



For the Classroom | For the Gym | School Programs

## Middle School Lesson Plans

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### Previous Middle School Level Educational Kits

2006-07 Balance It Out! Choose Your Fuel and Make Your Move!

- [Teacher's Resource Guide](#)
- [Risk Factor Cards](#)
- [Risky Business Worksheet](#)
- [Tracking What You Eat Worksheet](#)
- [Physical Activity Log](#)
- [About the Heart Poster](#)
- [Balance It Out Food Categories Poster](#)
- [About the Circulatory System Poster](#)
- [Risk Factors for Heart Disease Poster](#)

2007-08 Taking Care of YOU! Using knowledge, food and fitness to keep your body healthy.

- [Teacher's Resource Guide](#)
- [Heart Poster Without Labels](#)
- [Labeled Heart Poster](#)
- [How Your Heart Works Handout](#)
- [Heart Smart Station Cards](#)
- [Heart Parts Cards](#)
- [Food Cards](#)
- [Circuit Activity Cards](#)
- [What is Cholesterol? Poster](#)
- [What about Cigarettes? Poster](#)
- [Physical Activity Pyramid Poster](#)
- [In Case of Emergency Poster](#)

2008-09 Totally Healthy YOU Using knowledge, food and fitness to keep your body healthy.

- [Teacher's Resource Guide](#)
- [Heart Diagram With Labels](#)
- [Heart Diagram Without Labels](#)
- [Risk Factors Worksheet](#)
- [F is for fats Vocabulary List](#)
- [Heart Facts Quiz](#)
- [Journey Through the Heart Station Signs](#)
- [Team Marathon Challenge List](#)
- [Pathway to a Healthy Heart Game Pieces](#)
- [How to create a brochure](#)
- [Beginning PowerPoint XP](#)
- [Internet Scavenger Hunt Sheet](#)
- [Basketball Handling Skills](#)
- [About Diabetes Poster](#)
- [Making Sense of Food Labels Poster](#)
- [What is a Heart Attack Poster](#)
- [What is a Stroke Poster](#)

2009-10 We Jump. We Shoot. We Save. Learning About Heart Health

- [Teacher's Resource Guide](#)
- [What is a Stroke? Poster](#)
- [Diagram of the Heart Poster](#)
- [Risk Factors for Heart Disease Poster](#)
- [What is a Heart Attack? Poster](#)

2010-11 We Jump. We Shoot. We Save. Learning About Heart Health

- [Teacher's Resource Guide](#)
- [Just Play! Poster](#)
- [Hands Only CPR Poster](#)
- [Reading Food Labels Poster](#)
- [Your Heart Poster](#)

2011-12 We Jump. We Shoot. We Save. Learning About Heart Health



Middle School Students

### Popular Articles

- 1 [Understanding Blood Pressure Readings](#)
- 2 [Sodium and Salt](#)
- 3 [What are the Symptoms of High Blood Pressure?](#)
- 4 [All About Heart Rate \(Pulse\)](#)
- 5 [How to Eat Healthy](#)
- 6 [Heart Attack Symptoms in Women](#)
- 7 [Low Blood Pressure - When Blood Pressure Is Too Low](#)
- 8 [Tachycardia | Fast Heart Rate](#)
- 9 [Warning Signs of a Heart Attack](#)
- 10 [Angina \(Chest Pain\)](#)

- [Teacher's Resource Guide](#)
- [Parts of the Heart Word Search](#)
- [Heart Word Search Key](#)
- [Unlabeled Diagram of the Heart](#)
- [Labeled Diagram of the Heart](#)
- [Household Items Labels](#)
- [Paper Bag Game Sheet](#)
- [Food Journal](#)
- [Recipe Template](#)
- [Healthy Report Cards](#)
- [Say No to Smoking Tip Sheet](#)
- [No Smoking Pledge](#)
- [Sleep Diary Template](#)
- [Type 2 Diabetes Food and Activity Plan](#)
- [Eat Healthy Every Day Poster](#)
- [Your Heart-It Works Hard for You Poster](#)
- [Be Heart Healthy-Be Active Every Day Poster](#)
- [Say "NO" To Smoking Poster](#)

