Deluxe FUTP60 Stencil Set

see instructions attached

PLAYGROUND STENCILS
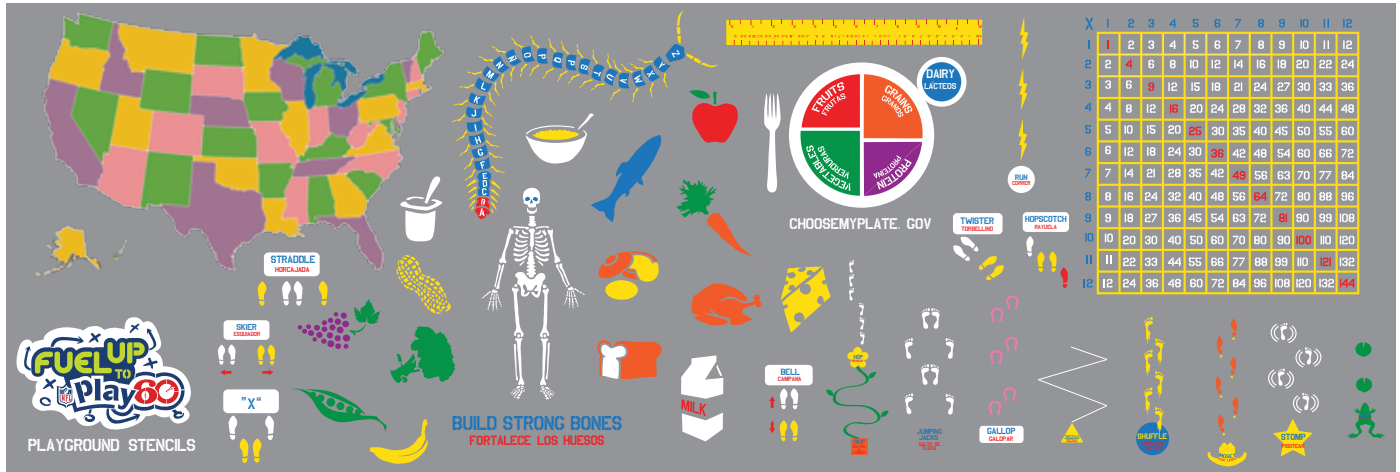
# of volunteers = 16-18	time required = 12 - 16 hours	space required = varies

SHOPPING LIST

Stencils

from Stencilease.com (order online, call 800-334-1776 or fax your purchase order to 860-395-0166):

Quantity	Item #	Item Name	Total Price
☐ 1 set	KDM0008	FUTP60 Deluxe - 172 pieces	$3200.88

Paint Supplies

from Lowes:

Quantity	Item #	Item Name	Total Price
☐ 34	45123	WHIZZ 4-in Cabinet/Door Foam Roller	$169.32
☐ 5	144282	WHIZZ 2-in Cabinet/Door Foam Roller	$14.90
☐ 30	45142	Whizz 2-pack - 4 inch roller covers	$140.40
☐ 74	40353	Blue Hawk Roller Tray	$72.52
☐ 1	228558	DCLW-2 12-ft x 9-ft 2mm Plastic Drop Cloth	$2.98
☐ 1	307103	Warner Paint Can Opener	$0.46

Paints

call Valspar customer service at 800-323-8418. Please note that purchasing the below Valspar paints from your local Lowe's Home Goods store is not a requirement for this project. If you would like to use different paint from a different store, please be sure to purchase paint that is permanent and durable on a concrete/asphalt surface.

Quantity	Color #	Paint Base-Base#	Item Name	Total Price
☐ 2 gallons	3003-1C	Yellow Base - 336696	Yellow-Valspar Duramax	$77.96
☐ 3 gallons	7006-24	Base 1- 75381	White-Valspar Duramax	$116.94
☐ 3 gallons	5002-10B	Base 4- 75555	Blue-Valspar Duramax	$116.94
☐ 1 gallon	1010-1	Red Base - 336694	Red-Valspar Duramax	$38.98
☐ 1 gallon	1001-3B	Base 4- 75555	Purple-Valspar Duramax	$38.98
☐ 1 gallon	1005-2A	Base 2- 75422	Pink-Valspar Duramax	$38.98
☐ 1 quart	2004-1A	Base 4- 336702	Orange-Valspar Duramax	$17.54
☐ 2 gallon	6006-10C	Base 4- 75555	Green-Valspar Duramax	$77.96

