



FOURTH AND ONE

A Playbook for Wellness

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Program Goals

- Improve fitness through consistent physical activity
- Provide nutrition education and access to healthy food
- Enhance social-emotional wellness through stress management, emotional regulation, and building resilience
- Create a safe and supportive space through mentoring and positive peer connections
- Provide interventions that decrease risky behavior and prevent crime involvement for youth aged 12-15

One Yard to Wellness! Overview

Forth and One fosters student wellness for 6th - 8th graders through after school and summer programs focused on physical activity, nutrition literacy, social-emotional skill building and mentoring. Student wellness is key to academic performance, positive behavior, student attendance, and future success. We empower youth to set wellness and fitness goals and to accomplish their goals by learning how to exercise safely, eat healthy food, talk about feelings, and manage stress in a safe and supportive environment.

AFTER SCHOOL AND SUMMER WELLNESS PROGRAM

KEY COMPONENTS

Rise to the Challenge—It's Your Time!

- Set wellness goals
- Create a personalized wellness plan

One Yard to Greatness—Dig Deep! Physical Fitness and Performance

- Proper stretching and warm ups
- The benefits of walking and running
- Proper form for strength building and weight lifting
- How to cool down
- Team sports readiness
- Opportunity for flag football league

The Moment to Decide, The Fuel to Succeed

- Nutrition education
- Food and mood - the mind-body connection
- Learn to make and enjoy healthy snacks

One More Push, One More Play - Keep Going! SEL and Resilience

- Self awareness and reflection
- Stress reduction exercises
- Mindfulness practice
- Guided talk circles

THE DATA

- 51% of Memphis students are overweight or obese (1)
- 42.7% of students in TN reported feeling sad or hopeless (2)
- 28% of Memphis K-8 students are chronically absent (3)
- 14% of Memphis students drop out without graduating high school (3)
- 2024 saw an increase in arrests age 12-15 (4)
- Most juvenile crime is committed on a weekday between 3:00-6:00 PM (5)
- 41.2 % of Memphis 6-8 students are not proficient in ELA (6)
- 42.4% of Memphis 6-8 students are not proficient in math (6)



THE RESEARCH

A large body of research supports the benefits of attending high quality afterschool and summer programs, including increasing academic performance, school attendance, physical fitness, and social-emotional skills and decreasing involvement in juvenile crime (7).

Numerous studies support the link between increased physical fitness and social-emotional wellness and improved academic performance, including higher achievement on standardized tests. (8)

Evaluation of A World Fit for Kids!, an afterschool program serving 14 Los Angeles schools that incorporates goal setting, physical activity, nutrition education and mentoring, found that WFIT students were much more likely to be regularly involved in physical activity, improved their healthy food and beverage choices, and felt more confident and goal-oriented. (9)

Analysis of data from 349,381 unique students in grade 6-8 from 624 schools in high minority, low income communities in New York City found that a 20% improvement in fitness led to a 13.3% decrease in absenteeism and 10-20% improvement led to an 8.3% decrease in absenteeism. (10)

One study found that middle school students who were aerobically fit were 2-4 times more likely to score proficient on their reading and math standardized tests than students who were not physically fit. (11)

Another found that lower fitness is associated with lower test scores (12)

Data from K-12 students who participated in Family League afterschool and summer learning programs in Baltimore, which integrate SEL and physical activity, found that participants had higher promotion rates than their peers and were significantly less likely to be chronically absent. (13)

A longitudinal analysis of data from the LA's Best afterschool program, which incorporates holistic wellness and fitness, found that youth who consistently attended the program were 30 to 50 percent less likely to commit a juvenile crime (14)

An analysis of data from the ACE afterschool program in Texas found that participation was associated with improvements in Texas Assessment of Knowledge and Skills reading and math scores, fewer disciplinary incidents than non-participating students and fewer school absences. (14)

EXPECTED OUTCOMES

- Increased physical and aerobic fitness
- Healthier food choices
- Increased school attendance and reduction in chronic absenteeism
- Growth on TNReady assessments in math and ELA
- Increased confidence and social-emotional skills
- Reduction in school disciplinary incidents
- Lower likelihood of involvement in the Juvenile Justice System



1) Kids Count Data Center
2) State of the Child in TN Report 2024
3) TDOE Data
4) Memphis Crime Commission
5) Tennessee Commission on Children and Youth, 2023 Report
6) TDOE Data
7) Sparr, M., Frazier, S., Morrison, C., Miller, K., & Bartko, W.T. (2020). Afterschool programs to improve social-emotional, behavioral, and physical health in middle childhood: A targeted review of the literature. Washington, DC: U.S. Department of Health and Human Services.
8) Kohl HW III, Cook HD, editors. "Physical Activity, Fitness, and Physical Education: Effects on Academic Performance". Educating the Student Body: Taking Physical Activity and Physical Education to School. Washington (DC): National Academies Press (US); 2013.

9) A Big-Picture Approach to Wellness: Afterschool Supporting Strong Bodies and Minds. Afterschool Alliance Brief, 2018.
10) D'Agostino EM, Day SE, Konty KJ, Larkin M, Saha S, Wyka K. Individual-Level Fitness and Absenteeism in New York City Middle School Youths, 2006-2013. Prev Chronic Dis 2018;15:170152.
11) Bass, R. W., Brown, D. D., Laurson, K. R., & Coleman, M. M. (2013). Physical fitness and academic performance in middle school students. Acta Paediatrica, 832-837
12) Roberts, C. K., Freed, B., & McCarthy, W. J. (2010). Low Aerobic Fitness and Obesity Are Associated with Lower Standardized Test Scores in Children. Pediatrics, 711-717.
13) Family League Out of School Time Programs in Baltimore City. Baltimore Consortium for Education Research, 2013.
14) Taking a Deeper Dive into Afterschool: Positive Outcomes and Promising Practices. Afterschool Alliance Report