

**General Information**

Grant Number	61
Project Title	Forever Fitness
Please select the <b>MAIN</b> curriculum area your grant addresses.	Physical Education
Does your grant have a technology component? (Will you have technology equipment, software, etc. in your budget?)	<input checked="" type="radio"/> No <input type="radio"/> Yes
<b>Primary Contact Information</b>	
First Name	Connie
Email	connie_beaney@allenisd.org
Last Name	Beaney
Phone Number	214-803-1815
Campus	Lindsey Elementary
Main Subject	Athletics
Grade(s)	<div style="border: 1px solid black; padding: 5px;"> Pre-K  1  2  3  4  5  6 </div>
I have co-applicants.	<input type="checkbox"/>

**Describe details of the project**

Grant Number	61
<b>Campus/Student Information</b>	
Your campus:	Lindsey Elementary
Will other campus' be involved/impacted by this grant?	<input type="radio"/> No <input checked="" type="radio"/> Yes
Please select all campuses that will be involved/impacted by the grant.	<div style="border: 1px solid black; padding: 5px;"> Anderson Elementary  Bolin Elementary  Boon Elementary  Boyd Elementary  Chandler Elementary  Cheatham Elementary  Evans Elementary  Green Elementary  Kerr Elementary  Lindsey Elementary  Marion Elementary  Norton Elementary  Olson Elementary  Reed Elementary  Rountree Elementary  Story Elementary  Vaughan Elementary </div>
Your grade(s):	Pre-K,1,2,3,4,5,6
Will other grades be involved/impacted?	<input type="radio"/> No <input checked="" type="radio"/> Yes

Yes

Please select all grades that will be involved/impacted by the grant.

- Pre-K
- 1
- 2
- 3
- 4
- 5
- 6

**Project Purpose**

What is the problem, need, or opportunity that this grant will address? Explain **what students will know and be able to do** as a result of this project and/or how a problem will be addresses and/or how a situation improved because of the grant. (500 words or less.)

In a time when our country is facing a childhood obesity crisis, care givers need to continuously find ways to keep children physically active. Many schools are looking for fun activities that keep children of all ages and abilities moving. Lifetime sports and activities such as fitness and conditioning can greatly enhance fitness levels for all ages.

Extremely light weight resistance training is very beneficial to fifth and sixth grade students. Older elementary aged students are ready to engage in supervised light weight resistance training using exercise bands, medicine balls and foam bars. Resistance training is serious exercise and fulfills many TEKS for grades five and six in a varied and exciting manner. The vision of the Forever Fitness is a cross-curricular event combining physical education, health, math, anatomy and physiology. Students will be able to make connections from PE to the academic classroom. For kinesthetic learners, concepts such as levers, body mechanics, gravity, resistance, and force may be better understood in the physical education setting. Through proper education in correct form and body posture, using light weights, exercise bands, light medicine balls, fitness steps, stability pads, and foam bars will give the children a true sense of fitness training.

I would also like to make this equipment available for the teachers to use afterschool. They can also work on improving their fitness level.

When our school has a family fitness night, we could also utilize the equipment for that.

**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? (500 words or less.)

We will utilize this program with all grade levels and we will make the adaptations per grade level to meet the needs of the students. We will use the equipment in stations and we will use it throughout the year in different activities.

**Benefits of Conditioning**

- ◆ Enhances attention and concentration
- ◆ Increased fitness level
- ◆ Improves learning through movement
- ◆ Improves blood flow to all parts of the body, especially the brain
- ◆ Improves self- esteem and confidence
- ◆ Improves and maintains your health!!!
- ◆ Improves your endurance

**Allen ISD Goals/ TEKS**

Which Allen ISD goals/TEKS does this project support? Provide only two or three examples.

The Forever Fitness Grant supports Allen ISD goals for personal fitness by increasing students activity levels and offering them choices and variety. Resistance training elements reinforce the TEKS 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.

**Measurement**

What specific measurements will be used to evaluate the effectiveness of the project? (500 words or less)

The Forever Fitness Grant provides students a variety of opportunities to pursue personal fitness and improve Lindsey's scores in all Fitness Gram tests specifically in the areas of muscular strength and endurance and flexibility. At the conclusion of the unit, students will complete surveys regarding Forever Fitness Unit offering impressions on the scope of learning, personal favorite activities, the lessons learned, positive influences of the unit, and what needs improvement. The results of the surveys along with lesson plans for both grade levels will be available to all elementary campuses in Allen.

