

2) PROPOSED SCOPE OF SERVICES

Lead2Play proposes to facilitate student led, play-based programs that promote physical activity at 2 school sites- Helms Middle and Lake Elementary -in San Pablo. ***Student leaders will design, lead, and engage other youth in fitness, play, and sports activities that are fun and habit-forming.*** This approach keeps kids of all abilities coming back for more, which is critically important given that in the United States, 80 percent of young people stop participating in organized sports by age 13. Using our Youth Leadership Team (YLT) model, youth will design and implement lunchtime and after school activities for their classmates. Through this process, youth leaders will build leadership skills, meet the needs of their school community, and increase involvement in active playtime.

We know that our students currently face serious obesity and other related health issues due to inactivity. We have studied the research and found that nearly half of America's youth are not vigorously active on a regular basis. Kids are moving and playing less than ever. Social media, television, homework demands, and additional barriers all contribute to worsening health and mental health outcomes for our students. For the first time in our nation's modern history, today's youth are not expected to live longer than their parents.

We believe that free, constructive, self-directive play is the answer. Lead2Play is a leadership training program that organically empowers youth to plan and lead play activities that enrich kids and communities. The program is designed to get kids moving, having fun, improving health, building competence and gaining confidence— while simultaneously teaching them how to take ownership, strategize, collaborate, communicate and resolve conflict.

Our program provides real-life leadership opportunities for students who are not traditionally selected for leadership roles. We have developed an easy-to-use leadership curriculum of training video lessons and companion activities to build leadership skills and teamwork. Students will meet weekly to problem-solve and work as a team to design their school's "just for fun" activities. They will develop critical life skills such as creativity, planning, and responsibility – all skills that will contribute to classroom success as well. Lead2Play listens to youth voices and empowers them to create solutions for their school community.

Lead2Play utilizes a structured curriculum that was designed to be easy to implement and ensures that the program model can be readily utilized at each site.

Our curriculum includes:

- Short, engaging, **kid-friendly videos** that explain everything from direction giving to conflict resolution. Staff present the videos to the student leadership teams and then facilitate discussion with the students.
- **Handouts** that guide students through the **design thinking process** so that the programs they implement will be well received by their "customers."
- **Gallery of great games** to be led, some that are competitive and some that are just for fun
- Detailed "**How To Implementation Guide**" that includes lesson plans, worksheets, and logistics
- **Assessment tools** to ensure continuous improvement.

Lead2Play helps youth discover and develop such critical life skills as creativity, planning, management, responsibility, leadership, and teamwork. Lead2Play teaches youth how to participate and to be leaders through playing games and team sports. The Lead2Play curriculum emphasizes team problem-solving and inquiry, essential in the real world, project-based learning teams of today can bridge that divide. But we can't develop leaders without giving people—more specifically, young people—opportunities to lead.

Our play-based approach invites all students to participate in active games regardless of previous experience, athletic ability or skill level. Lead2Play provides a space for kids to play who may not see themselves as athletes. Opportunities to truly play are spontaneous, energizing, inclusive, and fun. ***Educators have learned that children get more vigorous exercise from free play and youth-directed activities than from adult directed practices.*** Students can participate activities such as dance, yoga, kickball, basketball, soccer, ultimate frisbee, capture the flag... depending upon the interests of their school's students. The goals are to simply have fun, make friends, and be active. These play activities complement competitive sports opportunities available in the community and will contribute to positive lunch time and after school experiences at the school site.

We plan to serve elementary and middle school age youth at two San Pablo schools in West Contra Costa Unified School District. Students from these schools are predominantly low income students- more than 93 percent qualify for free/reduced lunch. Our program will build leadership skills and encourage positive attitudes and motivation towards active play and sports. ***Our program will help students experience a healthy lifestyle which is urgently needed for an age group that is currently moving towards a sedentary adolescent experience.***

PROPOSED TIMELINE

Task/Activities	End Date
Lead2Play will hire and train site staff leaders	October
Meet with school principal to arrange space/ schedule & develop student leader recruitment strategy	October
Recruit student leaders for Youth Leadership Team	October- November
Organize and facilitate initial training date for Youth Leadership Team	October- November
Youth Leadership Team polls students to determine youth interests and needs	December
Youth Leadership Team develops proposed activity offerings for students using Games Library and polling data	December
Youth Leadership Team develops action plan for implementation of Lead2Play program at their school	December-January
Youth leadership team conducts outreach campaign to all students to publicize upcoming "just for fun" activities	January
YLT begins implementing Lead2Play "just for fun" play and sports activities	January
Youth leadership team meets regularly	On-going
Continue Youth Leadership Team meetings & "just for fun" play and sports activities	On-going
Youth Leadership Team adjusts and modifies program activities as needed.	On-going
YLT administer evaluation surveys and compile report based upon collected attendance/participation data	May- June
Facilitate reflection/debrief sessions	May- June