

Grant Number 1010

Project Title Mats Matter!

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 Stacy

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Last Name Palmertree

Phone Number 214-495-6705

Campus Bolin Elementary

Main Subject Physical Education

Grade(s) Please select all applicable.

I have co-applicants.

Social Media

Please provide your work-related social media contact information.

Facebook PE at Bolin Elementary

Twitter @BlazerPalm

Other (please specify)

Grant Number 1010

Campus/Student Information

Your campus: Bolin Elementary

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

 No Yes

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.)

Every year we have 500-600 students come into the gym three times a week for physical education instruction. On average, I see about 300 students per day, every day of the week. We use our equipment in many different ways. When we use our physical education equipment, we really use it! Since so many hands and bodies are using our physical education equipment every day, it tends to not last as long as we would like. With a limited budget, I am not able to replace some of our equipment because it's just too expensive. Our current need is to replace our gym mats.

Students use these mats for many different games. They are also used to help protect a students during certain activities, such as State mandated physical fitness tests. Mats, just like our other equipment show their age with time and repetitive use. Our mats are ripping on the seams and the velcro is no longer functional to help the mats stick together. The mats have also lost their softness and shock absorption for protection.

Budget constraints won't allow me to replace our mats and the necessary equipment I need to replace each year. There is not only a safety concern to replace these mats but a curriculum need to replace the mats as well. I would like to be able to replace these mats so that my students can safely take their physical fitness assessment and can cover the necessary Texas Essential Knowledge and Skills (TEKS) needed for growth and development. There are also fun games to play with the students that cover health and wellness that require the use of mats New mats would allow me to be able to play these games, cover our TEKS, and test safely.

With the addition of three new mats, we would have lighter mats with better support for our students to use.

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.)

Our new mats would be used throughout the school year for different games, units and our fitness assessment for 3rd-6th grades. They would be used with all our students in every grade level throughout the school year. We have continued to use the mats we have for our curriculum needs even though they are in such poor shape. Only because worn as they are, they are still better than the alternative which is nothing.

During our fitness assessment, the mats will be used while students do push ups, curl- ups, and their stretches. I will also use them for students that are injured and need a place to sit while they just work on a set of stretches and relaxation poses.

Project Summary

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

Mats Matter will provide gym mats for our students to use during games, fitness assessments, stretching and day to day activities in the gymnasium.

Allen ISD Goals/ TEKS

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

With the use of these mats I will be able to help Allen ISD work towards achieving some of its goals found on the Strategic Plan for 2017-2020.

Allen ISD Goals:

Effective Problem-Solvers

Students will master the skills needed to design innovative solutions within independent and team settings.

Effective Communicators

Students will be able to listen critically and speak articulately; will be able to resolve conflicts effectively and appropriately; will be able to understand and appreciate diverse individuals and cultures; will be able to exercise leadership qualities; and will be able to communicate using advancing technology.

Physical Education TEKS will be safely covered throughout the year:

Kindergarten- 6th grade Texas Essential Knowledge and Skills (TEKS) provide a variety of ways we will use the new mat system. Below are a few TEKS that address tumbling, balance, flexibility, teamwork, jumping and landing and weight transfer.

Social development. The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Physical activity and health. The student exhibits a health enhancing, physically-active lifestyle that improves health and provides opportunities for enjoyment and challenge.

- Maintain balance while bearing weight on a variety of body parts
- Demonstrate smooth transition from one body part to the next in rolling activities such as side roll, log roll, balance/curl, and roll/balance in a new position
- Demonstrate control weight transfers such as feet to hands with controlled landing and feet to back
- Perform sequences that combine traveling, rolling, balancing, and weight transfer into smooth, flowing sequences
- Demonstrate body control in jumping and landing such as land on feet, bend knees, and absorb force
- Demonstrate simple stunts that exhibit personal agility such as jumping-one and two foot takeoffs and landing with good control
- Transfer on and off equipment with good body control such as boxes, benches, stacked mats, horizontal bar, and balance beam
- Participate in appropriate exercises for flexibility in shoulders, legs, and trunk
- Lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping; and
- Demonstrate a base of support and explain how it affects balance
- Demonstrate balance in symmetrical and non-symmetrical shapes from different basis of support

Measurement

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

The success of this project will be measured by students use of the mats during games, fitness assessments, and stretching. With mats that are in good shape, I will be able to use them more often and not have to worry about them coming apart. Since measurement of this equipment will be difficult in terms of data, I could place an old mat on the floor next to several good mats and ask the students to go to a mat and practice their curl-ups with a partner. There will be more mats out in the gym than needed. My guess is that students will go to the new mats to conduct their curl-ups instead of the older mat.

Teaching Methods

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

I will show the students how to use the mats for many different games and then allow them to work as teams to compete against each other.

I will be able to model safely how to correctly complete each component of our fitness assessment. Once shown, students will work with partners while the teachers monitor and correct the students form until they master correct form and their assessment is complete.

Timeline

What is the project timeline and the date of implementation?

We would start using our mats in the beginning of our school year. I start off the year with team building exercises and projects. Our mats define the boundaries of the project for the students.

Curriculum/System Support

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

Mat games and activities are used to help promote teamwork within the grade levels during the exercise and project based learning assignments. Team building exercises we use in the gymnasium help teach students how to work collaboratively in a different setting other than the classroom. The more the students practice this social skill, the more successful they will be in mastering the goals and objectives of the classroom and physical education class. Together we are growing leadership qualities in our students.

Using the mats during tumbling and other areas of fitness during our class shows the importance of exercising safely while we are building and engaging in a healthy lifestyle. Wellness promotes mental and physical well-being, a trait we want to see in our students throughout our district.

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

Budget Item	Item Type	Unit Cost	Quantity	Total Cost
TumblePro Layered Foam Custom Color Gymnastics Mats 2 3/8 Layered Semi Soft Faom	Instructional Supplies or Resources	364.65	3	1093.95

BUDGET TOTAL 1,093.95

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(Completed)
Reena	Varughese	reena.varughese@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 Stacy Palmertree

Date 01/16/2019

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

Approved

State Change History

State Change	stacy.palmertree@allenisd.org 01/16/2019 09:01:39 Submitted
State Change	***** 01/16/2019 09:55:47 Accepted

Grant Status

Grant Awarded Yes
 No

Award Amount 1094