



Foundation For Allen Schools Grant Application

Scholarship Fund Amount: \$0

Application #: AP227628

Applicant First Name: Stacy

Applicant Last Name: Palmertree

Applicant Email Address: stacy.palmertree@allenisd.org

Gender:

Cell Phone #:

High School:

Post Secondary School:

Application Status: Submitted

Application Questions and Answer

Question	Answer
Preferred name/name that you go by:	Stacy Palmertree
Best phone number to reach you at:	+14697348190
Campus	Bolin Elementary School
Grade(s)	Kindergarten;1;2;3;4;5;6
I have co-applicants:	Yes
Please provide your work-related Facebook contact information.	PE at Bolin Elementary
Please provide your work-related Twitter contact information.	@BlazerPalms
Name of Grant	Fitness Fun Day
Please select the MAIN curriculum area your grant addresses.	Physical Education

Does your grant have a technology component?	No
Will other campuses be involved/impacted?	No
Will other grades be involved/impacted?	Yes
How many students will be involved in this grant?	600
Are there any additional funds available for this grant?	No
<p>What is the problem, need or opportunity that this grant will address? Describe the impact of this project on your students.</p>	<p>The Fitness Fun Day Grant will help make our current Fitness Fun Day a little bit more exciting! Currently we have a Fitness Fun Day in November. We have community organizations come in to do free demonstration sessions for our students. These sessions show many types of workout classes as well as a lesson on making healthy snacks at home. This grant would help in two different ways. It would allow us to bring in someone to do a snack demonstration for the students to actively participate in. It would also allow us to buy more equipment and games that we can use to get our students up and moving.</p> <p>Through my Fitness Fun Day grant, I can guarantee that my students will be able to have a healthy snack class and cooking demonstration. My students love being able to learn about ways to eat healthy and prepare food that they can make at home independently or with a little help from an adult. By doing our healthy snack classes, I can also show students how easy and fun our 21 Day Challenge is and encourage them to participate as well. With the additional funds, I will be able to purchase fun outdoor games for our students to use on this fun day as well as during field day or other community events. Students will be able to use the equipment with the help of ‘experts’ in each field and really get to dive in to sports we don’t usually get to do in PE. Students would also be able to use large scale board games to play relays while getting them moving and thinking about strategy at the same time.</p>
	<p>I have Fitness Fun Day each fall. I use this day to teach the students about healthy classes</p>

How will the project or program be implemented? Describe activities and tasks. Who is the target population and in what ways will they benefit?


they can attend as well as different foods they can try. I ask community members to come in and have a set schedule with classes that last 30 minutes. The teachers on campus select what session they would like to go to with their classes. The teachers stay with their classes and participate with them too. Classes are scheduled all day long, with a break for lunch. The classes range from low intensity to high intensity as well as some outdoor games that allow students to work on team building. This is all set up by the PE teacher and the auxiliary teachers let us use their spaces for these classes if the weather isn't nice enough to be outside.

Provide a brief summary for use on the Foundation's website and social media.

Fitness Fun Day allows students to try new fitness classes that are fun and exciting for children their age. It allows the students to see regular games played in different forms and lets students work on team building skills in a fun setting. It also allows these students to try new snacks with foods they may already eat or even food they would never have tried before.

Which Allen ISD goals/TEKS does this project support? Please provide 2 or 3 examples.

Physical Education TEKS B-Kindergarten (3) Physical activity and health. The student exhibits a health enhancing, physically-active lifestyle that improves health and provides opportunities for enjoyment and challenge. The student is expected to: (A) describe and select physical activities that provide opportunities for enjoyment and challenge; (E) describe the benefits from involvement in daily physical activity such as feel better and sleep better.
Physical Education TEKS B-Second Grade (3) Physical activity and health. The student exhibits a health enhancing, physically-active lifestyle that improves health and provides opportunities for enjoyment and challenge. The student is expected to: (A) describe and select physical activities that provide opportunities for enjoyment and challenge; (B) participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration; (C) participate in appropriate exercises for flexibility in shoulders, legs, and trunk; and (D) lift and support his/her weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.

What specific measurements will be used to evaluate the effectiveness of the project?	Success will be measured by teacher feedback in a google doc survey. Teachers will be asked which sessions their students enjoyed the most and will also be asked which sessions they would like to have switched up for the next year.
What teaching methods will be used to implement this project?	The teacher and volunteers will model good exercise routines, healthy eating, and being active. We will show students that there are many different types of classes they can attend to help them continue to live a healthy lifestyle. Instructors will demonstrate healthy snacks and then allow students to create their own snack.
What is the project timeline and the date of implementation?	Fall 2020
Explain how this idea or project enhances/supports Allen ISD curriculum or existing systems.	The students will learn that there are many different organizations in our community that promote healthy lifestyles. The students really enjoy having people come give them a small preview of different fitness classes and can't wait to go home to tell their parents about the new classes they experienced. This also encourages the parents to make healthy changes for their families.
Total Grant Budget Requested:	825.95
	

Additional Co-Applicants Set Number 1

Question	Answer
First Name	Jacinda
Last Name	Owen
Email	jacinda.owen@allenisd.org
Campus	Bolin Elementary School
Grade:	1;Kindergarten;4;3;2;5;6

Project Budget Set Number 1

Question	Answer
Item Type	Instructional Supplies or Resources
List item to be purchased under item category:	Snack Supplies
Unit Cost	100.00
Quantity	1
Total cost of items in this category:	100.00

Project Budget Set Number 2

Question	Answer
Item Type	Instructional Supplies or Resources
List item to be purchased under item category:	Giant Connect Four
Unit Cost	349.99
Quantity	1
Total cost of items in this category:	349.99

Project Budget Set Number 3

Question	Answer
Item Type	Instructional Supplies or Resources
List item to be purchased under item category:	Giant Checkers
Unit Cost	279.99
Quantity	1
Total cost of items in this category:	279.99

Project Budget Set Number 4

Question	Answer
Item Type	Instructional Supplies or Resources
List item to be purchased under item category:	Giant Kick Croquet

Unit Cost	31.99
Quantity	3
Total cost of items in this category:	95.97