Listed prices are indicative. Prices in your area may vary. All pricing is subject to change without notice. **Total Price: $4125.74**

Move and Jump Stencil Set Instructions

Note: Although it makes sense to keep the Jump Rope Step Patterns together, they don't require a lot of space and can be used along sidewalks if blacktop space is unavailable. Keep in mind they should be located in a place convenient for jumping rope. When placing each Locomotor, consider the kind of activity you want to encourage in each location. Some are more active than others.

Jump Rope Step Pattern #1

1. Paint "Jump Rope Step Patterns, 1-1" and allow to dry.
2. Using "Jump Rope Step Patterns, 1-2 (L)" and "Jump Rope Step Patterns, 1-2 (R)", paint the foot pattern you see in the image above. Each color represents the order the steps go in. For consistency, the first step in each jump rope game should be the same color. The same goes for the second and third steps.
3. Once "Jump Rope Step Patterns, 1-1" is completely dry, overlap "Jump Rope Step Patterns, 2-1" and paint it blue.
4. Finally, overlap "Jump Rope Step Patterns, 2-1" under "Jump Rope Step Patterns, 3-1" and paint it red.
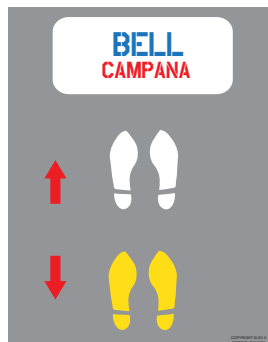
Jump Rope Step Pattern #2

1. Paint "Jump Rope Step Patterns, 1-1" and allow to dry.
2. Using "Jump Rope Step Patterns, 1-2 (L)" and "Jump Rope Step Patterns, 1-2 (R)", paint the foot pattern you see in the image above. Each color represents the order the steps go in. For consistency, the first step in each jump rope game should be the same color. The same goes for the second and third steps.
3. Once "Jump Rope Step Patterns, 1-1" is completely dry, overlap "Jump Rope Step Patterns, 2-2" and paint it blue.
4. Finally, overlap "Jump Rope Step Patterns, 3-2" under "Jump Rope Step Patterns, 2-2" and paint it red.

Jump Rope Step Pattern #3

1. Paint "Jump Rope Step Patterns, 1-1" and allow to dry.
2. Using "Jump Rope Step Patterns, 1-2 (L)" and "Jump Rope Step Patterns, 1-2 (R)", paint the foot pattern you see in the image above. Each color represents the order the steps go in. For consistency, the first step in each jump rope game should be the same color. The same goes for the second and third steps.
3. Once "Jump Rope Step Patterns, 1-1" is completely dry, overlap "Jump Rope Step Patterns, 2-3" and paint it blue.
4. Finally, overlap "Jump Rope Step Patterns, 3-3" under "Jump Rope Step Patterns, 2-3" and paint it red.

Jump Rope Step Pattern #4

1. Paint "Jump Rope Step Patterns, 1-1" and allow to dry.
2. Using "Jump Rope Step Patterns, 1-2 (L)" and "Jump Rope Step Patterns, 1-2 (R)", paint the foot pattern you see in the image above. Each color represents the order the steps go in. For consistency, the first step in each jump rope game should be the same color. The same goes for the second and third steps.
3. Once "Jump Rope Step Patterns, 1-1" is completely dry, overlap "Jump Rope Step Patterns, 2-4" and paint it blue.
4. Finally, overlap "Jump Rope Step Patterns, 3-4" under "Jump Rope Step Patterns, 2-4" and paint it red.
5. Using "Jump Rope Step Patterns, 4-1", paint the red arrows as they appear in the image above.

Move and Jump Stencil Set Instructions cont.

Note: Although it makes sense to keep the Jump Rope Step Patterns together, they don't require a lot of space and can be used along sidewalks if blacktop space is unavailable. Keep in mind they should be located in a place convenient for jumping rope. When placing each Locomotor, consider the kind of activity you want to encourage in each location. Some are more active than others.

