

2014-2015 Educational Grant Application

Submission Date	2014-02-18 10:32:10
Name of Grant	Juggle, Juggle, Juggle
Primary Contact	Connie Beaney
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Additional Teachers/Staff who are applying for or will be working with this grant:	Eva Elamaloof
Campus	Lindsey Elementary School
Curriculum Area	Physical Education
Grade Level(s)	K-6
Students Impacted	700
Approver Name	Rachel Kaiser
Approver E-mail	Rachel_Kaiser@allensd.org
Project Purpose	<p>The National Association for Sport and Physical Education believes that every student should have access to a balanced, progressive, developmentally appropriate program of instruction in Physical Education. In Allen ISD we strive to offer students a variety of physical activities that will support this vision.</p> <p>I would like to add juggling to our PE curriculum at Lindsey Elementary. A lot of our students have not had the opportunity to try to juggle. Juggling will directly impact development of fine and gross motor skills. Understanding movement patterns are greatly enhanced by juggling activities.</p> <p>Specific student needs that juggling will help address are:</p> <ul style="list-style-type: none">• Educational: enhances attention and concentration, improves mathematic skills, develops appreciation of the arts, imagination and creativity, problem solving and also helping children with dyslexia.• Physical: improves confidence, self-esteem, teamwork, communication, patience, self-analysis and endurance.• Social: learning is enhanced through movement and a variety of physical activities; juggling improves coordination, ambidexterity, flexibility, reflexes, rhythm, timing, and balance. <p>Brain research has shown that there is a link between movement and academic performance. Combining movement, increasing blood flow to the brain, and exposing the students to a new skill will enhance classroom learning- as well as making physical education more fun for them.</p>

The students will learn the proper techniques of juggling, and they will get to experiment with many different manipulatives. Patience, practice and determination will be rewarded with becoming successful with a new skill.

I will work with the Lindsey PTA on the possibility of having a juggling demonstration as part of a PTA meeting or Family Fitness Night. This will give the students an opportunity to show their new skills and to encourage parents to participate with their children in this activity.

Project Description

My idea is to create a two week unit. The first week the students will practice the juggling techniques with scarves. They will understand the movement and they will be able to teach others how to juggle. On week two, I will have 12-14 different stations set up using many different pieces of equipment: Balancing plates, stability pads, kushi balls, puffer balls, catch mits, lemon twist, cup toss, juggling sticks and rings, juggling balls and feathers. Every single student in grades K-6th will get to experiment with my juggling unit.

Allen ISD Goals/TEKS

The elements of juggling, balance, strength, low-level tumbling, jump rope, and hula hoop reinforce all TEKS for grades K-6 associated with Health and fitness. Agility, balance, flexibility, aerobic endurance, left/right brain integration, spatial awareness, gross and fine motor skills, upper and lower body muscular strength and endurance also reinforce our TEKS.

Measurements

AISD utilizes the Fitnessgram to gauge different fitness levels for all 3rd-12th graders. The juggling unit will provide students with a variety of opportunities to pursue personal fitness and improve our Fitnessgram scores, specifically in the areas of muscular strength, endurance and flexibility. At the end of the unit I would like for the students to complete a survey of our juggling unit to find out what their personal favorite activity was, the lessons learned, the positive influences of the unit, areas of improvement, and how they could incorporate this at home.

Teaching Methods

I will use a variety of teaching methods. I will start by teaching all the students the basics of juggling, so they can learn the proper techniques. I will give them plenty of opportunities to practice and I will give them many different objects and equipment to practice with. They will work by themselves and they will work with their peers. I will also utilize our video and computer screen so the kids can watch themselves juggle.

Timeline for Project

November 3rd-14th, but we will be able to repeat this every year.

Curriculum/System Support

- The project provides a multi-purpose tool that you can integrate into the classroom and the PE setting.
- It takes what we know about the brain and learning and makes it happen in the classroom.
- The unit enhances AISD PE by offering students the experience of participating in a variety of activities and learning skills quite different from traditional sports and games while accomplishing our K-6th PE TEKS.
- This unit brings connections to various types of learners

by offering a kinetic, visual, and hands-on experience.

- Integrate Math by counting odd and even, counting by 5's during the exercises.
- Integrating History: finding the history of juggling.
- Integrating English or Writing: By having the students do a writing sample on how you would teach someone else how to juggle.

Additional Comments

Benefits of Juggling

- Enhances attention and concentration
- Improves learning through movement
- Improves blood flow to all parts of the body, especially the brain
- Improves balance, coordination, problem solving and concentration
- Improves appreciation for the arts
- Improves imagination and creativity
- Improves self- esteem and confidence
- Improves patience, endurance, and persistence
- Juggling also has a big impact on improving, as well as developing, ambidexterity

Instructional Supplies or Resources

N/A

Supplies Budget

0

Technology

N/A

Technology Budget

0

Staff Training / Staff Development

N/A

Training Budget

0

Transportation/Field Trip

N/A

Transportation Budget

0

Other

Instructional Supplies Vendor / Supplier	Cost per Item	Total
3 x Puffer balls (set of 6) S&S	\$10.99	\$32.97
3 x Kushi bouncing rings (set of 3) S&S	\$20.99	\$62.97
Lemon twist (set of 6) S&S	\$15.99	\$15.99
Catch a ball (set of 6) S\$\$	\$14.49	\$14.49
Deluxe safety catch mitts (set of 12) S\$\$	\$59.99	\$59.99
3 x Foam hand paddles S&S	\$26.99	\$80.97
Scarves (set of 108) US Games	\$89.99	\$89.99
6 x Juggling cubes (set of 3) US Games	\$14.99	\$89.94
6 x Juggling balls (set of 3) Gopher sports	\$7.95	\$47.70
6 x Flower sticks US Games	\$27.99	\$167.94
3 x Ogosport Disk puck (pair) US Games	\$31.99	\$95.97
Feathers (1 dozen) US Games	\$29.99	\$29.99
2 x Spinning plates (set of 8) US Games	\$49.99	\$99.98

Other Budget

60.00 Possible shipping

Total Budget	948.89
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Additional Funds	N/A
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