                                                            **GO! Grant Application**

**You are able to type answers into this form or print and fill out by hand**

**\*\*APPLICATIONS DUE JUNE 1ST\*\***

**$1,000-$5,000 GO! Grants support more minutes on the move before, during, and after school through funds and gear for new classroom and playground programs.**

**A. APPLICANT AND CONTACT INFORMATION – TEACHER(S), make sure you’ve designated your “Champion” for the Grant! CHAMPION, please fill in YOUR information and the information for YOUR SCHOOL!**

1. Name of applicant / “Champion” for this grant:

2. Primary role within the school (parent, teacher, administration, etc.):

3. Applicant email and phone number (include summer contact info): Email:

Phone:

4. Secondary contact person:

5. Secondary contact person’s primary role within the school:

6. Secondary contact’s email and phone number: Email:

Phone:

7. How did you learn about the GO! Grants?

**B. SCHOOL INFORMATION – Please fill in the information for YOUR SCHOOL!**

1. Name of school:

2. School Federal ID #:

3. School Address:

4. Telephone Number:

5. Name of School Principal:

6. Principal’s contact info (email and phone):

Email: Phone:

7. School Website:

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| 8. | Type of School: Elementary Middle Public | Charter |
| 9. | Student Enrollment: |  |

10. Is your school a Title 1 school?

\_\_\_\_\_Yes \_\_\_\_\_No

11. On average, how many minutes of PE do students in your school currently receive each week?

12. Is your school a ***Let’s Move*! Active Schools**? Yes No

a. If “No”, all GO! Grant awardees will be required to make the initial step to sign up as

a Let’s ***Move*! Active Schools** before receiving a grant. (https://www.letsmoveschools

.org)

13. If your school is awarded a GO! Grant, whom should the check be made out to? (must be school or school

district)

**C. PROJECT INFORMATION – Please, REVIEW, COPY and PASTE the Information in GREEN! Please REVIEW, FILL IN and/or CHANGE the Information that is in RED and/or HIGHLIGHTED!**

1. Project Name: Healthy, Active Children Project (HAC)

2. Two-three sentence summary of project: Our K-5 students have little time (HOW MUCH?) in structured physical education (PE) or physical activity (PA) during their school day. The Five for Life BASIC Program (54Life Basic), training and software will enable us to provide more movement and moderate-to-vigorous activity (MVPA) in our PE classes to help students get the much needed structured PA. The overall outcome of the HAC Project will be Quality Physical Education (QPE) that improves K-5 students’ activity levels through an intentional plan of movement-based learning during the school day, which will provide structured PA and develop the understanding and skills our students need to be physically active and fit for life.

3. Is this a new project or an enhancement of an existing project? (see Guidelines)

New project designed to enhance PA and build QPE for K-5 grade students

4. Was the project chosen from our list of resources or designed by your school?

The Project was chosen from the list of resources AND its design was enhanced by our school.

5. Will you subcontract with a non-profit organization or deliver the project yourselves?

We are delivering the project ourselves.

6. Name of non-profit and EIN or tax ID number, if applicable:

7. Dates of project:

2015/2016 School Year **(Please, Add BEGINNING and END Dates from Your School’s Calendar Year)**

8. Requested GO! Grant amount (max $5,000): **This Will Depend on the NUMBER of Students in Your Project – Please See the BUDGET Section ($40/student MAX)**

**$5,000**

9. If we are unable to fulfill the requested amount, what is the minimum amount needed to ensure your program will occur? **This Will Depend on the NUMBER of Students in Your Project – Please See the BUDGET Section ($40/student MAX)**

**$3,500**

10. Is there anything else you would like to share that we haven’t asked?

Our school and district struggle with great financial challenges, making it impossible for us to provide QPE for our K-5 students. Our students also come to us with numerous and diverse needs, based on the following demographics: **Add Demographics That Highlight Economically Disadvantaged Students, Free and Reduced Rates, Poverty Rates, ESL, etc.**  We work with kids, who have many delays in motor learning, do not get the recommended 60 minutes of PA per day, and do not understand why they should care about being fit and active. We know that PA and academic success are closely tied together. Because of this important link, we as a school are ready to take on the challenge of ensuring that our students get more quality PA time every day and increase their overall activity levels, which will lead to success in their educational career, motor skill mastery, improved fitness – and a complete WIN!

**D. PROPOSAL NARRATIVE**

**\*\*Please limit your proposal to a maximum of three (3) pages. We encourage brief but clear answers that help give a strong narrative of your proposed project\*\***

1. Project Description: (40 points) **(Please, Be MINDFUL of the SPACE, When You Add Info!)**

**Need or challenge your project addresses -** PA opportunities for the youngest students in our school system are very limited. They do receive PE **(Please DEFINE the Number of Minutes and Frequency per Week Here**), which is not enough to foster healthy outcomes. This deficit comes at a time when it is so important to teach kids about the importance of activity and its connection to long-term health, while also developing good PA habits through QPE, family and community opportunities.