Jump Rope Step Pattern #5

1. Paint "Jump Rope Step Patterns, 1-1" and allow to dry.
2. Using "Jump Rope Step Patterns, 1-2 (L)" and "Jump Rope Step Patterns, 1-2 (R)", paint the foot pattern you see in the image above. Each color represents the order the steps go in. For consistency, the first step in each jump rope game should be the same color. The same goes for the second and third steps.
3. Once "Jump Rope Step Patterns, 1-1" is completely dry, overlap "Jump Rope Step Patterns, 2-5" and paint it blue.
4. Finally, overlap "Jump Rope Step Patterns, 3-5" under "Jump Rope Step Patterns, 2-5" and paint it red.
5. Using "Jump Rope Step Patterns, 4-1", paint the red arrows as they appear in the image above.

Jump Rope Step Pattern #6
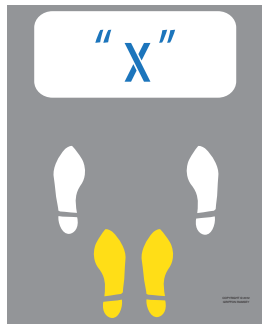
1. Paint "Jump Rope Step Patterns, 1-1" and allow to dry.
2. Using "Jump Rope Step Patterns, 1-2 (L)" and "Jump Rope Step Patterns, 1-2 (R)", paint the foot pattern you see in the image above. Each color represents the order the steps go in. For consistency, the first step in each jump rope game should be the same color. The same goes for the second and third steps.
3. Once "Jump Rope Step Patterns, 1-1" is completely dry, overlap "Jump Rope Step Patterns, 2-6" and paint it blue.

Locomotor #1
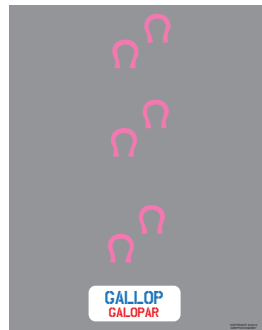
1. Before you begin painting, draw a line in chalk that you want the foot pattern to follow, as well as where each step will be. This is a great way to use volunteers that are too young to paint since the steps should match their stride anyway.
2. Paint "Locomotors, 1-1" in a light color at the beginning of the path.
3. Using "Locomotors, 4-1 (L)" and "Locomotors, 4-1 (R)", paint the galloping pattern you see above. The feet should fall together closely with a long stride before the next set. Try galloping for yourself if you need help visualizing it!
4. Once the "Locomotors, 1-1" layer is dry, overlap "Locomotors, 2-1" over it and paint it blue.
5. After "Locomotors, 2-1" dries, paint "Locomotors, 3-1" in red under it.
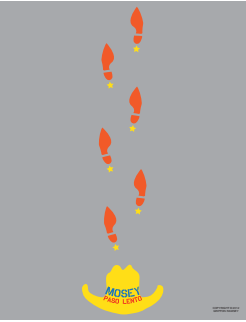
Locomotor #2
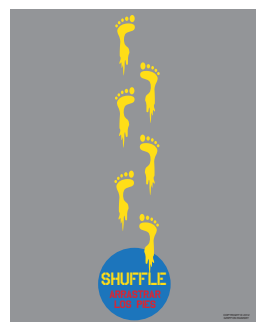
1. Before you begin painting, draw a line in chalk that you want the foot pattern to follow, as well as where each step will be. This is a great way to use volunteers that are too young to paint since the steps should match their stride anyway.
2. Paint "Locomotors, 1-2" in blue at the beginning of the path.
3. Using "Locomotors, 4-2 (L)" and "Locomotors, 4-2 (R)", paint the foot pattern you see above.
4. Once the "Locomotors, 1-2" layer is dry, overlap "Locomotors, 2-2" over it and paint it the same color as the feet.
5. Paint an extra "Locomotors, 4-2 (R)" over the "L" in "SHUFFLE" to give the illusion of dragging ones feet through wet paint.
6. After "Locomotors, 2-2" dries, paint "Locomotors, 3-2" in red under it.

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STENCILEASE.com

Fuel Up to Play 60
NFL

NATIONAL DAIRY COUNCIL®
FUEL UP™

Move and Jump Stencil Set Instructions cont.

