Define a goal • Describe and practice the components of successful teamwork • State the importance of warming up before participating in physical activity

ACTIVITY	DESCRIPTION	OBJECTIVES
<p>25. Plays for Eating Healthy and Staying Active</p>	<p>After a fun game of “Energy In-Energy Out” freeze tag, students create posters that teach others about “plays” they can make to balance nutrition (“Energy In”) with physical activity (“Energy Out”).</p>	<ul style="list-style-type: none"> • Describe the benefits of balancing nutrition (“Energy In”) with physical activity (“Energy Out”) • List examples of ways to get “Energy Out” and be physically active • Participate in an “Energy Out” physical activity
<p>26. Create a Game</p>	<p>After a brief “Energy Out” warm-up, students work in teams to create games. They write their game instructions and give them to other teams to try.</p>	<ul style="list-style-type: none"> • Describe how improving nutrition (“Energy In”) and increasing physical activity (“Energy Out”) create a winning team to keep us healthy • Describe the benefits of balancing nutrition (“Energy In”) with physical activity (“Energy Out”) • Define Combination Foods and their role in a balanced, nutritious diet • State the number of servings needed from each of the Five Food Groups every day • Participate in an “Energy Out” physical activity • Describe and practice the components of successful teamwork
<p>27. Get Into the Game</p>	<p>Student teams gain yardage to score a touchdown based on the number of days they meet their “Energy In-Energy Out” goals.</p>	<ul style="list-style-type: none"> • Track progress toward meeting goals set forth in the Rookie, Veteran or All-Pro Tracker.
<p>28. Ultimate Football</p> <p></p>	<p>Students play a continuous game of football in which they must pass the ball after taking two steps.</p>	<ul style="list-style-type: none"> • Describe and practice the components of successful teamwork • Participate in “Energy Out” skills that combine teamwork, coordination, speed, agility and balance
<p>29. ReCharge! Field Day</p>	<p>A culminating field day that involves students, families and community, and provides an opportunity to celebrate and showcase students’ achievements.</p>	<ul style="list-style-type: none"> • Promote school-to-home communication • Educate a broader audience of students, school staff, parents and members of the community about improving nutrition and daily physical activity • Welcome parents and thank them for their support and assistance

Many of the activities within Module 3 are supported by fun **Blackline Masters (19 – 24 for Module 3)** that can be found in the pocket at the end of each module. The “Locker Room” section of each activity lists any **Blackline Masters** that support the activity.