**The student population you plan to serve, and why you choose this particular group -** Our project will serve the K-5 students at **BLANK Elementary School**. Many of our youngest students are delayed in fundamental movement skills, and we know that this connects to their academic success. Our students do not receive QPE/PA, because our PE program lacks the necessary curriculum, training, software and equipment. In order for kids to be physically active for life, they need to build the habit of PA and a healthy attitude toward fitness every day. These habits need to be instilled during their most formative elementary years through persistent, consistent activity.

**How will your project meet the challenge: describe your project and how it addresses the stated need, and the changes you anticipate in your students** – Our school will expand movement opportunities K-5 through the HAC Project, with the support of parents and our community, and build QPE that delivers intentional motor skills, active games, fitness and the understanding of the importance of PA using the 54Life Basic curriculum, resources and training. With the software for tracking and reporting, as well as the basic equipment needed to deliver a QPE program, we will ensure that HAC improves PA for all of our K-5 students. The 54Life Basic program will give kids the opportunity to become successful in PA by helping them master locomotor, nonlocomotor, manipulative and combination skills that are repeatedly practiced during activities. Because this program is so intentional in its use of time and equipment, our students’ fitness will improve, while they move, learn what it means to be fit and begin to value PA in their lives! Allowing kids to move while learning is a key strategy in elementary best practices, which is particularly beneficial to young African American boys, students who are overweight or obese and high poverty children. The 54Life Basic activities will intentionally engage all K-5 students in our **BLANK Elementary School** and deliver positive outcomes by helping them become successful in an active environment. Even children with the highest needs will excel, because the 54Life Basic games that teach concepts about health, fitness and the importance of PA are noncompetitive and fun. To improve all 5 components of health-related fitness, we will acquire and use functional equipment, such as: stretch bands, dumbbells, agility rings, step boxes, stability balls, sand bells, balance rollers and basic sports and game equipment. Our school has lacked the resources to buy many of the new tools of the trade that help students become more active, and the HAC project will allow for a dynamic change to QPE. WELNET software will provide us with the data collection system that will allow us to report progress and results for students, classes or the whole school. By implementing this data system in the beginning of our project, we will track our improvements and develop special opportunities for students. All students will see their improvements, which will help them recognize the value of QPE and PA in their life. WELNET will allow our PE program to share the PYFP (Presidential Youth Fitness Program) fitness data with our students, parents, administration and community. This will be a game changer, because now everyone will have the information they need to get involved and foster health-related improvements in our K-5 students. We anticipate that HAC will build PA habits in our students and assist them in attaining academic and physical success in school.

**Project Goals, Objectives and Outcomes, including Resources, Tools, Performance Measures and Processes to Monitor Project Statistics.**

**GOAL 1:** Cultivate QPE/PA curriculum, quality instruction and assessment to support and sustain HAC.

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| **GOAL 1—OBJECTIVES** | **GOAL 1—OUTCOMES** |
| **Furnish** staff development for the HAC program to generate continuity & articulation across the K-5 curriculum.  **Train** teachers in the 54Life Basic curriculum & program design strategies.  **Build** the54Life Basic K-5 curriculum maps defining essential content to support sustainable program change  **Involve** parents by sending home activities from the 54Life Basic program to help students gain proficiency in fundamental motor skills. | **Annually**, 50% increase in fundamental motor skill proficiency in all K-5 students.  **Annually**, 100% of K-5 studentswill receive the 54Life Basic program.  **By end of grant**, K-5 PE teacher will create curriculum maps.  **By end of grant**, K-5 PE teacherwill deliver QPE.  **By end of grant**, 80% of K-5 parentswill use monthly 54Life Basic activities. |
| **Assessment and Process Instruments to Monitor Progress:** Teacher, Student (5th grade) and Parent Surveys, Motor Skill Pre and Post Assessments, K-5 Curriculum Maps. | |

**GOAL 2:** Build a comprehensive, complete HAC Project that provides a realistic and natural school to life transition by obtaining appropriate, safe motor skill/fitness equipment.

