



National Association for
Sport and Physical Education

NASPE Sets the Standard

Back to Football Friday Celebration Ideas

To help you and your students prepare for the best Back to Football Friday ever, we've included some recommendations! Celebrate your NFL team spirit and tell us about it NFLRUSH.com/backtofootball so your class can win a \$10,000 NFL PLAY 60 health and wellness grant* and a visit from an NFL player.

- Be creative! We've listed some ideas below, but celebrate your local NFL team in a way that is unique to your class or school. Use the templates we've provided to create a Back to Football theme!
- Decorate your classroom or your school. Enlist the art teacher to help create your team's jerseys, mascot, stadium, etc.
- Get out and active with an NFL PLAY 60 themed field day. Or, use NFL PLAY 60 to help create a football-themed gym class.
- Host a craziest fan contest – encourage students to wear their favorite football gear.
- Incorporate football into your lesson plan. Football math (adding and subtracting touchdowns, field goals, safeties or gaining yards for first downs), football geography (32 teams across the nation) or football spelling (t-o-u-c-h-d-o-w-n).
- Use computer class to explore NFLrush.com.
- Have your students create their own team. What would they call the team? Where would they be located? What would their jersey look like? What about a mascot?
- Read a football themed book as a class or assign a book report on an athlete's autobiography. Bonus points if the athlete is a football player!
- Create a game-day atmosphere. Students can contribute dishes from different geographic regions. Or have your cafeteria host a healthy tailgate for lunch.
- Incorporate physical activity into recess or class breaks: run football drills, create a "touchdown celebration" dance, learn different officiating signals.

The two most important steps:

- Capture the moment! Take some great pictures of your class or school in action so you can submit them online.
- Upload your photos and tell us about your Back to Football Friday celebration at www.NFLRUSH.com/backtofootball – remember there are great prizes!

*Awarded in the form of a check made payable to the winning school.

No Purchase Necessary to Enter or Win in the Back to Football Friday Contest. Registration starts 12:00:00 p.m. ET on 7/1/10, ends at 11:59:59 p.m. ET on 9/17/10 ("Registration Period"). Entry Period starts 9:00:00 a.m. ET on 9/11/10 and ends 11:59:59 p.m. ET on 9/17/10. Open only to those who are, as of registration date: (i) legal residents of the 50 U.S. or District of Columbia; (ii) 18+ years; and (iii) either a school Administrator, Teacher, PTA leader or PTO leader representing a public, state-accredited private school or vocational school with grades between Kindergarten and 8th. Void where prohibited. Subject to Official Rules available at www.nflrush.com/backtofootball during Registration Period or by sending a SASE for receipt by 11/1/10 to: Back to Football Friday RULES, P.O. Box 17009, Bridgeport, CT, 06673-7009. Sponsor: National Football League.