#### 2012-13 We Jump. We Shoot. We Save. Learning About Heart Health

- [Teacher's Resource Guide \(PDF\)](#)
- [Physical Activity Plan Worksheet \(PDF\)](#)
- [Family Health History Tree Worksheet \(PDF\)](#)
- [Food Journal Worksheet \(PDF\)](#)
- [Serving Size vs. Portion Size Worksheet \(PDF\)](#)
- [MS Sugar Worksheet \(PDF\)](#)
- [Do 60 Minutes a Day Poster \(PDF\)](#)
- [Right Size Your Portions Poster \(PDF\)](#)
- [Smart Choices Poster \(PDF\)](#)
- [Be a Sugar Sleuth Poster \(PDF\)](#)

#### 2013-14 We Jump. We Shoot. We Save. Learning About Heart Health

- [Teacher's Resource Guide \(PDF\)](#)
- [Stroke Game Show PowerPoint](#)
- [ASA FAST Poster \(PDF\)](#)
- [Snack Smart Poster \(PDF\)](#)
- [60 Minutes Helps You Poster \(PDF\)](#)
- [Tobacco Free For Life Poster \(PDF\)](#)

### What Moves U

#### Language Arts

- [Language Arts – Action Rap](#)
- [Language Arts – Ask Me Anything](#)
- [Language Arts – Hall of Fitness](#)
- [Language Arts – Parts of Speech](#)
- [Language Arts – Spell Your Way](#)

#### Math Lessons

- [Math Lessons - Divisibility Dance](#)
- [Math Lessons - Graph Your Goals](#)
- [Math Lessons - Healthy You](#)
- [Math Lessons - Pi Day](#)

#### Physical Education

- [Physical Education - Dash Drop React](#)
- [Physical Education - Jumble Fumble](#)
- [Physical Education - Steppin Across States](#)
- [Physical Education - Tour De](#)
- [Physical Education - Training Day](#)

#### Science Lesson

- [Science Lesson - Astronaut Training](#)
- [Science Lesson - Factors Challenge](#)
- [Science Lesson - Moveable Parts](#)
- [Science Lesson - Scooter Tag](#)
- [Science Lesson - Solar System](#)

#### Social Studies

- [Social Studies - Around World](#)
- [Social Studies - Oregon Trail](#)
- [Social Studies - Passport to America](#)
- [Social Studies - Rhythm Nation](#)
- [Social Studies - SBFBall](#)

## 6-8

### Art/Music/Drama

- [Design a Poster Quick Activity](#)
- [Design a T-shirt Quick Activity](#)

### Child Development/Decision Making

- [Ads Pyramid Quick Activity](#)
- [How to Say "No" Quick Activity](#)
- [Appealing Ads Quick Activity](#)
- [What Are Heart Emergencies? Lesson Idea](#)
- [What or Who Influences Your Food Choices? Lesson Idea](#)
- ["It's an Emergency" Take Home Sheet \(PDF\)](#)
- [Emergency IQ Activity Sheet \(PDF\)](#)

### Health/Science

- [Healthy Snacks Quick Activity](#)
- [Become a Fat Detective Quick Activity](#)
- [Aerobic or Anaerobic? Quick Activity](#)
- [What Increases the Risk Of CVD? Lesson Idea](#)
- [More or Less Lesson Idea](#)
- [Why Is a Low-Fat Diet a More Healthful Diet? Lesson Idea](#)
- [How Do You Choose a Physical Activity? Lesson Idea](#)
- [How Can You Help Others Stay Tobacco Free? Lesson Idea](#)
- [Why is Second hand Smoke Dangerous? Lesson Idea](#)
- [Today's Specials Activity Sheet \(PDF\)](#)
- [What or Who Influences Your Food Choices? Lesson Idea](#)
- [Your Heart Works For You Activity Sheet \(PDF\)](#)
- ["Cut the Fat" Take Home Sheet \(PDF\)](#)
- [How Fit Am I? Activity Sheet \(PDF\)](#)
- ["Daddy Bull Puffed Cigars that Provoked" Poem \(PDF\)](#)

