

Grant Number 1156

Project Title Gymnastics for All

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?)

 No Yes

### Primary Contact Information

First Name Constance

Email alannconnie@tx.rr.com

Confirm Email alannconnie@tx.rr.com

Last Name Beaney

Phone Number 214-803-1815

Campus Lindsey Elementary

Main Subject Physical Education

Grade(s) I have co-applicants. 

### Social Media

Please provide your work-related social media contact information.

Facebook

Twitter @CbeaneyPE

Other (please specify)

### Additional Grant Applicants

	First Name	Last Name	Campus	Grade
Eva		Elmaalouf	Lindsey Elementary	k-6

Grant Number 1156

### Campus/Student Information

Your campus: Lindsey Elementary

Will other campus' be involved/impacted by this grant?

 No 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  
 Preston Elementary  
 Reed Elementary  
 Rountree Elementary  
 Story Elementary  
 Vaughan Elementary

Your grade(s):

Will other grades be involved/impacted?  No  
 Yes

### Project Purpose

What is the problem, need or opportunity that this grant will address? Describe the impact of this project on your students. (500 words or less.)

The purpose of this grant is to give our Lindsey Lone Stars an opportunity to try gymnastics and also learn some tumbling activities. A lot of schools will not teach gymnastics but I feel it's important to give the kids the opportunity to try something new and something different. Boys and girls can be successful at gymnastics this will expand the knowledge of a different fitness activity. It is a great way to keep kids active; they can learn lifelong fitness skills. It can increase their self-esteem and give them a chance to be successful. Some students may be interested in pursuing this as an extra-curricular activity. The students will learn the proper techniques of gymnastics. We are a new campus and limited to the number of mats that we have. Having enough mats will enable all students to participate in our gymnastics activities, while decreasing wait time and discipline problems. Mats can also be used in other activities and games therefore increasing their potential.

### 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.)

My idea is to create a two week unit. The first week students will practice the gymnastic skills and tumbling skills. I would have ten mats set up and give the kids a chance to practice these skills. We will teach different animal movements and cover tumbling activities. Variations of forward rolls, backward rolls, cartwheels and round-offs. We will hit some balance activities: including headstands, tripods and end with different partner activities. The second week I would invite a local gymnastic teacher to come out and give a demonstration to our kids. They will have the opportunity to do different stations and spend time perfecting their skills. We will also dedicate time to partner activities. The older kids can create their own routines. This will be taught to all grade levels?.K-6th, but I will use appropriate modifications.

### Project Summary

Provide a brief summary for use on the Foundation's website and social media. (2-3 brief sentences)

Gymnastics will give our Lindsey Lone Stars an opportunity to try something new and learn about balance, teamwork, tumbling, and partner activities.

### Allen ISD Goals/ TEKS

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

The elements of gymnastics balance, strength, and low-level tumbling reinforce all TEKS for grades K-6 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 also reinforce our TEKS.

By adding a Gymnastics unit all students will:

- Develop simple stunts that exhibit agility such as jumping challenge with proper landing
- Participate in activities that include weight transfer and balance such as individual and partner stunts, tumbling and use of balances

### Measurement

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

AISD utilizes the Fitnessgram to gauge different fitness levels for all 3rd-12th graders. The gymnastics unit will provide students with a variety of opportunities to pursue personal fitness and improve our Fitnessgram scores, specifically in the areas of muscular strength, endurance and flexibility.

At the end of the unit I would like for the students to complete a survey of our gymnastic unit to find out what their personal favorite activity was, the lessons learned, the positive influences of the unit, areas of improvement, and how they could incorporate this at home.

### Teaching Methods

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

I will use a variety of teaching methods. I will start by teaching all the students the basics of gymnastics, so they can learn the proper techniques. We will spend one week learning different animal movements, tumbling activities, and balance activities. We will end each day with some partner activities. The following week we will have instructors from Metroplex Gymnastics come and do a demonstration and instruct students in a more detailed manner. The second week will end with different stations and focus on what the students really enjoyed as well as what they would like to improve on.

### Timeline

What is the project timeline and the date of implementation?

2 Weeks in January

### Curriculum/System Support

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

- The project provides a multi-purpose tool that you can integrate into the classroom and the PE setting.
- It takes what we know about the brain and learning and makes it happen in the classroom.
- The unit enhances AISD PE by offering students the experience of participating in a variety of activities and learning skills quite different from traditional sports and games while accomplishing our K-6th PE TEKS.
- This unit brings connections to various types of learners by offering a kinetic, visual, and auditory experience.

Additional comments or information you would like to include: (May attach additional pages.)

#### Benefits of Gymnastics

##### Social:

The students will listen, follow directions, take turns and respect others. They will learn to motivate each other and compete with others. Gymnastics improves on imagination and creativity.

##### Cognitive:

The students will visualize the skills before performing. Gymnastics provides a great way to use their brain and their bodies. USA gymnastics reports there is a strong correlation between being physically fit and academic achievements. The coordination requirements in gymnastics will carry over into the classroom. It will also help with focus. Gymnastics Improves learning through movement.

##### Character:

Gymnastic promote discipline, determination, courage and self-confidence and kids will benefit from learning from their mistakes. It also improves patience, endurance, and persistence

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

Budget Item	Item Type	Unit Cost	Quantity	Total Cost
blue wedge (incline mat) S&S	Instructional Supplies or Resources	159.99	2	320.0
10x(4'x6') Folding mats S&S	Instructional Supplies or Resources	150.0	4	600.0

BUDGET TOTAL 920

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

#### Principal Approval Required

Please provide the Name and Email of your PRINCIPAL. (Not your name)

First Name	Last Name	Email Address <small>(Completed)</small>
melissa	pursifull	melissa.pursifull@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 01/29/2019

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 certify that this would be a good use of funds to support our PE program.

State Change History

State Change    alannconnie@tx.rr.com  
01/28/2019 14:08:31  
Submitted

State Change    \*\*\*\*\*  
02/01/2019 10:53:17  
Accepted

Grant Status

Grant Awarded     Yes  
    No

Award Amount    920