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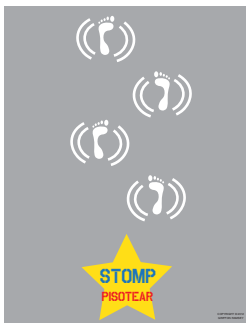
Locomotor #3

1. Before you begin painting, draw a line in chalk that you want the foot pattern to follow, as well as where each step will be. This is a great way to use volunteers that are too young to paint since the steps should match their stride anyway.
2. Paint "Locomotors, 1-3" in yellow at the beginning of the path.
3. Using "Locomotors, 4-3 (L)" and "Locomotors, 4-3 (R)", paint the foot pattern you see above.
4. Once the "Locomotors, 1-3" layer is dry, overlap "Locomotors, 2-3" over it and paint it blue.
5. After "Locomotors, 2-3" dries, paint "Locomotors, 3-3" in red under it.

Locomotor #4

1. Paint "Locomotors, 1-4" in a light color at the beginning of the path.
2. Using a straight edge, string or chalk line, draw out a zigzag pattern in chalk.
3. Using a 4" roller and the paint color of your choice, paint a permanent zigzag over the chalk outline.
4. Once the "Locomotors, 1-4" layer is dry, overlap "Locomotors, 2-4" over it and paint it blue.
5. After "Locomotors, 2-4" is dry, paint "Locomotors, 3-4" in red under it.

Locomotor #5

1. Before you begin painting, draw a line in chalk that you want the foot pattern to follow, as well as where each step will be. This is a great way to use volunteers that are too young to paint since the steps should match their stride anyway.
2. Paint "Locomotors, 1-5" in a light color at the beginning of the path.
3. Using "Locomotors, 4-5 (L)" and "Locomotors, 4-5 (R)", paint the stomping pattern you see above.
4. Once "Locomotors, 1-5" is dry, overlap "Locomotors, 2-5" and paint it blue.
5. After "Locomotors, 2-5" dries, paint "Locomotors, 3-5" in red under it.
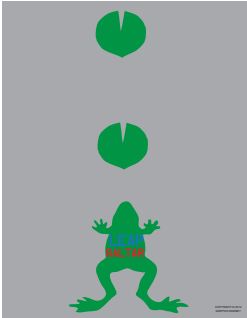
Locomotor #6
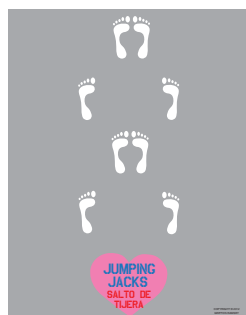
1. Before you begin painting, draw a line in chalk that you want the foot pattern to follow, as well as where each step will be. This is a great way to use volunteers that are too young to paint since the steps should match their stride anyway.
2. Paint "Locomotors, 1-6" in pink or another light color at the beginning of the path.
3. Using "Locomotors, 4-6 (L)" and "Locomotors, 4-6 (R)", paint the foot pattern you see above.
4. Once the "Locomotors, 1-6" layer is dry, overlap "Locomotors, 2-6" and paint it blue.
5. After "Locomotors, 2-6" dries, paint "Locomotors, 3-6" in red under it.

Move and Jump Stencil Set Instructions cont.

Note: Although it makes sense to keep the Jump Rope Step Patterns together, they don't require a lot of space and can be used along sidewalks if blacktop space is unavailable. Keep in mind they should be located in a place convenient for jumping rope. When placing each Locomotor, consider the kind of activity you want to encourage in each location. Some are more active than others.

Locomotor #7

1. Before you begin painting, draw a line in chalk that you want the leaping pattern to follow, as well as where each lily pad will be. This is a great way to use volunteers that are too young to paint since the landing points should match their leaps anyway.
2. Paint "Locomotors, 1-7" in green at the beginning of the path.
3. Using "Locomotors, 4-7", paint a line of green lily pads that childen can leap to.
4. Once the "Locomotors, 1-7" layer is dry, overlap "Locomotors, 2-7" and paint it blue.
5. After "Locomotors, 2-7" dries, paint "Locomotors, 3-7" in red under it.