#### Teaching Methods

What teaching methods will be used to implement this project? (500 words or less.)

We will use learning centers and cooperative learning. This allows the students to be creative and step outside the box with their ideas. They can also work at different fitness levels.

I will start by teaching all the students the proper techniques at each station. I will utilize our technology and show videos of examples. We will integrate science and math into our lessons, talking about gravity, force, angles and motion. We will also incorporate heart rates.

As PE classes are large and have a variety of skill and ability levels, the Forever Fitness Program is a great opportunity for all students to improve fitness, strength and conditioning in a non-competitive environment. Close supervision and very detailed step-by-step instructions will ensure proper body mechanics and help all students achieve success through self-improvement.

I will have students think of household items they can use to replicate what we do here at school so they can continue their exercises with their families.

I will also have the older students create a fitness workout using some of the different tools in class and possibly video tape them

#### Timeline

What is the project timeline and the date of implementation?

We will use this equipment all year long but we will do a specific unit for two weeks in the fall. I will also have this equipment for the teachers use afterschool.

#### Curriculum/System Support

Explain how this idea or project enhances/supports Allen ISD curriculum or existing systems.

The Forever Fitness Program enhances AISD physical education by offering students the experience of participating in a variety of activities and learning skills quite different from traditional sports and games while still accomplishing PE TEKS. The Forever Fitness Unit brings connections to various types of learners by offering a kinetic, visual, and hands-on experience. The Forever Fitness and Unit is cross-curricular. The Forever Fitness Program offers many connections to academic subjects, these include:

Anatomy- muscles, muscle groups, protagonist and antagonist muscles

Math- force, levers, fulcrum

Health- lifetime fitness, strength and endurance concepts, connection between physical fitness and mental fitness, lifetime sports and activities

### Budget details

Budget Details \*\* All awarded funds will be available by September of the next school year.

Budget Item	Item Type	Unit Cost	Quantity	Total Cost
Ultra fit fitness steps	Instructional Supplies or Resources	1399.0	1	1399.0

exerfit core set of 6	Instructional Supplies or Resources	139.0	1	139.0
6 ball pack	Instructional Supplies or Resources	149.0	1	149.0
2 x 4x6 mats	Instructional Supplies or Resources	139.0	2	279.98
rainbow tubing (6)	Instructional Supplies or Resources	49.95	1	49.95
ultra fit tubing	Instructional Supplies or Resources	8.95	6	53.7
fitness bar	Instructional Supplies or Resources	28.95	6	173.7
3 lb weights	Instructional Supplies or Resources	7.95	6	47.7
5lb weights	Instructional Supplies or Resources	10.95	6	65.7
medicine balls	Instructional Supplies or Resources	36.0	3	108.0

BUDGET TOTAL 2,465.73

Are there any additional funds available for this grant? Campus or District Funds? PTA funds? Let us know if you have or will be seeking funds from other sources to help with this project.

Additional funds?  No  
 Yes

### Signature page and principal contact

Principal Approval Required

Please provide the Name and Email of your Principal

First Name	Last Name	Email Address (Completed)
Rachel	Kaiser	Rachel_Kaiser@allenisd.org

Applicant Signature

By entering my name below I signify that I understand that if I move within the District and have written the grant myself, I may take the grant with me to my school (as long as it is appropriate for my classes). If I have written the grant as part of a team, I will leave the grant behind with the team. If I leave AISD, I will leave the grant with the school for which I wrote the grant. As a condition of this grant, I will complete an evaluation form provided by the Foundation.

Signature Connie Beaney

Date 03/03/2015

### Principal's approval form

I certify that this would be a good use of funds for our school and this grant supports the district goals and/or our campus improvement plans. \*\*Do NOT include any identifiers, such as: campus name, your name, teachers name or mascot \*\*

No actions possible.

Comments

I approve this grant request.

### History and final disposition of application

State Change History

State Change	***** 03/04/2015 15:37:21 Submitted
State Change	***** 03/17/2015 15:04:15 Accepted

Grant Status

Grant Awarded  Yes  
 No

Award Amount 1500