

PLAYBOOK



Salvation Army Youth Education Town

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Special points of interest:

- ★ The NFL Play 60 Challenge
- ★ Play 60 Kickoff
- ★ #Play60
- ★ Grammas of Love
- ★ Blueberry Fun Fact
- ★ It Must Be Berry Love
- ★ Play 60 Game of the Week

The NFL Play 60 Challenge

The Play 60 Challenge is a four-week program that inspires kids to get the recommended 60 minutes of physical activity a day in school, at the YET, and at home. During the four-week challenge, children's activity minutes are calculated and we track them on our Dallas Cowboy Scoreboard. At the end of each week the minutes are added online to our Program Tracker.

Every week we will publish a newsletter of our progress, highlight our success and share with you the children's insight and

experiences. Over the next three weeks, you can read all about a different player of the week's adventures at the Dallas Cowboys football game, activities, and see pictures of all the fun we are having.

Join us as we take the Play 60 Challenge and help us achieve our goals to build the foundation for healthier living.



Play 60 KICKOFF

Our students were not the only one who signed the Play 60 Pledge. The administration and the afterschool staff all signed Play 60 Pledges to support and encourage the children in the Play 60 Challenge. We are all a part of one team, and together we pledge to be more active, eat healthier and **PLAY MORE!**



GO TEAM!

#Play60

Every day this week the children have been encouraged to be active. They played a variety of games, had fun and loved the extra gym time.



Week One Activity Minute Goal



Grahams of Love:

While the Play 60 Challenge encourages children to be active for 60 minutes a day, Fuel Up to Play 60 promotes in-school health and wellness through nutrition.

This week at the YET the children were able to create their own healthy snack using a variety of fruits

"I love fruit!"
Zane (5)



"Strawberries are delicious"
Karter (8)



Blueberry Fun Fact

Blueberries Help Improve Memory & Brain Function

It Must Be "Berry" Love:

Do you remember the first time you tried a blueberry? At the YET, this week, **6 children** tried blueberries for the first time.

#Priceless

Play 60 Game of the Week (Game Created by Mr. Sarmad)

Extreme Rock, Paper, Scissors

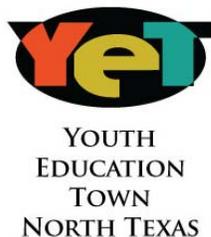
In this game, the children work together in a team. The object is for the team to select Rock, Paper, or Scissors. Once both teams have selected their item of choice, the instructor will tell the teams to approach the center line. They can be told to take steps, to run back and fourth or perform another task to get to the center of the court. Then, when both teams are at the center, the instructor will call out, "Rock, Paper, Scissors, Go." Once the instructor yells "Go," the teams then jump into the position indicating the item they choose. The winning team



will then proceed to chase the losing team. If a member of the winning team tags a member of the losing team before they make it back to their home base, the tagged player switches teams.



You Can Find the Play 60 Playbook Online!



<http://www.salvationarmyyet.org>

Go to the website, hover over Spotlights and then click on *YET GAZETTE NEWSPAPER*

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