



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

“Going Further” Downloadable Activities Overview


The following activities are referenced throughout the **ReCharge!** kit by a website icon. These creative activities further explore and advance the core concepts of nutrition, physical activity, teamwork and goal-setting covered throughout the **ReCharge!** program.





These activities are downloadable from the **ReCharge!** area of the Action for Healthy Kids website, www.ActionForHealthyKids.org/ReCharge/Download.html.

Activities indicated with the website icon are accompanied by video demonstrations of activity implementation in an after-school setting. You can download the clips to preview these activities at: www.ActionForHealthyKids.org/ReCharge.

Activities estimated at 30 to 40 minutes each

Activity	Description	Learning Objectives (After completing this activity, students will be able to:)		ReCharge! Topic Areas and Primary Objectives			
		Nutrition ("Energy In")	Physical Activity ("Energy Out")	Nutrition ("Energy In")	Physical Activity ("Energy Out")	Goal-Setting	Teamwork
D1. Tossing for a Team 	After spelling <i>TEAM</i> with their bodies, students create and keep a yarn-web tight, and then discuss the importance of teamwork. Physical activity and good nutrition are introduced as a team that helps them stay healthy.		X	X			X
D2. Fueling with the Five Food Groups	After playing with and passing hula hoops, students balance a hula hoop with fewer and fewer students to demonstrate that a balanced diet includes all Five Food Groups.				X		X
D3. “Energy In”: Scoring for Good Nutrition with the Five Food Groups Lineup	Students arrange themselves in an offensive lineup and compare it to scoring for good nutrition. In a team relay, they create their own Five Food Groups lineup.			X	X		X

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				Nutrition ("Energy In")	Physical Activity ("Energy Out")	Goal-Setting	Teamwork
D4. "Energy Out": Diamond Relay	Students practice and use different moves in a diamond relay, then discuss and compare the amount of time spent being active to the hour of physical activity they need each day.	<ul style="list-style-type: none"> Identify the recommended amount of physical activity children should get each day Identify at least one reason why it's important to warm up before doing vigorous activity Express a more favorable attitude towards warming up before doing vigorous physical activity Identify at least one reason why it's important to cool down after doing vigorous physical activity Identify healthy ways to get "Energy Out" 	<ul style="list-style-type: none"> Identify healthy ways to get "Energy Out" Express a more favorable attitude towards balancing nutrition ("Energy In") with physical activity ("Energy Out") Express greater confidence in their ability to track physical activity goals Demonstrate the ability to do physical activity drills 	X	X	X	
D5. After-school Training Camp 	After completing a series of drills similar to what football players might do, students act out a football story.	<ul style="list-style-type: none"> Demonstrate teamwork skills Express a greater willingness to share their knowledge of nutrition and physical activity with others in the community 	<ul style="list-style-type: none"> Demonstrate teamwork skills Define "goal" Identify at least one "Energy In" goal Identify at least one "Energy Out" goal Express a more favorable attitude towards setting healthy nutrition and physical activity goals 	X			X
D6. Design a Super Bowl Cereal Box	After a quick recap of concepts taught in ReCharge! , students design Super Bowl cereal boxes that reflect what they have learned about nutrition, physical activity and teamwork.	Students work in teams to rebuild a simple structure using only verbal instructions, and relate the activity to goal-setting.					X
D7. Keeping Your Eye on the Goal							

Activity		Description		Learning Objectives <small>(After completing this activity, students will be able to:)</small>		ReCharge! Topic Areas and Primary Objectives <small>Nutrition ("Energy In") Physical Activity ("Energy Out") Goal-Setting Teamwork</small>		
D8. Run to Daylight 	Students work on a goal of increasing the number of times they run a course, and then discuss goals and goal-setting.	<ul style="list-style-type: none"> Define "goal" Express a more favorable attitude towards setting healthy nutrition and physical activity goals 	X	X				
D9. Plays for Eating Healthy and Staying Active	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").	<ul style="list-style-type: none"> Identify healthy ways to get "Energy In" Identify healthy ways to get "Energy Out" Identify the benefits of balancing "Energy In" and "Energy Out" Express a more favorable attitude towards balancing nutrition ("Energy In") with physical activity ("Energy Out") Express a greater willingness to share their knowledge of nutrition and physical activity with others in the community 	X	X			X	
D10. Create a Game	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.	<ul style="list-style-type: none"> Demonstrate skills needed to work together as a team to meet a goal Identify at least one "Combination Food" Express a more favorable attitude towards balancing nutrition ("Energy In") with physical activity ("Energy Out") 	X	X			X	
D11. ReCharge! Field Day	A culminating field day that involves students, families and community, and provides an opportunity to celebrate and showcase students' achievements.	<ul style="list-style-type: none"> All learning objectives 	X	X			X	X