

# *Pierrepont & Jets PLAY 60*

May 21<sup>st</sup> – June 17<sup>th</sup>



# CONGRATULATIONS!

For the second year in a row Pierrepont 5<sup>th</sup> graders have been selected to participate in the 2018 Jets PLAY 60 Program equipped by Modell's! When you complete 60 minutes of exercise daily for 4 straight weeks, you have a chance to attend a NY Jets game next season at MetLife AND be honored ON THE FIELD!

# GAMEPLAN

1. Track your activity everyday for 4 weeks (28 consecutive days) and write it down in your PLAY 60 planner (Physical activity includes: sports teams, Physical Education, play with friends/family, walking the dog, dancing, riding a bike...anything that gets your body moving!)
2. Have an adult sign off on your activity every day in your PLAY 60 game planner

# GAME RULES

If you complete 60 minutes of physical activity every day for 4 weeks, your name will be entered into a drawing for a chance to attend a NY Jets game next season at MetLife Stadium AND be honored ON THE FIELD!

**PLUS, the school that has the top % of students completing 60 minutes of exercise every day for 4 weeks will win a VISIT FROM THE JETS in the Fall!**

# HELPFUL TIPS

1. Keep your game planner in a safe place with YOUR NAME on it!!!
2. Label starting Date:  
Monday, May 21<sup>st</sup>
3. Don't forget to have an adult sign off!
4. **Encourage your classmates – if we have 100% participation we have a better chance of having the Jets visit Pierrepont!**
5. If you have any questions please ask Ms. Mahoney  
([bmahoney@rutherfordschools.org](mailto:bmahoney@rutherfordschools.org))