



# THE LEARNING PLAN FOR EDUCATORS

## What is The Learning Plan?

Fuel Up to Play 60's Learning Plan for Educators offers free classroom-ready lesson plans and activities aligned with national standards in science, social-emotional learning and health education. Materials were developed with a focus on STEM learning through engaging topics like food as fuel for the mind and body, environmental sustainability, and agriculture, while incorporating a high degree of individual goal-setting, responsible decision-making, and reflection for students.

Go to [FuelUpToPlay60.com](http://FuelUpToPlay60.com) and click on "Resources" to download now!

## The Learning Plan Offers Four Learning Units:

### Fuel Your Game Day – Every Day Is Game Day

Students learn about essential nutrients for sustaining health and energy, as well as a variety of recommended physical activity types, culminating in a "Design Your Own Game Plan" activity!

### Farmers Fuel The World

With a specific focus on the work that farmers do, students learn about environmentally sustainable agriculture practices and food systems, and then engage with a "Promotion Plan" activity.

### Healthy Food, Healthy Mind, Healthy Body

Students acquire new skills that connect social-emotional learning and the practice of healthy eating, including reflection activities like the "Mood and Food Game."

### Farmers Celebrate Earth Day, Every Day

Students learn about how dairy farmers harness the elements and work in harmony with nature, and about seasonality in farming. They apply what they've learned to a Likert Scale-style activity.



## Get Students into the Zone!

Students can access even more wellness resources in the Student Zone, which is available via desktop or as a free mobile app in the App Store or Google Play. Encourage your students to create an account and look for the corresponding Activities to earn Badges and become a Fuel Up to Play 60 Champion!