### Mathematics

- [Fats and Labels Quick Activity](#)

### Physical Education

- [Activity Log Quick Activity](#)
- [Activity Log Activity Sheet \(PDF\)](#)
- [How Fit Am I? Activity Sheet \(PDF\)](#)

### Reading/Language Arts

- [Looking at Food Claims Quick Activity](#)
- [Word Associations Quick Activity](#)
- [Literature - Going to School Olympics Lesson Idea](#)
- [Your Heart Works For You Activity Sheet \(PDF\)](#)
- [Emergency IQ Activity Sheet \(PDF\)](#)
- ["Going-to-School Olympics" Poem \(PDF\)](#)
- ["It's an Emergency" Take Home Sheet \(PDF\)](#)
- ["Daddy Bull Puffed Cigars that Provoked" Poem \(PDF\)](#)
- ["Cut the Fat" Take Home Sheet \(PDF\)](#)

## Previous NFL PLAY 60 Resources

### Physical Activity Breaks

- [In School Physical Activity Breaks 2008-2009](#)
- [In School Physical Activity Breaks 2009-2010](#)
- [In School Physical Activity Breaks 2010-2011](#)
- [In School Physical Activity Breaks 2011-2012](#)

### Physical Activity Homework

- [Physical Activity Homework 2008-2009](#)
- [Physical Activity Homework 2009-2010](#)
- [Physical Activity Homework 2010-2011](#)
- [Physical Activity Homework 2011-2012](#)

### Introduction Lesson Plan

- [Making a Game Plan](#)

### English Lesson Plans

- [Chalk Talk](#)
- [My Challenge](#)
- [Physical Activity- Read All About It](#)
- [PLAY 60 PowerPoint](#)
- [Spring Forward](#)
- [Short Story Starring the 'Human Body'](#)

### Math Lesson Plans

- [Graphing Our Goals](#)
- [Heart Health Monitor Math](#)
- [Heart Zone](#)

- [In a Minute](#)
- [Journey of the Blood](#)

#### Science Lesson Plans

- [Does Physical Activity Really Make You Healthier](#)
- [Meet the Calorie](#)
- [Pump You Up: Exploring Other Areas of Fitness](#)
- [What Happens When You Move: A Look at Cardiovascular Health](#)

#### Social Studies Lesson Plans

- [History of the NFL and NFL Play 60](#)
- [Make an Active Difference](#)
- [NFL Geography](#)
- [Obesity Trends](#)
- [Our Challenge: A Look at the Obesity Epidemic In America](#)
- [Biography of an Athlete](#)

#### STEM Lesson Plans

- [Does It Make a Difference](#)
- [The Influence of Science and Technology in Sports](#)

#### About Us

Our mission is to build healthier lives, free of cardiovascular diseases and stroke. That single purpose drives all we do. The need for our work is beyond question. [Find Out More](#)



#### Our Causes

- [Go Red For Women](#)
- [Go Red Por Tu Corazón](#)
- [Healthy Living](#)
- [EmPOWERED to Serve](#)

#### The Warning Signs

#### Online Communities

#### Heart and Stroke Encyclopedia

#### Volunteer

#### Our Sites

- [American Heart Association](#)
- [American Stroke Association](#)
- [My Life Check](#)
- [Heart360](#)
- [Professional Heart Daily](#)
- [Scientific Sessions](#)
- [Stroke Conference](#)
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#### Contact Us

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