



Innovative Educational Grant

Cover Page

(Submit as an email attachment with appropriate approval signatures separate of the Grant Application)

Project Title: **Pump! Pump! Pump It Up!**

Name of Applicant(s)	Signature of Applicant(s)
Kaylee Sears _____	_____
Becky Shaunfield _____	_____
Sharla Andrews _____	_____
Sue Sprier _____	_____
Anna Falcon _____	_____

School(s) McAnally, Vandagriff, McCall, Coder, Stuard

Grade(s) K, 1, 2, 3, 4, 5, 6 (list each grade level)

Subject(s) Physical Education

Number of Students 36-100+ per class (2,720 total)

Amount of Grant \$3,409.99

Primary target population to be served:

students (target group: 2,720)
 parents
 teachers

Implementation dates: February 2016

Signature of Principal _____ Date _____

Abstract (no more than 100 words)

Heart health is something that every individual needs to be aware of throughout their life. Most individuals do not know what it takes to be heart healthy, let alone what it means. Pump! Pump! Pump It Up! will help teach our students what it means to be heart healthy as well as how to achieve being heart healthy through understanding anatomy of the heart, how the heart works and how exercise affects the heart. Acquiring this knowledge at a young age helps exercise and healthy living become life-long habits much more easily.

Central Office Administrative Review Committee

Date of Meeting: _____

General Notes and Comments by the Administrative Review Committee

(Pages 6 & 7 of the Application Packet will not be seen by the Review Committee)

Innovative Educational Grant Application

(Submit electronically as an email attachment separate of the Cover Sheet Pages)

IMPORTANT - Do not include the name of your campus in the Project Title or application.

Project Title: Pump! Pump! Pump It Up!

Grade(s) K, 1, 2, 3, 4, 5, 6 Subject(s) PE Number of Students 36-100+ per class (2,720 total)
(List each grade level)

CHECK ONE:

This project is:

new to the district new to my campus new to me.

Have you received funds for this project from AISD previously?

Yes No

Have you previously received an AEF Grant?

Yes No

DIRECTIONS: Please provide a summary for each area listed below.

Description of Proposed Project/Activity: (Describe what you want to do with the grant funds. List activities and timeline. How is it a new, innovative or creative for Aledo ISD)?

We will purchase the Heart Adventure Challenge Course with the funds from the grant. In this obstacle course, students move through the 4 chambers of the heart while learning the importance of exercise and heart health. This obstacle course will primarily be used during our heart health unit in February. The obstacle course is a fun, hands-on, physically engaging way for students to learn the basics of how the heart works as well as the important concepts of heart health and the impact of exercise.

The Heart Adventure Course will be shared among campuses for K-6 students to use. Having the ability to share the obstacle course with multiple campuses allows us to reach many students.

There will be a sign-out and check-in system in place to ensure that all materials are accounted for each time the obstacle course is used.



Sample Video (not exact equipment is used, but very similar):

<https://www.youtube.com/watch?v=he3TtbjgmRQ>

Objectives: (State measurable objectives in terms of student behavior or performance).

- Students will move through the obstacle course in a timely manner while performing all of the required activities.
- Students will be able to identify the chambers, valves, and blood vessels of the heart.
- Students will be able to describe how the heart works.
- Students will be able to describe how exercise and other life choices affect heart health.

Need: (Describe the area of student achievement you wish to address and give any data that supports the need. Please include how this grant addresses district and campus goals).

Heart health has 3 main components involved – anatomy, nutrition, and exercise. Anatomy is the hardest of the 3 components to teach to young students because it can become a very complex concept. The obstacle course helps simplify this concept by giving the students the chance to actually “go through” the heart. Research has proven time and time again that we learn and retain information better if the information is presented using an engaging, hands-on approach. Since the students are physically traveling through the heart to learn how it works, their learning is greatly enhanced. By teaching students the 3 main components of heart health, we are promoting life-long fitness which is one of the main district goals when it comes to physical education.

Evaluation Strategy: (Describe how you will know if your objectives are met. How will you share your program’s successes with your peers)?

Before starting the Heart Challenge Course, we will orally quiz students to determine their prior knowledge of the heart. Throughout the course, students will be challenged with questions and problems to increase their knowledge of how the heart works and how to improve their overall cardiovascular health. Once the challenge is complete, we will discuss as a group what we discovered during the challenge.

Partners: (Identify any school and/or community partners involved in the project and their respective roles).

Family – Notes will be sent home with students at the beginning of our heart unit to help families better understand what it means to be heart healthy. The American Heart Association has a great website devoted to heart health. This website will be included in the letter along with information on Life’s Simple 7 ways to be heart healthy – avoiding tobacco products, being physically active, eating healthy, keeping a healthy weight, as well as having healthy blood pressure, cholesterol, and blood sugar levels. Activities and tips to becoming heart healthy will also be included to encourage families to work towards the goal of being heart healthy.

AHA Website: http://www.heart.org/HEARTORG/Conditions/My-Life-Check---Lifes-Simple-7_UCM_471453_Article.jsp

<p>Sustainability: (If funded, how will you continue the program/project in the future? What will be the recurring costs? How will this program/project be funded in the future)?</p> <p>There will be minimal if any recurring costs. After a number of years, some equipment may need to be replaced due to normal wear and tear.</p>

Budget Worksheet

DIRECTIONS: Note the budget distribution for each category. Be specific.

Budget Items	Amount	Vendor	Budget Code Business Office Use
Supplies (please list)			
ASTROBRIGHTS Color Paper, 500 sheets/ream – Rocket Red (6 reams)	80.00	Staples	

Equipment			
Heart Adventure Challenge Course	3,329.99	US Games	
Contracted Services (list consultants)			
Recurring Cost:			
Training/Professional Development:			
Other:			
TOTAL	3,409.99		

Grant Applications should be submitted to AEF electronically. Email application as an attachment to Lynn McKinney at lmckinney@aledoisd.org. Do not submit hardcopies of grants. Include the Cover Page with appropriate approval signatures as an attachment separate of the Grant Application.

**Aledo Education Foundation
Criteria for Grant Approval Reviewer Score Sheet**

Application Number _____

Evaluator # _____

Project Title _____

Please rank the effectiveness of each item with 5 being high and 0 being low. Circle the number that best describes each statement.

Criteria								Weighted Amount	Weighted Total
Need is clearly stated. Supports districts and campus goals.	5	4	3	2	1	0	X 4		
Objectives are specifically stated and measurable.	5	4	3	2	1	0	X 3		
Activities/procedures specifically stated and relate to purpose and objectives. Innovation is apparent.	5	4	3	2	1	0	X 4		
Evaluation strategy is clearly stated and relevant to the objectives and student performance.	5	4	3	2	1	0	X 3		
Budget is complete, realistic, accurate and appropriate.	5	4	3	2	1	0	X 4		
Project includes participation and support of parents, community and/or business partners.	5	4	3	2	1	0	X 2		
GRAND TOTAL									

Please check the statement below that best describes how you would rank this application.

- I would definitely recommend funding this project.
- I would recommend partial funding. Amount? \$ _____
- I would recommend funding this project if there were extra money.
- I would not recommend funding this project.

Additional Comments (please use back if necessary)