

General Information

Grant Number	474
Project Title	Music to my ears, mind, body and heart!
Please select the MAIN 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 type="radio"/> No <input checked="" type="radio"/> Yes
Primary Contact Information	
First Name	Mary
Email	smithmelinda11@gmail.com
Last Name	Smith
Phone Number	972-236-0672
Campus	Administration Building
Main Subject	Other
Grade(s)	K Pre-K 1 2 3 4 5 6 7 8 9 10 11 12
I have co-applicants.	<input type="checkbox"/>

Describe details of the project

Grant Number	474
Campus/Student Information	
Your campus:	Administration Building
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.	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
 Curtis Middle School
 Ereckson Middle School
 Ford Middle School
 Lowery Freshman Center
 Dillard Special Achievement Center
 Allen High School

Your grade(s): K,Pre-K,1,2,3,4,5,6,7,8,9,10,11,12

Will other grades be involved/impacted?

No
 Yes

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

K
 Pre-K
 1
 2
 3
 4
 5
 6
 7
 8
 9
 10
 11
 12

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.)

Imagine being able to engage your students minds and get their bodies moving at the same time while have a blast doing it. Meeting the physical, mental, emotional and intellectual needs of students doing one activity sounds too good to be true. A new program that addresses all of these areas and is fun and exciting to participate in is DrumFIT. DrumFIT is a cardio drumming program that combines the mental health benefits of drumming with the overall health benefits of physical fitness for a full body workout. Allen ISD students from all grade levels will have the opportunity to participate in the DrumFIT program components strengthening and sharpening their movement and intellectual skills. With the opportunity to participate in this program, the students entire body and mind will work together in unison, allowing them to maintain better focus once they return to the classroom.

Physical activity helps build confidence, leadership, and creativity. Research shows that students who are physically active have better concentration, attention span and are better prepared to learn. Exercise has been proven to optimize the brain for learning. The DrumFIT program will increase the students cardio level and in turn increase their aerobic capacity which will allow the students to take in and use oxygen more efficiently. Drumming, just like aerobic exercise, also increases heart rate and blood flow while simultaneously engaging both the linear (rational left brain) and the creative (intuitive right brain) hemisphere of the brain. Exercise paired with brain fitness activities, such as those listed above, strengthens the Corpus Callosum, which is the glue that connects the two hemispheres of our brain.

DrumFIT also provides essential Brain Fitness components such as: fine motor skills, coordination, reflex skills, cross lateral movement, bilateral movement, spatial awareness, eye-hand coordination, unilateral movement and cognitive association.

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.)

DrumFIT is an innovative kinesthetic program that truly engages everyone! There is no learning curve, everyone can drum. This non- competitive program appeals to all students regardless of ability. All Allen ISD students will have the opportunity to drum using this program. A DrumFIT set includes stability balls and stands, drum sticks, storage containers, curriculum DVD and lesson plans that are linked with learning outcomes and a pump. The DrumFIT program will be implemented on a rotational basis across school district during the physical education classes at all levels. The set will rotate to schools for a one to two week

unit. A curriculum DVD will be used along with teacher led activity to instruct the students on various routines. Routines are generally short in duration with some additional activity in-between drumming sessions for the students to begin to recover to the resting heart rate. Students and teachers will benefit from the DrumFIT program as they perform numerous routines. Students and teachers will begin to create their own routines using a variety of patterns and movements. I wouldn't be surprised if we see some DrumFIT performances at upcoming PTA meetings.

Allen ISD Goals/ TEKS

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

Every physical education grade level will have the opportunity to participate in the DrumFIT program if the grant is awarded. Every grade level has either/each a health, music or physical education Texas Essential Knowledge and Skill that fit within this program. Whether it's participating in a moderate to vigorous physical activity, creating, imitating and designing movement to selected rhythms, mirroring a partner, or performing rhythmical sequences and patterns the DrumFIT program includes it all. Standard one of the physical education national standards are met with this activity.

Measurement

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

The coordinator of school health will develop a both a random pretest and a post test to students to measure what information is learned by the students during the program. At the conclusion of each session, we also ask participating teachers to complete a detailed evaluation questionnaire so we can continue to find ways to improve an already excellent program.

Teaching Methods

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

The teaching methods that will be used are curriculum and learner centered instruction depending on when the lesson takes place. Technology will enhance learning as teachers use our current technology resources to project and display images from the DrumFIT DVD. Using Air Serve will also enable students to view themselves while they perform the DrumFIT routines. Whole group and partner instruction will occur during the lesson unit as students work together to mirror and create new routines.

Timeline

What is the project timeline and the date of implementation?

A timeline for implementation will be fall of 2016. All campuses will have the opportunity to sign up for the DrumFIT set. Teacher in-service time will be allocated to train the teachers in the DrumFIT curriculum and proper maintenance and care of the equipment.

Curriculum/System Support

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

During teacher in-service in August of 2016 the physical education teachers will complete an in-service on DrumFIT to learn the curriculum, maintenance and proper care of the equipment. Teachers will sign up for a rotation of the DrumFIT set. DrumFIT dvd's and curriculum documents will be stored and accessible for all staff to view prior to receiving the set. A core group of teachers/assistants will complete the DrumFIT instructor training. This will enable new staff and existing staff to be trained and updated on DrumFIT.

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
DrumKIT30	Instructional Supplies or Resources	2700.0	1	2700.0
DrumKIT60	Instructional Supplies or Resources	4437.8	2	8875.6
DrumFIT On-Site Training	Staff training/Staff development	2500.0	1	2500.0
DrumFIT Instructor Training	Staff training/Staff development	249.0	2	498.0
BUDGET TOTAL		14,573.6		

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)
Robin	Bullock	robin_bullock@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 Melinda Smith

Date 03/01/2016

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

Accept

History and final disposition of application

State Change History

State Change	***** 03/01/2016 09:43:31 Submitted
State Change	***** 03/01/2016 16:28:09 Accepted

Grant Status

Grant Awarded Yes
 No

Award Amount 7138