Locomotor #8, 9
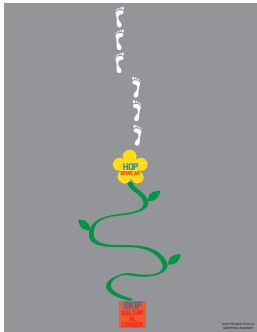
Note: these two stencils go together. You might want to double the number of volunteer painters to help expedite the process.
1. Before you begin painting, draw a line in chalk that you want the foot path to follow and mark the distance between hops. This is a great way to utilize volunteers that are too young to paint since the hops should match their size.
2. Paint "Locomotors, 1-8" in orange at the beginning of the path. Paint "Locomotors, 1-9" at the end of the first path to become the beginning of the next one.
3. Using a 4" roller, paint a green stem connecting "Locomotors, 1-8" and "Locomotors, 1-9".
4. With the "Locomotors, 5-8" stencil, add leaves to the stem.
5. Using "Locomotors, 4-9 (L)" and "Locomotors, 4-9 (R)", paint the hopping pattern you see above.
6. Once the "Locomotors, 1-8" layer is dry, overlap "Locomotors, 2-8" over it and paint it blue.
7. After "Locomotors, 2-8" dries, paint "Locomotors, 3-8" in red under it.
8. Once the "Locomotors, 1-9" layer is dry, overlap "Locomotors, 2-9" over it and paint it blue.
9. After "Locomotors, 2-9" dries, paint "Locomotors, 3-9" in red under it.

Locomotor #10
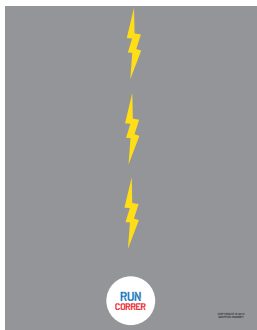
1. Before you begin painting, draw a line in chalk that you want the lightning path to follow, ideally away from structures and other games.
2. Paint "Locomotors, 1-2" in a light color at the beginning of the path.
3. Using "Locomotors, 4-10", paint evenly spaced lightning bolts where you want the kids to run.
4. Once the "Locomotors, 1-2" layer is dry, overlap "Locomotors, 2-10" and paint it blue.
5. After "Locomotors, 2-10" dries, paint "Locomotors, 3-10" in red under it.

Fuel Up To Play 60 Logo

PLAYGROUND STENCILS

Note: This stencil is the signature of the project, and is required to be painted at each school.

1. First line up the "FUTP logo (top), White Stencil and the "FUTP logo (bottom), White Stencil" and paint them both white.
2. Once the "FUTP logo (top), White Stencil" area is dry, align the "FUTP logo, Blue Stencil" over it and paint it blue.
3. Finally, paint the "FUTP logo, Red Stencil" red.

My Plate with Food Set

1. Place "My Plate, 1-1 on the ground where you would like the left side of the central "plate" to be. Paint the negative space white. Once it's dry, line up "My Plate, 1-2" to form the right side of the plate and fill it in with white. You should now have a circle that is 6' in diameter. To save time, work on instructions 2-4 while you're waiting for the first half to dry.

2. Next place "My Plate, 1-3" up and to the right of the larger circle, where a drinking glass would go in a place setting.

3. To the left of the large circle, paint "My Plate, 1-4". You may choose to paint multiple forks for additional throw lines.

4. Centered under the large circle, paint "My Plate, 1-5" white.

5. Carefully place "My Plate, 2-1" over the left side of the large white circle and paint the top quarter red and the bottom quarter green. Next place "My Plate, 2-2" over the right side of the circle and paint the top portion orange and the bottom, purple. However, before you paint, be sure they are both centered over the large circle as in the image above so that there will be a consistent width of white lip around it once painted. Paint the upper left quadrant red, the upper right orange, the lower left green and the lower right purple.

6. Center "My Plate, 2-3" over the "My Plate, 1-3" circle (drinking glass) and paint it blue.

7. Once the "My Plate, 2-1" is dry, center "My Plate, 3-1" over and it and paint it white.

8. Place "My Plate, 3-2" over "My Plate, 2-2" and paint it white.

9. Next line up "My Plate, 3-3" over "My Plate, 2-3" and paint it white.

Food set:

1. This set of small stencils ("My Plate Food Set, 4-1" through "My Plate Food Set, 4-15") can be used in conjunction with the "My Plate" game. The dairy group can also be used with the "Build Strong Bones" game. They can be painted more than once for matching, hidden around campus for a scavenger hunt or used as a shuttle run variant.

