



2013 - 14 Educational Grant Application
Deadline: Wednesday, March 20, 2013, by 4pm

Name of Grant: "Walk the Walk, Step by Step" Getting fit with Pedometers

Name of person(s) submitted by: (if submitted by a team of teachers, grade level, etc. please list all names involved and select one individual to be the contact person for the grant.)

Lisa Yost

Campus/Department: Kerr/ PE **Grade Level(s):** K-6, staff

Total Dollar Amount Requested: \$2000.00

Number of students who would be involved/impacted by grant: 680 plus all staff

Name of principal or immediate supervisor who will approve submission: Ardath Streitmatter

Project Purpose: What is the problem, need or opportunity that this grant will address? What is the **student need** which the project will address? The purpose should explain **what students will know and be able to do** as a result of this project. Please explain how a problem will be addressed or a situation improved because of the grant. **(200 words or less)**

The goal of the "Walk the Walk, Step by Step" grant is to aid student understanding of the importance of increased activity, using a pedometer. The user becomes aware of their physical demand output in a regulated rate of time. Students' performance can now be monitored to calculate levels of intensity through physical education classes. The pedometer brings the accountability back to the students. Physical Educators can now have validated proof of a student's level of performance. Knowing a student's exercise performance will aid the teacher in their curriculum. This knowledge gives immediate feedback for targeted heart rate zones. All students need to be taught that timed exercise is beneficial to their health and well being as it increases heart rate and caloric expenditure. Introducing pedometers in the student's education will be a visual reminder of the importance for a healthier lifestyle.

Using pedometers as a mileage tool brings additional learning to physical education. Tracking student's distance through exercise, then charting their progress as a whole on a map will support cross-referenced learning. Visiting various places (Capitals, landmarks, historical sites, etc.) will open up exciting areas unknown to physical education.

Project Description: How will the project or program be implemented? Describe activities and tasks. Who is the target population and in what ways will they benefit? **(200 words or less)**

Learning will take place through the physical activity performance. This learning will increase the student's awareness of an increased exercise pace through a shortened period of activity. Heart rate and target zones for students can be used on an average for a higher level of physical output. Pedometer usage in calculating steps to miles will help increase a student's mathematics by converting the number of steps taken into miles walked. The mileage conversions then can be transposed on to a map board for visual charting in order to reach a desired destination. With use of the information students will be able to visit any number of points of education interests that is chosen. The physical exertion of learning now has transformed into mental and creative aspects of a curriculum. By having students involved in more than just physical activity it encourages them to increase their output to reach a rewarded goal. Having such a goal will help motivate a students desire to achieve more. The health benefits will then be increased with these cross curriculum teachings.

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Allen ISD Goals/TEKS: Which Allen ISD goals/TEKS does this project support? Limit to top two or three examples. **(50 words or less)**

K-6th TEKS:

Improve overall fitness while mastering skills associated with large muscles groups, coordination and balance; identify components of health related fitness, identify appropriate fitness goals, benefit from daily activity;

Develop positive self image;

Be given tools to improve the function of the heart and lungs enhancing a healthier lifestyle

Measurements: What specific measurements will be used to evaluate the effectiveness of the project? **(100 words or less)**

Students have PE journals for tracking steps, timed activities, and distance traveled per PE class (implemented during the 2012-2013 year). Students will track their mileage in their personal PE journal. Validating a student's level of performance can be used to build confidence. Steps to mile conversion will be calculated and charted using a posted map for visual referencing until a goal is reached. Progress can be seen with every step taken, as students strive for a desired location. Increased activity will directly reflect the distance traveled, which promotes student health and fitness. Pedometers will also help during FitnessGram testing.

Teaching Methods: What teaching methods will be used to implement this project? **(100 words or less)**

A variety of teaching methods will be utilized including modeling, partners and small groups. As with any newly learned skill, practice and hands on training will allow for a higher physical fitness level. The teaching methods vary on grade level, have hands on activities, and make connections to prior knowledge, application and evaluation.

Timeline for project: Funds will be available after September 1, 2013. **(50 words or less)**

Upon funding allocation, the "walk the Walk, Step by Step" grant will be implemented immediately. It will be on going through the course of the school year and for years to follow.

Curriculum/System Support: Explain how this idea or project enhances/supports Allen ISD curriculum or existing systems. **(100 words or less)**

The "Walk the Walk, Step by Step" grant supports Allen ISD's goals for personal fitness by increasing student activity, offering choices/ variety to become fit. It also reinforces the district goal of "designing engaging work for continuous learning resulting in exemplary performance and an emphasis on citizenship". Pedometers reinforce all TEKS associated with health and fitness, muscular strength, stability and cardiovascular endurance. Monitoring and recording data enhances the cross curricular component, by supporting the classroom teachers. It also coordinates with the philosophy that a better physically fit the student and staff body, the better the learning environment.

Additional Comments: Include any additional comments or information. **(100 words or less)**

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Grant Budget: specific product numbers, vendor addresses, etc. **are not required** on this budget page. The name of the product or the type of training or estimated cost of transportation is sufficient.

***Please round numbers to the nearest dollar amount.**

Instructional Supplies or Resources: (Books, Manipulatives, etc.)	
75 Pedometers	\$26.00 each
	Total: \$1950.00
Technology: (Software, License, etc.)	
	Total: \$
Staff Training / Staff Development:	
	Total: \$
Transportation:	
	Total: \$
Other Expenses:	
	Total: \$
TOTAL AMOUNT REQUESTED	\$1950.00

Additional Funds: Are there any additional funds available for this grant? Campus or district funds? PTA funds?
 If you have or will be seeking funds from any other sources to help with this project, please explain.
 No