

## 2014-2015 Educational Grant Application

<b>Submission Date</b>	2014-03-18 14:04:46
<b>Name of Grant</b>	Obstacles: Improving Fitness
<b>Primary Contact</b>	Lisa Yost
<b>Applicant E-mail</b>	Lisa_yost@allenisd.org
<b>Phone Number</b>	(214) 495-6765
<b>Additional Teachers/Staff who are applying for or will be working with this grant:</b>	Karen Gravley and Christine Lopez
<b>Campus</b>	Kerr Elementary School
<b>Curriculum Area</b>	Physical Education
<b>Grade Level(s)</b>	K-6
<b>Students Impacted</b>	680
<b>Approver Name</b>	Ardath Streitmatter
<b>Approver E-mail</b>	Ardath_Streitmatter@allenisd.org
<b>Project Purpose</b>	In an ever changing world, one thing needs to stay the same, the need and desire for a lifetime of health and physical fitness. We teach our students that they only have one body to live in and that they must take care of it. The Obstacles: Improving Fitness Grant will address different components of fitness (strength, balance, agility, coordination etc). It will prove students with a variety of choices to engage themselves in staying physically active.
<b>Project Description</b>	On a daily basis, our entire student body is given a variety of activities and skills to master in order to increase their level of fitness. This grant will enhance the quality and variety of our current PE program. Such activities include weighted jump ropes for increase eye hand coordination and cardio vasucular endurance, power cross travelling push up challenge for increased upper body strength, agility ladders and hurdles for speed and agility and more.
<b>Allen ISD Goals/TEKS</b>	The Allen ISD district goals are for students to gain personal fitness by increasing student activity through variety and engaging work. TEKS: k.7, 1.7, 2.7,3.7,4.7,5.7,6.7 understand and develop positive self image and social skills needed to work independently and with others in a physically active setting; TEKS: K.3,1.3,2.3,3.3,4.3,5.3,6.3 exhibit a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challange
<b>Measurements</b>	The summative assessment for the Obstacles: Improving Fitness Grant is based on the student's ability to successfully maneuver through obstavles, activities and

	<p>challenges to increase overall health and fitness.</p> <p>The overall assesment:  Kinesthetic awareness: speed, agility  Movement: proper form and technique for each piece of equipment  Identifying muscle groups, body awareness and components of fitness</p>
<b>Teaching Methods</b>	<p>Teaching methods for this program include modelling, self guided, small group, whole group and cooperative practices. In order for students to master newly learned skills they will also be given the opportunity for teaching their peers.</p>
<b>Timeline for Project</b>	<p>The Obstacle: Improving Fitness grant would be implemented within the current lessons of our program as soon as the equipment became available.</p>
<b>Curriculum/System Support</b>	<p>This grant would be an ongoing benefit to all students. Allen ISD prides itself on doing things "The Allen Way". This idea would directly support the Allen Way by the use of hands on experiences for all levels of fitness whether a student is a kinetic or visual learner.</p>
<b>Additional Comments</b>	<p>Every student on campus would benefit from these fun and challenging obstacles and activities that increase their health and physical fitness.</p>
<b>Instructional Supplies or Resources</b>	<p>Power cross challenge: \$80.00  Balance Masters: \$220.00  Agility ladder and hurdles pack: \$220.00  Weighted jump ropes: \$160  Multi domes and arches: \$135</p>
<b>Supplies Budget</b>	\$815
<b>Technology</b>	none needed
<b>Technology Budget</b>	0
<b>Staff Training / Staff Development</b>	none needed
<b>Training Budget</b>	0
<b>Transportation/Field Trip</b>	none needed
<b>Transportation Budget</b>	0
<b>Other</b>	none needed
<b>Other Budget</b>	0
<b>Total Budget</b>	\$815
<b>Additional Funds</b>	no other funds available