2. Each individual image above is only one stencil layer. If the image requires two colors, be sure to paint them carefully so they don't run together.

Multiplication Table

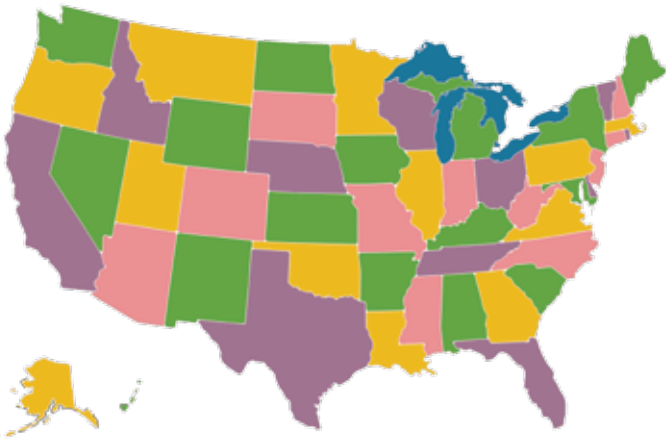| X	1	2	3	4	5	6	7	8	9	10	11	12
1	1	2	3	4	5	6	7	8	9	10	11	12
2	2	4	6	8	10	12	14	16	18	20	22	24
3	3	6	9	12	15	18	21	24	27	30	33	36
4	4	8	12	16	20	24	28	32	36	40	44	48
5	5	10	15	20	25	30	35	40	45	50	55	60
6	6	12	18	24	30	36	42	48	54	60	66	72
7	7	14	21	28	35	42	49	56	63	70	77	84
8	8	16	24	32	40	48	56	64	72	80	88	96
9	9	18	27	36	45	54	63	72	81	90	99	108
10	10	20	30	40	50	60	70	80	90	100	110	120
11	11	22	33	44	55	66	77	88	99	110	121	132
12	12	24	36	48	60	72	84	96	108	120	132	144

1. Line up "12 X 12 Grid, 1-1" through "12 x 12 Grid, 1-4" from left to right. Line up "12 X 12 Grid, 1-5" through "12 x 12 Grid, 1-8" from left to right just below the first row to for the 12 x 12 grid.

2. Fill in the dots with yellow paint.

3. Remove the stencils and with a 4" roller and yellow paint, connect the dots. This should be done by someone with a steady hand. To avoid walking through the wet paint, do the horizontal lines first and once dry, then paint the vertical lines. Then, fill in the squares with blue paint.

4. To avoid mistakes, fill in the multiplication table with chalk first to establish number placement.

5. Using the "Numbers" stencils, paint them in, paying close attention to where each character is in the number. Yellow paint should be used for numbers outside of the grid, red for square numbers, and white for the rest.

100's chart

1	K	3	4	5	7	K	9	0	18
11	1K	13	14	15	17	1K	19	10	K8
K1	KK	K3	K4	K5	K7	KK	K9	K0	38
31	3K	33	34	35	37	3K	39	30	48
41	4K	43	44	45	47	4K	49	40	58
51	5K	53	54	55	57	5K	59	50	78
71	7K	73	74	75	77	7K	79	70	K8
K1	KK	K3	K4	K5	K7	KK	K9	K0	98
91	9K	93	94	95	97	9K	99	90	08
01	0K	03	04	05	07	0K	09	00	188

1. Line up "12 X 12 Grid, 1-1" through "12 x 12 Grid, 1-4" from left to right. Line up "12 X 12 Grid, 1-5" through "12 x 12 Grid, 1-8" from left to right just below the first row to for the 12 x 12 grid.

2. Fill in the dots with yellow paint, but ONLY for a 10 ft. x 10ft. grid.

3. Remove the stencils and with a 4" roller and yellow paint, connect the dots. This should be done by someone with a steady hand. To avoid walking through the wet paint, do the horizontal lines first and once dry, then paint the vertical lines. Then, fill in the squares with blue paint.