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| **GOAL 2—OBJECTIVES** | **GOAL 2—OUTCOMES** |
| **Acquire** QPE equipment for HAC (K-5).  **Instruct** K-5PE teacher in equipment use & training.  **Motivate** K-5 students to increase PA & fitness behaviors & develop lifelong PA and fitness habits.  **Help** students/parents understand fitness & see progress by reporting fitness pre/post (in grades 4-5). | **Annual** 60%student improvement pre/poston PYFP (in grades 4-5).  **Annually**, 100% of functional equipment is used to improve components of health related fitness (K-5).  **By end of grant,** 100% of students understand the 5 components of health related fitness and how they are measured (in grades 4-5).  **By end of grant**, 100% of parents receive student/parent fitness reports, (in grades 4-5). |
| **Assessment and Process Instruments to Monitor Progress:** PYFP Pre/Post assessments (grades 4-5), teacher/parent survey, student 5 components of fitness assessment (5). | |

**Goal 3** Extend the reach of the HAC Project and the positive impact on the community by identifying/increasing number of suitable community partnerships: **(LIST/NAME Who Are They At Your School).**

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| --- | --- |
| **GOAL 3—OBJECTIVES** | **GOAL 3—OUTCOMES** |
| **Build** current partnerships by expanding & enhancing common goals & providing parent/guardian involvement opportunities (K-5).  **Build** partnerships to increase PA through out-of-school opportunities (K-5).  **Build** capacity of parents through community partners & ongoing PA at home.  **Share** success and next steps of HAC with school board. | **Annually**, parent/guardian attendance at community events that are designed to increase PA will improve.  **Annually**, 25% increase in K-5 student participation in out-of-school, HAC-related activities.  **Bi-Annually,** provide flyers to families of K-5 students for low cost and free PA opportunities.  **Annually,** 60%improvement frompre toposton PYFP fitness assessments of K-5 students.  **Annually,** build awareness and report student fitness results for grades 4-5 at **BLANK Elementary School** throughSchool Board Report on progress of HAC. |
| **Assessment and Process Instruments to Monitor Progress:** Parent Survey, Partnership Survey, Attendance Logs, School Board Report, Aggregate Student Fitness Data Report (grades 4-5) | |

2. Project Activities: (10 points) **Please, FILL IN the Info As It Pertains to YOUR SCHOOL!**

• Estimated number of students involved

**Please Be Mindful of the Amount of $ Requested (up to $5,000) & the Equipment List & BUDGET**:

Number of Students X $40/student = Amount of $ requested (up to $5,000). Modify **the Equipment List & BUDGET** to accommodate the **number of students**.)

• Duration of project

One school year from **date, month, 2015** to **date, month, 2016**

• Number of days per week the project will be offered

Please, reflect what it is at YOUR School & **Make Sure** It MATCHES THROUGHOUT the APPLICATION!

**NO LESS THAN:** Two times a week for 30 minutes each session, PLEASE!

• Number of hours per week students will be active in the project

Please, review & **Make Sure** that it can be realistic in YOUR Project (please try NOT to go less!):

**1 hour per week during school, plus at-home and community time: equals approximately 2 hours per week**

• Specific activities offered

54Life Basic Program activities (like Energy In/Energy Out) that increase PA, fitness and motor skills; At- Home activities from the 54Life Basic to include PA, fitness and motor skills; Varied Community Events and Activities – to be determined.

• Facilities to be used

Gym and Classrooms; Homes and Community Facilities

• Equipment needed for project

Functional equipment for PA, fitness and motor skills, such as: stretch bands, dumbbells, agility rings, step boxes, stability balls, sand bells, balance rollers and basic sports and game equipment, WELNET Software.

3. Project Staffing: (20 points)

• **Who is your champion (project overseer and implementer)? Why was s/he chosen?**

**• Paid staff, volunteers, student aides and why you chose this particular staffing pattern**

• What training will be offered to project staff?

One day of PD for the implementation of the 54Life Basic Program, functional equipment and WELNET software. Will take place prior to the program beginning (August, 2015)

• If you are sub-contracting with a non-profit organization to implement your project, explain their mission and why you believe they can accomplish the goals of your project **– N/A**

• How will you provide outreach to the community? Samples – **Please, Review, Edit & FILL IN YOUR OWN Samples. List any partners you currently work with, too (YMCA, Boys & Girls Club, etc.)**

Attend Parent Group meeting and Wellness Committee Meeting and request help in engaging new partners, who can provide free and low cost PA opportunities for our students. Talk to Principal about current and potential partners.

**4. Project Sustainability: (15 points)**

• How will you KEEP IT GOING?

Our school-wide teacher and administration commitment to the project are key to the sustainability of improved PA for our students. Once QPE has been implemented, our plan is to increase PA by using activity breaks (ABs) in all classrooms. We will begin implementation in the fall of 2016, using free resources. Teachers will be trained in the importance of ABs and the use of the resources during the beginning-of-the-year meeting in August. A team of *Champions* for *PA Every Day* will be formed and create monthly challenges for all K-5 teachers. Incentives will be provided by community partners.

