

TAKE A PLAYER TO SCHOOL ULTIMATE NFL PHYSICAL EDUCATION CLASS!



Winner: _____
(first name only)

School: _____

Grade: _____

Congratulations!

Your class will receive:

- 15 Footballs
- 30 Jump Ropes
- 15 Cones
- 16 3 lb Weights

It's important for kids to get at least 60 minutes of activity each day.

This is your chance to help your classmates PLAY 60!

Tell us what activities you would like to do during your Ultimate NFL Physical Education Class!

Fitness Activity:	Length in Minutes:
Warm-up: _____	_____
Activity #1: _____	_____
Activity #2: _____	_____
Activity #3: _____	_____
Cool down: _____	_____
Total = 30 minutes	

Don't forget,

_____ will receive this plan!