4. To avoid mistakes, fill in the multiplication table with chalk first to establish number placement.

5. Using the "Numbers" stencils, paint them in.

U.S. Map

Instructions:

If you choose to paint the U.S. Map, be sure to begin this stencil first. It is roughly 27' x 17' and will require a lot of time, paint and volunteers. It's safe to assume you will have several people working on it for the entire length of paint day. A detailed layout guide comes with the map showing you where to layout each sheet by number. Once all sheets are in place you can use painters tape or duct tape to hold the entire map in place before painting the dot pattern that outlines the entire USA. TIP: If it is a windy day, use your full cans of paint or other objects to hold down the map sections. Once the dot pattern is completed, you can then assign groups to paint in the individual states as shown. The stencil instructions are included separately inside the packaging for the US Map Stencil.
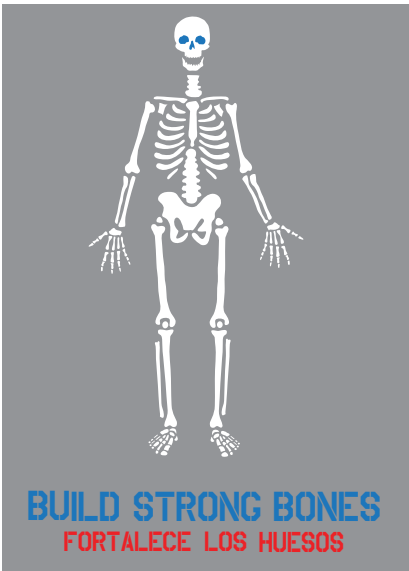
Build Stong Bones

1. Paint "Build Strong Bones, 1-1" white.
2. Line up "Build Strong Bones, 1-2", "Build Strong Bones, 1-3", and "Build Strong Bones, 1-4" under the skeleton and paint them blue.
3. Once the first layer is dry, line up "Build Strong Bones, 2-1" over the skull to form the eye sockets and nostrils and paint it blue.
4. Line up and center "Build Strong Bones, 2-2" and "Build Strong Bones, 2-3" and "Build Strong Bones, 2-4" under the English words and paint them red.
5. Use the dairy group from the "My Plate Foods" stencil set to make other game options.

BUILD STRONG BONES
FORTALECE LOS HUESOS

Fuel Up To Play Centipede Alphabet Game
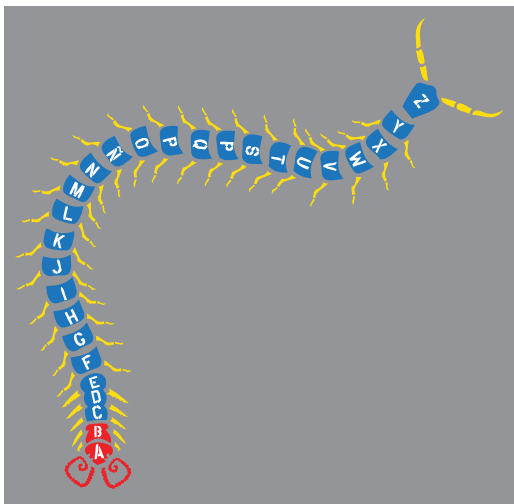
1. Before you begin painting this stencil, plan its layout. Because it is broken down into three smaller stencils, it can be positioned into multiple configurations: straight and narrow, wavy, circular, or bent around corners and structures. Outline the shape you want it to take in chalk first.
2. It can either be the English alphabet or the Spanish alphabet. Just be sure to decide in advance before you begin painting as it affects the number of times the middle piece is painted.
3. Paint the head of the centipede first, "Alphabet Game 1-1". The color scheme above is inspired by the Texas Red Headed Centipede, but is optional.
4. If you choose to do the English alphabet, paint the "Alphabet Game, 1-2" segment 20 times. If you opt for the Spanish alphabet, paint it 21 times.
5. At the end of the animal, paint "Alphabet Game, 1-3" to complete the first layer.
6. In each of the five sections of "Alphabet Game, 1-1", paint the first five letters of the alphabet.
7. Paint each additional letter, one per "Alphabet Game, 1-2" segment until you reach "Y", aka "Alphabet Game, 2-26".
8. On top of "Alphabet Game, 1-3", paint the letter "Z", aka "Alphabet Game, 2-27".