ReCharge! Energizing After-School

**Target Audience:** Youth in grades 3 to 6.

**Description:** Brought to you by Action for Healthy Kids and the National Football League, ReCharge! is designed to help students learn about and practice good nutrition and physical activity habits through fun, interactive teambuilding activities. The activities focus on four core concepts:

- “Energy In” (Nutrition)
- “Energy Out” (Physical Activity)
- Teamwork
- Goal-setting

**Format:** This curriculum is divided into 3 modules with approximately 10 activities per module.

**Module 1: A Balanced Team**
Through an emphasis on teamwork the students learn that improving nutrition and increasing their activity level creates a “winning team” that keeps them healthy.

**Module 2: Nutrition Plays**
Students learn how nutrition and physical activity work together to keep us healthy. These lessons teach how to make healthy food choices through activities that incorporate skill-building and physical exercise.

**Module 3: The Ultimate Goal**
Students review and apply the concepts they have learned about physical exercise and healthy eating through games and preparation of healthy snacks.

ReCharge! is designed to be flexible. The activities are designed for a variety of settings and program types. The curriculum includes reproducible black line masters, take-home newsletters in English and Spanish, healthy snack recipes and a comprehensive instructor’s notebook.

The ReCharge! curriculum and activity kit can be borrowed for one month.