Parents and community partners will support the sustainability of HAC. During parent/teacher conferences that occur twice a year, classroom and PE teachers will connect with the parents, explain our project’s purpose and outcomes and share the pre/post fitness reports. Teachers will also share flyers of low cost and free PA opportunities provided by community partners. These will include existing and new partners engaged during the project. The PE teacher will hold an Open House to demonstrate QPE during parent/teacher conferences. Parents will be provided with sample activities that can be done at home to increase PA, improve fitness and help their children master fundamental motor skills. Once the project is complete, Open Houses demonstrating QPE, fitness pre/post reports and the PA opportunities flyers will continue during parent/teacher conferences in Fall and Spring. Parents who have expertise in PA, exercise, fitness, dance, etc., will be invited to PE to share live demonstrations, experiences and commitment to PA and a healthy, fit lifestyle.

Expanding the HAC Project throughout the district is paramount to the sustainability of our project. In order for our system to understand the impact of the HAC, it needs to be shared with the decision makers. The School Board Report at the end of the project will help facilitate that and also enlist continued support for HAC and *PA Every Day* for our youngest learners. Our Principal and our *PA Every Day Champions* will assist in the delivery of the outcomes of our HAC project and the goals and objectives for *PA Every Day*. Aggregate PYFP HAC fitness data for (grades 4-5) will also be shared.

• **How will you follow-up with students to check their fitness level?**

After the HAC project is complete, QPE, instruction in the 5 components of health-related fitness and the pre/post PYFP fitness assessments will continue. All of this is taught in the 54Life Basic Program, which builds the connection between understanding the 5 components of fitness and fitness measurements. During the 1, 2, 3 grade years, PE teacher will continue practicing PYFP fitness improvement assessments and goal setting with students as a part of the QPE/PA curriculum developed during HAC. At the 4th and 5th grade level, students will begin to participate in the actual PYFP assessments. Pre/post Student/Parent fitness reports will be sent home with a letter explaining the importance and meaning of fitness measurements and recommendations for how to improve and maintain various components.

**E. BUDGET** (15 points)

**This Will Depend on the NUMBER of Students in Your Project: $40/student MAX. Please Also See the EQUIPMENT & SUPPLIES List in Excel AND the PROJECT Information Section (at the beginning of this document), Questions 8. and 9.**

**Revenue Amount $9,400**

|  |  |
| --- | --- |
| GO! Grant (max $5,000) | $5,000.00 |
| Other grant sources | $0 |
| Fundraisers, events, etc. | $0 |
| Donations | $0 |
| School allocation | $0 |
| District allocation | $0 |
| Other (specify):  **GYM Use @ $20 per session X 80 per=$1,600** | $1,600 per year |
| **Total** | **$6,600** |
| In-kind (estimate monetary value):  ***Teacher Volunteer Hours:*** approx. 80 hrs X $35/hr X 1 teacher | $2,800 |
| **Total Revenue** | **$9,400** |

**Expenses Amount $5,000**

|  |  |
| --- | --- |
| Staff | $0 |
| Staff Training costs | **$500** |
| Marketing/Outreach | $0 |

|  |  |
| --- | --- |
| **Equipment and Supplies (please attach list)** | **$3,323** |
| Facilities | $0 |
| Transportation | $0 |
| Fees (i.e., for approved vetted programs) | **$675** |
| Sub­contracting costs (not included above) | $0 |
| **Other: WELNET Software** | **$500** |
| **Total Expense** | **$ 5,000** |

**F. END OF PROJECT REPORT**

All grant recipients will be required to submit a final report to KIDS in the GAME, detailing your project’s activities and results. Your report should including the following information:

• Number of kids who participated, split by gender

• Race/ethnicity of participants (optional)

• Other identifying characteristics of the participating kids

• Hours of physical activity the entire project generated

• Sports and/or activities in which students were engaged

• Pre- and post-project performance measures: aggregate results and results by specific group

• Challenges encountered during implementation of your project

• Identify one or two project highlights or outstanding achievements

All grant recipients will be asked to complete a brief survey regarding satisfaction of the GO! Grant process, including suggestions for improvement.

**Thank you for submitting your application and for your commitment to increasing physical activity in our youth! Please feel free to visit our Resources page to continue learning about successful programs and find opportunities for additional grants and funding.**

**Please mail, fax or email applications to:**

KIDS in the GAME

875 SE 3rd St. Suite 240

Bend, OR 97702

P: (541)508-3966 F: (541)639-3645 [grants@kidsinthegame.org](mailto:grants@kidsinthegame.org)