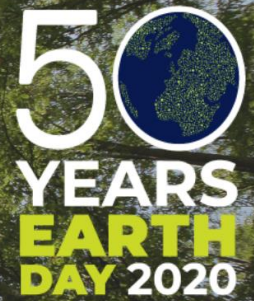


ATHLETICS

Earth Day 2020 Menu of Engagement



The health of your community is directly tied to our fitness, nutrition and the health of our surrounding environment. Protecting our habitats ensures that our air and water are clean and that we have access to healthy foods. Athletes around the world are mobilizing to protect the land and climate that their sports depend on. Here are a few ways your physical education classes, health classes and sport teams can connect with nature and work to protect the environment. Encourage your students to become [Athletes for the Earth!](#)

Physical Education Class Activities

- Take your gym class outside for a nature hike or run through local woods or nearby trails.
- Hold an Environmental Field Day with recycling relay races, move like an animal station and yoga.
- Food chain tag game – divide students into groups of species of your choice (use your mascot!). Have students avoid their predators while chasing their food to survive! Switch roles.
- Tragedy of the Commons resource game – have students race to collect enough food and water (bean bags or flags). Discuss human resource use and how cooperation can benefit everyone.
- Teach the rules of the road for biking, rollerblading and skateboarding. Practice!
- Use class time to go around your school or neighborhood to pick up litter. [Register your cleanup](#) on our global map of events!

Health Class Lesson Topics

- Teach how human health is vulnerable to different environmental problems like air and water pollution, extreme heat and poor nutrition.
- Encourage students to combine fitness with environmentally friendly modes of transportation — walking or biking to school instead of driving. Designate Earth Day as a bike or walk to school day!
- Learn about the importance of nutrition and the benefits of eating a more plant-based, whole foods diet, for our health and environment.
- Discuss how anxiety or fear around climate change can impact mental health and provide tips on healthy coping mechanisms and ways to make an impact.

Join us at [EarthDay.org](#)



Afterschool Sport Activities

- Take your team on a run or hike up a local mountain or in a park.
- Go plogging! Plogging is when you combine jogging and picking up litter. Students will get a great exercise and have a huge impact on their community. [Register your cleanup](#) on our global events map!
- Team challenge: Tree Planting – have your school's teams compete to see who can fundraise to plant the most trees.
- Spread the Word: Run through neighborhoods near your school and deliver flyers on Earth Day events or local issues in your community.
- If your school's sports are directly impacted by climate change (shorter snow seasons, extreme heat, flooding, etc), [host a Teach-In](#) to educate your community on how your students are being impacted and work together to come up with solutions!

Green Your Team!

- Organize carpooling to and from afterschool sports practices and games with neighbors or friends. Extend the carpool to other afterschool extracurriculars!
- Leaving sports fields litter-free after games and practices. Encourage audience members to keep their viewing and tailgating areas clean.
- Provide recycling and compost bins visible throughout all athletic fields/venues.
- Install solar energy panels to power stadium or court lights and scoreboards.
- Avoid harmful pesticides and fertilizers and switch to eco-friendly field maintenance products.
- Maximize social media, websites and electronic files instead of printed materials for game and try out information.
- Pressure your school to use biodiesel vehicles or electric golf carts for staff and athletes.
- Sell local foods and offer plant-based meal options at sporting event concession stands.

To learn more about how professional athletes around the world are advocating for environmental protection please explore our [Athletes for the Earth](#) campaign. To learn more about how Olympians and professional athletes are fighting climate change with diet change while maintaining their peak physical ability on a plant-based diet please explore our [FoodPrints for the Future](#) Campaign.

Register your team's Earth Day activities and acts of green on our [Billion Acts of Green](#) page! Register all your Earth Day events on our [global map](#)!



Join us at [EarthDay.org](#)