



WHAT WE DO

Jason Naum, LAB Chairperson

We are striving to be the first comprehensive, out of school program for middle school age children in Philadelphia. We are also the only program that uses basketball as a platform, teaching boy and girls the fundamentals of the game, while at the same time providing significant academic support and social emotional learning.

Unlike other basketball programs the **Life and Basketball (LAB)** model focuses on addressing the needs of children on and off the basketball court, learning and developing the necessary skills to succeed in an increasingly complex environment. With allocated program slots for At-Risk Youth, LAB provides a safe and welcoming learning environment with programming specifically designed to engage and support hard to reach children.

LAB is research and data driven and our highly experienced staff of coaches and educators employ results based management practices to ensure our programs and services truly make a difference in the lives of participating children. We track the progress of each child and work with them at the outset to develop individual goals tailor-made to their unique situation and needs.

Our unique four pillar curriculum mainstreams social emotional learning to promote students' self-awareness, self-management, social-awareness, relationship skills, and responsible decision-making skills. This foundation has in turn been proven to lead to better adjustment and academic performance, fewer behavioral problems, less emotional distress, and improved grades and test scores.

With your help LAB will be able to work with more schools, reaching more children, at a time when support, mentoring and positive role models are needed most. **Please considering supporting LAB.**

Mission

LAB is a registered 501(c)(3) nonprofit organization serving middle school age children in the Philadelphia area. LAB's mission is to increase opportunities for underserved youth to succeed on and off the court. Using the sport of basketball as a motivational tool LAB provides programs focused on improving social and emotional skills, attitudes, behavior, academic performance, health and fitness. LAB programs provide a safe and healthy environment for children to develop the necessary skills to succeed in life.



Vision

LAB's vision is for all middle school aged children to have the social and emotional competence necessary to face the challenges of life. We hope to be able to reach more and more children using our unique methodology and curriculum and become the first choice partner to all schools in our region. By partnering with schools we hope to work with teachers, drawing attention to the importance of social emotional learning, and advocating for adequate resources to address this core competency.

History

Life and Basketball grew out of the co-founders love of basketball and the simple idea that all children should have the same opportunities to succeed. Co-founders Jason Naum and Devin Adams understood the transformative power of basketball and set out to use it as a vehicle to increase academic, social and emotional competence.

Devin Adams, an experienced basketball coach, trainer, music teacher and educator, was well aware of the benefits of organized sports, and basketball in particular. As a high school basketball coach he regularly saw not only the physical benefits that came with participation but also the social and emotional ones. His student athletes had a reduced risk of weight-related health issues, reduced anxiety and enhanced self-esteem, lower delinquency and dropout rates, and a greater foundation for the development of friendships, among other benefits. It was clear to him that with the right coach organized basketball had the tremendous potential to increase his student's social and emotional competence and give them a solid foundation for success in life.

What also became clear to coach Adams, and is backed by scientific research, is that middle school ages children are the most vulnerable and that support should start with them and carry through to high school. Unfortunately, the reality for most inner city Philadelphia public middle schools is that they have too few resources to offer organized basketball opportunities to 6th and 7th graders which meant they would have to look for the benefits of playing organized basketball someplace else. **The idea for LAB was born.**

Equal OPPORTUNITIES to Succeed



Concrete Results

An additional problem LAB set out to address was that middle schools in our area often struggle to include SEL in their core curriculum and while there are other organizations offering services to youth in Philadelphia, many do not adequately track the progress of their work and are unable to show concrete results.

This is where co-founder Jason Naum, long time educator and human rights and capacity development expert's experience came into play. For nearly two decades Jason has developed and run human rights education and capacity development programs for governments and NGOs around the world. These programs and projects have very strict guidelines and require tangible results for continued funding. Through his experience Jason saw the opportunity to apply results based management practices to what would become the work of LAB, allowing LAB to properly track the progress of each individual student and adjust LAB's programming and services when necessary to ensure we reach our goals and our students' goals. Moving forward LAB will continue to develop and fine tune it's monitoring and evaluation tools, ensuring donor funds are used in the best possible way.



LAB

Life And Basketball (LAB) Curriculum

LAB's unique curriculum starts with the sport of basketball as a transformative tool and platform to provide support and opportunities to underserved youth in Philadelphia. With equal time spent on and off the court, our curriculum recognizes the importance of academic, social and emotional learning (SEL) and relies on a combination of basketball, mentoring, and academic support to increase competency in those areas.

LAB has a competitive application procedure and recruitment is done in partnership with schools. The goal is to recruit those boys and girls who would benefit most from the LAB's curriculum, which is often fine-tuned in partnership with the respective school to ensure applicability and effectiveness for that setting.

At the core of LAB curriculum is the recognition that social and emotional competence is a key prerequisites to success on and off the basketball court.

