

## 2014-2015 Educational Grant Application

<b>Submission Date</b>	2014-03-26 16:28:10
<b>Name of Grant</b>	Rountree Runners Running Club
<b>Primary Contact</b>	Nikki Duncan
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<b>Campus</b>	Rountree Elementary School
<b>Curriculum Area</b>	Physical Education
<b>Grade Level(s)</b>	K-6
<b>Students Impacted</b>	125
<b>Approver Name</b>	Daniel Pitcock
<b>Approver E-mail</b>	Daniel_pitcock@allensd.org
<b>Project Purpose</b>	<p>Childhood obesity is becoming an epidemic in today's society. 16% of all children age 9 and over are overweight or obese. This number has tripled since 1980. An additional 15% are considered at-risk for becoming overweight. Adolescents with no health insurance or with public insurance such as Medicaid are more likely than those covered by other insurances to be overweight. (American Journal of Public Health, 93, 2105-2110.) Many of our students go home and spend hours or even days simply sitting in front of a television or video game. This grant would fund a walking/running club that would eventually serve as training for the Rudolf Run and the Allen Eagle Run. Our grant would help all students learn the positive benefits of exercise as well as improving their self-images.</p>
<b>Project Description</b>	<p>Rountree Runners would be open to all Rountree students K-6. (Initial funding would cover all expenses for 125 students.) We would meet 1 day weekly after school to walk or run as a group. The club would utilize various methods of motivating our athletes such as tracking miles on a map, competing for distance walked or ran, and training for various Allen walking/running events. The students would benefit physically, mentally, and emotionally, and ideally form habits that will help them to become active teenagers and adults.</p>
<b>Allen ISD Goals/TEKS</b>	<p>The National Educational Standards for Health PK – 12 from the American Cancer Society state the following objectives which would be met by this grant:</p> <p>6.2.1 Identify a short-term personal health goal and take action toward achieving that goal 7.2.1 Demonstrate health practices and behavior to maintain</p>

	<p>or improve personal health</p> <p>8.2.2 Encourage peers to make positive health choices</p> <p>P.E. K-6 3.b describe and select physical activities that provide opportunities for enjoyment and challenge;</p> <p>P.E. K-6 3.c participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration</p>
<b>Measurements</b>	<p>The effectiveness of this project would be determined by the number of students who participate in it and finish the program coming weekly to the club, and how many participate in the Allen Eagle Run.</p>
<b>Teaching Methods</b>	<p>The teacher sponsors will be modeling good running/walking behaviors. We will continue the use of our R-time program to teach the students to follow instructions, show good manners, and care for everyone and everything while running together. We will be building community with our student runners. We will be teaching them to encourage each other, and how to have healthy and fun competition with one another.</p>
<b>Timeline for Project</b>	<p>The club will commence in October 2014 through March 2015.</p> <p>The runners will be encouraged to participate in the Allen Eagle Run.</p>
<b>Curriculum/System Support</b>	<p>Rountree Runners gives our students alternatives to just going home to sit in front of the television or a video game. Hopefully this will eventually evolve into a comprehensive after-school program that will give our students opportunities to sample different extracurricular activities that they may not otherwise be able to experience (ie: martial arts, dance, music.) The program gives the kids a goal to reach for. It has helped many kids come out of their shell and be leaders in the classroom as well as the running field. Many of these kids are not aware of how talented they are and when they begin running and they are good at it their self esteem grows and transfers to the classroom.</p>
<b>Additional Comments</b>	<p>I have successfully completed five years of the Rountree Running Club. This club is highly popular with the students and staff at Rountree. The participation grew greatly from the first year to the second and I expect to have even more participation for the 2014-2015 school year.</p>
<b>Instructional Supplies or Resources</b>	<p>Water Bottle \$160.00  Medals for 1st, 2nd, 3rd \$40.00  t-shirts for over all top 3 \$30.00  Toe tokens/chains \$120.00</p>
<b>Supplies Budget</b>	350.00
<b>Technology</b>	None
<b>Technology Budget</b>	0
<b>Staff Training / Staff</b>	None

<b>Development</b>	
<b>Training Budget</b>	0
<b>Transportation/Field Trip</b>	None
<b>Transportation Budget</b>	0
<b>Other</b>	.None
<b>Other Budget</b>	0
<b>Total Budget</b>	350.00
<b>Additional Funds</b>	Luke's Locker donates a \$25.00 gift card to the student with the most miles.