

Play a New Way Activity Challenge

A combined **6,170+ students and staff from 38 LPS locations** took part in this focus on activity and social-emotional wellness. Participants were encouraged to both try new activities and invite new friends to play with them. They were encouraged to explore and discover, forget about the score, try new games, scavenger hunts and activities, both in school settings and at home. The shift to focus on inclusion of others and switching up playmates seemed to strike a positive chord in these challenging social times, while also encouraging activity variety and fitness.

83,400+ Play a New Way Activities Reported!

Evaluation Questions Responses:

I **thought more** about the different ways I can be active:

63% Students and Staff

I **took steps** to stay active or be more active:

93% Students and Staff

I **tried some different activities than usual** during the challenge:

93% Students and Staff

My friends or family joined me in being active:

82% Students and Staff

38 Participating LPS Locations: Adams, Arnold, Brownell, Calvert, Campbell, Cavett, Don Sherrill, Eastridge, Elliott, Fredstrom, Hartley, Holmes, Humann, Huntington, Irving, Kahoa, Kloefkorn, Kooser, Lakeview, Lefler, Lux, Meadow Lane, Moore, Morley, Norwood Park, Park, Pathfinder, Pershing, Prescott, Pyrtle, Randolph, Roper, Saratoga, Sheridan, West Lincoln, Wysong and Zeman.

Student Comments Included:

- ◆ I had a sleepover with my two best friends, Magda and Kaitlin. With this challenge in mind, we played many games that did not involve technology. We are all phone-obsessed teens, so it was nice to take a break and get to know them even more.
- ◆ I love doing these activity sheets and I'm TOTALLY getting more active! By Tuesday I has so many checkmarks. I love these challenges.
- ◆ I walk to school every day. During this challenge, on walks I noticed more around my neighborhood. I also played with different people than usual at recess. This challenge helped me grow in many different ways such as friendships and my appreciation of nature and my surroundings.
- ◆ I played ping pong with my friend and we didn't keep score, instead we just had fun and played. I did some yoga with my little sister.
- ◆ I had a fun time doing brain breaks with Mrs. Dinsdale and my classmates I'm glad to have such good classmates and teacher.
- ◆ We played volleyball without keeping score & met a new friend while doing so named Grace.
- ◆ We went on a lot of walks. We tried a lot of new games. We did a fun brain break everyday!
- ◆ I loved my challenges. The create a new game with 5 items was fun and brain teasing.
- ◆ I think it made me a lot more active instead of just sitting at home and doing nothing.
- ◆ I think my success was good and it was fun when I could check it off and it felt good.
- ◆ I think it made me realize how fun it is to do all these activities. I was more active.
- ◆ It made me watch less tv and eat less candy. I am proud for trying new things.
- ◆ I love Wellness! This challenge made me think about how I can move my body!
- ◆ I loved it, and I tried out some new dances in P.E. Love to do it again!!
- ◆ I tried new games after school and at Scouts like football and kickball.
- ◆ I tried playing with new friends. I played with her and I found a leaf.
- ◆ I am starting to love soccer and volleyball and I love PE!
- ◆ I had fun with everyone. This made me happy!
- ◆ My mom downloaded Go Noodle at home.
- ◆ My PE teacher let us invent a new game.
- ◆ I got to play tetherball with my friends.
- ◆ I made amazing football catches.
- ◆ My teacher dances funny.
- ◆ I made a new friend.



- ◆ I learned to be more active, it was very fun! It made me think about more ways to be healthy and active.
- ◆ I made a new friend at lunch! Had fun with a new game in PE.
- ◆ It's fun to be active! It made me be more focused.
- ◆ It was fun to get moving.
- ◆ I tried frisbee golf.
- ◆ I think it was a fun challenge because I tried new things, played with different people, and tried new brain break activities.
- ◆ I think it was a great experience. I loved how active and fun it was to get lots of exercise in that short of time.
- ◆ I had a friend over all weekend and we both did the activities together, so we both accomplished our goal.
- ◆ It was very fun to do new activities and be active. This helped me be more active in new ways. This was fun to do.
- ◆ I am glad to try new things this year and haven't given up. We tried a new brain break everyday this week!
- ◆ I feel really proud of what I did. It showed me that not all of life comes from a screen. You just have to go out and notice the good life.
- ◆ I always played different games with my little brother, example: there's this game that my brother and I made, we get on our trampoline and threw the football inside and tried to catch it.
- ◆ I am happy about this challenge because it was able to get me active and help he play with my friends outside after school more!
- ◆ This is a fun thing to do. I was active a lot after school with my friends we did not just sit around and play video games.
- ◆ It was hard to enjoy a game without a single score, but the game was fun, and I had fun too!
- ◆ With this activity sheet, I got to meet some new people and make a new friend! I highly enjoyed this "Play a New Way Challenge".
- ◆ This activity helped me keep active and helped me enjoy the world around me a little more!
- ◆ I made some new friends when playing at recess playing different games and with different people. And my teacher Mrs. Miller encouraged us to do all of these things with our families and friends that weren't in our school.
- ◆ This helped me think about playing with different friends. I stopped playing video games all the time.
- ◆ I tried a new game with a friend: it was make-believe with a flyswatter to push people away. I played house with some new friends. I went on a walk and got stuck in a peaceful forest and pretended there were bears. I also found some fossils.
- ◆ I am very happy I joined in with this challenge. I think it was a good thing to help keep my heart rate up and it was fun doing new things. It was interesting to play with other people and explore. I found out that I could be creative in nature and be a lot more active.



Staff Comments Included:

- ◆ What a week! I had the goal to get up early @ 5 a.m. every day and exercise for 30 minutes and I was able to do it! I can't remember the last time I worked out every day M-F!
- ◆ Sheridan's Fuel up to Play 60 Ambassadors created, recorded and showed a short skit to help promote the challenge. We showed the video to all classes in PE and it really got the kids excited!
- ◆ We also had a Spartan challenge going on for the staff through the whole month of December. Each day there is an exercise to complete. Many classrooms have the students participating with the teacher. It has been fun and motivating for our students to do alongside their classroom teacher.
- ◆ After doing the challenge all week the students were excited to learn that they earned a pajama day, which was also the day of Movie night for all our students. They were thrilled that they could wear their pajamas all day and then again to movie night!
- ◆ This challenge was more difficult for me. It did make me realize that I do not focus on myself and my fitness enough.
- ◆ We did our challenge as a whole school the week of December 4-8. Teachers were in charge of surveying the kids each day to see what activities that they tried. Students also had the opportunity to try new games in PE.
- ◆ We created a scavenger hunt for common areas of our building. This way staff were able to be involved and even had their students helping them out. It was a hit!
- ◆ Students were excited about the innovative activities they came up with and loved to share their ideas with peers.
- ◆ The kids seemed to like thinking of different ways to be active.
- ◆ Some girls in my class had fun at recess with a creative twist on a Conga line.
- ◆ The scavenger hunt is always the best! Kids and staff enjoyed this activity.

