



2015–16 PROGRAM OUTLINE

MONTH	FOCUS	ACTIVITY
September	Fitness for Kids Challenge (FFKC) and Play 60 Challenge (P60) materials sent out to schools	Participating schools will be encouraged to start the school year off by preparing their teachers and students for both the Fitness for Kids Challenge and Play 60 Challenge.
October	P60: Classroom program begins	Use your classroom kit to implement the Play 60 Challenge which encourages 60 minutes of physical activity each day (30 minutes in school and 30 minutes at home). Classrooms will be required to track their progress in order to be eligible for prizes.
November	FFKC: 5 fruits and vegetables	Fruit and vegetable tasting day in classroom.
	P60: Participation information due	Play 60 student participation information must be submitted. Prize winners will be notified, 12 winning students will be invited to the Bills vs. Texans game on December 6th for on-field recognition.
December	FFKC: School Healthy Policy/Change	Discuss possible changes with other teachers and principal.
	P60: Prize Distribution	12 Play 60 classroom winners will participate with Bills players in the ADPRO Sports Training Center fitness party and incentive prizes will be delivered.
January	FFKC: Health Policy/Change	Implement changes and complete form.
February	FFKC: Overall 5-2-1-0 Tracker	Complete 5-2-1-0 tracker for each student in classroom for month.
March	FFKC: 2 hours screen time	Complete a screen time log with students, including alternate activities.
April	FFKC: 1 hour physical activity	Utilize activity cards in classroom to incorporate physical activity during the day.
May	FFKC: 0 sugary drinks	Display "Rethink Your Drink" in the classroom for students.
	P60: Spring Challenge	Host a field day or health and wellness day at your school.
June	FFKC and P60: Grant distribution	Announce the Fitness for Kids Challenge and Play 60 Challenge health and wellness grant recipients.



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

