



2020-2021 Program Schedule

MONTH	FOCUS	PLANS/IDEAS
September	Fitness for Kids Challenge (FFKC) and Play 60 Challenge (P60) materials to be uploaded on fitnessforkidschallenge.com	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 virtually. Update rules and website to reflect virtual uploads and virtual kit.
October	P60: Classroom program begins online virtually www.fitnessforkidschallenge.com Allow for coordinators to track/upload monthly participation through the dashboard?	<ul style="list-style-type: none"> - Upload tracking sheets and allow teachers to email out to students - Virtual Kick-Off like Super Bowl Field Trip - Virtual Trading Cards? -Zoom Calls with players as incentives -Game Day experience → Picnic at stadium? Tour of facility? Give tickets to families and recognize on scoreboard? -Spring Field day
November	FFKC: 9 hours of sleep a night	<ul style="list-style-type: none"> -Monthly introduction video -Monthly Newsletter -Activity video? (feat. TOY, Explore & More, Kevin or Jeff)
December	FFKC: School Healthy Policy/Change	Discuss possible changes with classroom and come up with a family goal. Have each family submit changes to teacher/coordinator? (email to foundation@independenthealth.com).
January	FFKC: YOU—be your best you	<ul style="list-style-type: none"> -Monthly introduction video -Monthly Newsletter -Activity video? (feat. TOY, Explore & More, Kevin or Jeff)
February	FFKC: 5 servings of fruits and vegetables	<ul style="list-style-type: none"> -Monthly introduction video -Monthly Newsletter -Activity video? (feat. TOY, Explore & More, Kevin or Jeff)
March	FFKC: 2 hours screen time	<ul style="list-style-type: none"> -Monthly introduction video -Monthly Newsletter -Activity video? (feat. TOY, Explore & More, Kevin or Jeff)
April	FFKC: 1 hour physical activity	<ul style="list-style-type: none"> -Monthly introduction video -Monthly Newsletter -Activity video? (feat. TOY, Explore & More, Kevin or Jeff) -Possible Spring Play 60 Challenge?
May	FFKC: 0 sugary drinks	<ul style="list-style-type: none"> -Monthly introduction video -Monthly Newsletter -Activity video? (feat. TOY, Explore & More, Kevin or Jeff)
	P60: Bills Field Day	One school will be selected to win a field day for top participation.