



2012-13 Educational Grant Application
Deadline: Wednesday, March 7, 2012, by 4pm

Name of Grant: Allen ISD Heart Challenge

Name of person(s) submitted by: Jinger Bibbee

Campus/Department: Boyd Elementary PE **Grade Level(s):** K-6 All Campuses

Total Dollar Amount Requested: \$3,905.99

Number of students who would be involved/impacted by grant: 10,747 (as of 2/1/12)

Name of principal or immediate supervisor who will approve submission: Kyle Pursifull

Project Summary/Purpose: Be specific. What is the **student need** which the project will address? The purpose should describe **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)**

Heart disease is not a major cause of death among children and teenagers, but it is the largest cause of death among adults in the United States. In fact, someone in America dies every 37 seconds from some form of cardiovascular disease. We develop our attitudes and habits at a young age and being aware of heart healthy facts as a child will help with the growing problem of heart disease in adults.

The purpose of the Heart Challenge is to better inform our students about how our heart works, what are good heart healthy choices regarding diet and exercise and how we can identify enjoyable lifelong activities that will keep our hearts healthy.

Students will be able to:

- Identify parts of the heart, veins, valves, blood flow and have a general understanding of the hearts functions.
- Identify healthy diet choices.
- Identify exercise that is aerobic in nature for better heart health (frequency and duration).
- Understand relationship between physical activity and health throughout lifespan.

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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)**

Allen ISD elementary campuses have had, for the last 10 years, a Heart Challenge Course that has been so well used it is completely worn out. The HCC will be shared, through a sign-out system, with all elementary campuses throughout the year.

Before a school gets the HCC pre-lessons are taught regarding the heart, it's functions, and healthy lifestyle choices (eating and exercise). The next step is for the HCC to be on your campus for a week or two for the kids to enjoy and to experience the heart and it's functions in simulated fashion. Follow-ups continue throughout the year during other lessons in physical education classes.

The target population is grades Kindergarten through sixth grade. Of course the depth of the lessons varies with each grade level. Each child will be exposed to ideas that will help develop a love of exercise, healthy eating habits and respecting our bodies. Students will also be coached in taking their own pulse rate and knowing what their target heart is for a healthy cardio workout.

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

- K116.2A
- 116.3A
- 116.34E
- 116.4A
- 116.5A
- 116.6A
- 116.7A
- 116.22A

In Physical Education, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle. The student exhibits a physically-active lifestyle and understands the relationship between physical activity and health throughout the lifespan

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

Measurement of understanding will come from lessons taught prior to using the HCC, lessons taught during the use of the HCC and most importantly lessons that will use prior knowledge being taught after the use of the HCC. Since healthy lifestyles are encouraged throughout the school year students will be using their knowledge the entire year and years to come.

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

1. Demonstration of course
2. Accompanying lesson plans on heart, exercise and diet
3. Heart rate/pulse/target heart rate
4. Teacher/student student/student

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Timeline for project: Funds will be available after September 1, 2012. **(50 words or less)**

The HCC will be ready to order once funds are received. Since we have already had the HCC in the past we have our system for signing out the equipment in place. Once the product has been received, we will be set to go, no prior set-up is necessary.

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

- Continued social development through physical activity
- Access to physically active lifestyle
- Understand relationship between physical activity and health throughout lifespan
- Physically active lifestyle that improves health and provides opportunities for enjoyment and challenge

These are all TEKS for Physical Education curriculum K-6

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

We are asking for a new HCC since the one we have had for 10 years is completely worn out, parts are missing and some of the equipment is unusable. The cost for the HCC plus the storage cage is \$3,905.99 but divided between the 10,747 elementary students in Allen the cost is only .36 cents per student and the equipment will last many years to come.

Please see attached quote for equipment and storage case as well as a picture of the course.