The LAB Model

LAB's two pronged approach mainstreams SEL through our other core program pillars while at the same time provides for specific exercises and lessons geared toward building the social and emotional competence of 6, 7 and 8th graders.

Core components of the LAB's curriculum include:



LAB's Core Curriculum



Organized Basketball

Participants are taught the fundamentals of basketball from experienced coaches and players. Under the general guidance of Coach Devin Adams, focus is placed on skill development, fitness, character development, goal setting and teamwork. Skills and lessons learned are put into practice by playing competitive games with other LAB participating schools and partners.

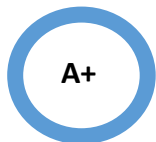


Social Emotional Learning

Children can learn SEL in many ways, including through the behavior of their basketball coaches, teachers, mentors, and fellow students. They can also learn SEL from specifically designed lessons and exercises. LAB educators explain the SEL concepts to program participants using media (text, pictures, video, and/or audio) specifically designed for their age group. Participants practice these concepts with skill practice, group discussion, individual writing, or partner work. LAB SEL strategies focus on four key elements represented by the acronym SAFE: (1) Sequenced—connected and coordinated activities to foster skills development; (2) Active—active forms of learning to help students master new skills; (3) Focused—containing a component that emphasizes developing social and emotional skills; and (4) Explicit—targeting skills.

What SEL is

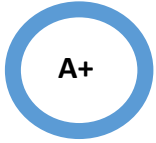
- ⇒ **Recognizing emotions in oneself and others**
- ⇒ **Managing strong emotions**
- ⇒ **Having empathy for others**
- ⇒ **Controlling impulses**
- ⇒ **Communicating clearly and assertively**
- ⇒ **Maintaining cooperative relationships**



Academic Support and Enrichment

LAB educators work directly with participating school administrators to tailor the academic support to the needs of participating students. That said LAB academic support has a strong foundation in MATH and literacy as these are two areas where middle school age children in the Philadelphia public school system overwhelmingly need additional and/or complementary support.

LAB's Core Curriculum



Enrichment—Music and Dance

In addition to pure academic support LAB regularly includes exposure to music and the arts in its programming. These are two areas that due to scarce resources have regularly been defunded or omitted from Philadelphia middle schools. Sample programming includes LAB's "Rites of Passage" course, focused on African drumming, cultural history, and character development, as well as African dance classes offered in a group setting. One of the objectives of these courses is to give the children the opportunity to discover their passions outside of athletics and academics.



Community Engagement

Research clearly shows that a clear understanding of educational goals and how to achieve them leads to better relationships between parents, educators and students and greater opportunities to succeed. LAB therefore strives at the outset to involve parents and community members in our programming. Parents and communities can create support systems that can have a major impact on access to opportunities and the overall success of students. LAB programming looks to engage parents and the community to maximize and nurture these support system that already exist.

Furthermore, in this increasingly global world it is important for our students to understand that they are a part of a community. LAB regularly organizes events that recognize the support our kids receive from the community and gives back by volunteering our time to worthy community causes.

LAB CURRICULUM TABLE

CORE COMPONENT	TARGETED SKILL/ COMPETENCE	SEL BENEFIT
BASKETBALL	<ul style="list-style-type: none"> • Shooting • Passing • Dribbling • Fitness • Teamwork • Character Development 	Reduced anxiety Enhances self-esteem Foundation for the development of friendships
ACADEMIC & ENRICHMENT	<ul style="list-style-type: none"> • Math • Literacy • Music • Dance 	Enhanced self-esteem Reduced anxiety Foundation for the development of friendships
SEL	<ul style="list-style-type: none"> • Self-awareness • Self- management • Social-awareness • Relationship building • Responsible decision-making 	Better academic performance Improved attitudes and behaviors Fewer negative behaviors Reduced emotional distress
COMMUNITY	<ul style="list-style-type: none"> • Relationships with Parents • Relationships with Community leaders • Awareness of community support systems • Awareness of community needs 	Self-awareness Relationship building Foundation for the development of friendships



SAMPLE LAB AFTERSCHOOL SCHEDULE

3:00 – 3:30

Sign in with Program Leader

3:30-4:30

Basketball (player development drills, strength training, specialized skills, leadership development, etc.)

4:30-5:30

Math and Literacy Lesson and tutoring

Music and Dance (every 4th or 5th meeting)

SEL Session (every 4th or 5th meeting)

5:30

Dismissal

In addition to developing skills and understanding fundamentals participants will have the opportunity to play competitive games with partner schools.

Math and Literacy lessons will be developed in cooperation with participating schools to ensure complementarity. SEL sessions will be spread out over the course of the school year.

Apart from the “Rites of Passage” course, which will run consecutively, Music and Dance sessions will be regularly included in the schedule throughout the school year.

For more information about LAB’s programs please

Visit: www.lifeandbasketball.org

Contact Jason Naum:

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THE LAB MODEL

