# Grant Writing Template – Fitness FunZone®

**Grant Eligibility:** Physical Education program for Elementary, Grades 1-6. Physical Activity funding, and AfterSchool programming.

**Program Overview:**

This project will utilize the **Fitness FunZone®** to insure that students have access to, and teachers have the skills to deliver a comprehensive physical education program that extends into recess, lunch and after school opportunities, enabling extended practice opportunities in motor, social skills practice, and opportunities for increasing children’s physical activity. The Fitness FunZone® provides the resources necessary to guide classroom teachers in specific skill focus, including instruction in teaching strategies, nutrition integration, and an introduction of motor skills and movement knowledge.

1. **Needs Statement:** Provide school site data that explains the need to implement the (a comprehensive motor skills/physical education or afterschool) program. Identify input form a variety of sources including, but not limited to, students, school personnel, and parents. Indicate how this grant will assist your school in accomplishing prioritized needs.

(*School Name*) is a school of (# *0*) children in grades K-6. The school is located in a (*rural, urban, suburban*) neighborhood in the community of (*Health, NV*). Childhood obesity rates are soaring throughout the nation and our community is no exception. Currently \_\_\_\_\_% of our students are overweight or at risk for becoming overweight according to \_\_\_\_\_\_\_\_. Student fitness scores reveal that only \_\_\_\_\_\_\_\_\_% of our students demonstrate performance in the “healthy fitness zone” as indicated by the latest state physical fitness testing. Quality daily physical education has been cited as schools’ best approach to prevention and intervention in the childhood obesity crisis.

Teachers indicate that they have not received training or curriculum materials for providing quality daily physical education. A simple to execute, physical activity resource with appropriate teaching materials/equipment for teaching physical education/motor skills is needed.

The strategy of “changing the environment rather than changing the individual” has received much notice by researchers looking at an effective intervention for the ever-growing trend toward childhood obesity. Changing the environment (adding markings), in addition to sequential instruction of skills, is strategy that addresses the gaps that we have identified in our current PE curriculum and Afterschool programming. Implementing the Fitness FunZone® will result in increased activity and quality of instruction goals for this grant. The new opportunities for participation, as opposed to watching, will promote healthy physical fitness lifestyles. The program provides a visual patterning for reinforcing and enhancing instruction in fundamental movement through the use of fitness skills, jump rope skills, four corner activities and nutritional integration. Additional perceptual motor skills are enhanced through the innovative Skillastics® technique

([www.skillasitcs.com](http://www.skillasitcs.com)) that has been incorporated into the Fitness FunZone® design system.

As indicated by the above data, the need for intervention is great and the school staff has committed to implementation of the Fitness FunZone®.

1. **Goals and Measurable Objectives:** Describe the school’s goals to implement a physical activity resource that contributes to a comprehensive school wide physical activity program. Describe measurable objectives that the school hopes to accomplish by implementing the Fitness FunZone®.

The goal of the grant is to provide all staff and students with a common language and set of behaviors that are part of the positive, healthy, physical environment in which students can enjoy learning motor skills. Additionally, students will acquire cooperative and leadership skills that help develop essential character traits.

Objective 1: By (*January 200\_)*, provide staff training utilizing the Fitness FunZone® PowerPoint Training Webinar Session.

Objective 2: By (*January 200\_)*, school will receive the Fitness FunZone® and consumable physical education equipment in order to implement the Fitness FunZone® activity.

Objective 3: By (*Feb. 200\_)*, students will experience 100 minutes a week of physical education instruction.

Objective 4: By (*June 200\_)*, students will understand and be able to demonstrate a variety of motor skills as defined in the National Physical Education Standards.

Program Description: Provide a description of how you plan to incorporate the Fitness FunZone® into your Comprehensive Physical Activity Program (CSPAP). Describe what kind of training will be provided, number of days trainings will be provided, who will provide it, and plans for attendance. Describe how team members will work together to implement the program at the school site so as it insure all staff members are trained. (Include how Special Education needs, and students who are limited English speaking will benefit).

The Fitness FunZone® has been shown to increase the motor skills of students. Based on these findings we have decided to begin to implement the Fitness FunZone® resource by having all students and staff trained through the use of the staff development training webinar during (*January 200\_*). The PTA supports the implementation of Fitness FunZone® by purchasing materials and working with volunteers to begin painting the game markings that make up the Fitness FunZone® design by (*March 200\_)*. Between (*January and June)*, the P.E. teacher and or AfterSchool Line Staff will instruct students in the fundamental movement concepts, skills and activities included in the Fitness FunZone®.

The School Site Council and Student Councils have committed to providing funding to sustain this physical activity resource through the purchase and replacement of motor skills equipment as needed after the initial funding ends.

1. Student Involvement: Describe an effective plan for involving all student in the Fitness FunZone® Activity, including those students who typically are excluded from the formal student leadership activities, students with special needs, and students who are learning English.

The staff at (*Healthy School*) embraces the importance of inclusion of all students in our physical education instruction, afterschool and playground activities. Participating in all of the various activities in the Fitness FunZone® assists ALL students in learning to interact with their peers, develop a sense of responsibility for self and others, increase their nutritional knowledge and contribute to increasing physical activity throughout the school day.

The Fitness FunZone designs are painted at ground level and define the outdoor teaching space for physical education and afterschool activities, as well as, enhance easy set up for the activities.

1. Family and Community Involvement: Explain your proposal for a planned, effective approach for involving families and the community, including local agencies that could reinforce conflict resolution strategies.

PTA and School Site Council have been involved in the search for a physical activity resource that will be affordable and easy to implement. Both organizations have committed funds to the ongoing support of the program. PTA parents and local scout troops will organize a paint day for adding the Fitness FunZone® activity stencil designs to our existing playground.

1. Evaluation: Describe how the school will determine the degree to which the measurable objectives, stated in Section III, are accomplished. Describe the behaviors, skills and/or attitudes that will be measured to determine the program effectiveness.

A. School administration will analyze and compare pre and post data on physical fitness data and compliance with Physical Education weekly minutes of instruction.

(See budget on next page)

1. Budget Summary: Indicate anticipated expenses for onsite training, follow-up training, and program implementation. Include funds used for materials, supplies, curriculum.

**Description** **Cost**

*Fitness FunZone®*: 12 Fitness Activity Stencils, $2,999.00

12 Jump Rope Activity Stencils, Four Corner Court,

Nutrition Activities, 24 Jump Ropes, 6 multi-colored die,

6 multi-colored beanbag markers, Site License,

Nutritional Cards, Activity Manual, Fold-out Blue Print,

Circuit Training Music, Instructional DVD, Paint Machine –

Including white spray paint, Fitness Skillastics Activity Kit,

Convenient Storage Backpack.

Tax and Shipping (8%) $239.92

Paint supplies and colored paint (misc. supplies) $275

**TOTAL-------------------------------------------------------------------------- $3,513.92**

(Ideal spot to mention how much School/PTA has raised that may serve as “matching funds.”)