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**2018-2019 School Grants for Healthy Kids**

**Game On Grant**

**Application for Funds – Due Friday, April 6, 2018**

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| **Please refer to the** [**Game On application instructions**](http://www.actionforhealthykids.org/storage/documents/School_Grants/2018-2019/Game_On_Application_Instructions.pdf) **for an outline on the steps to submitting an application and a more detailed description of the application requirements.** |

**Section 1: Contact Information**

1. Applicant Contact Information
   * Role (Select one)

|  |  |
| --- | --- |
| Parent | School Professional-Teacher |
| Community Member | School Professional-P.E. Teacher |
| Health Professional | School Professional-Nurse/Health Aid |
| Community Based/Nonprofit Organization Staff | School Professional-Food Service |
| Student | School Professional-Higher Ed |
| Government Official/Agency Staff | School Professional-Administrator |
| None of the Above | School Professional-Board Member |
|  | School Professional-Other |

* Phone Number
* Primary Email
* Alternate Email
* Free and Reduced Percentage (If CEP enter 100)

1. Provide contact information for the following individuals. By providing their names and emails, you are indicating their support for the project.
   * Name of Principal/Administrator
   * Email
   * Name of Physical Education Teacher
   * Email
   * Name of School Nutrition/Food Service Manager
   * Email

**Section 2: Project Details**

**Physical Activity Initiative:** Skillastics is so versatile, it can fit with most of the initiatives. Below we provide examples of each to help solidify the goals you are hoping to achieve.

1. What is the physical activity initiative you are interested in implementing at your school? (Select one)
2. **Outdoor Active Recess** - Recess always includes many students. Skillastics is the best resource to manage and help enhance physical activity for large groups. Whether it’s outdoors in a large open area or in a small area indoors with limited space, Skillastics is an effective tool to increase physical activity in a simple, yet extremely effective way. The additional benefit is that Skillastics is so simple to execute, teachers or aides that are not educated in physical education will seamlessly be able to implement it most effectively.
3. **Indoor Active Recess** - Recess always includes many students. Skillastics is the best resource to manage and help enhance physical activity for large groups. Whether it’s outdoors in a large open area or in a small area indoors with limited space, Skillastics is an effective tool to increase physical activity in a simple, yet extremely effective way. The additional benefit is that Skillastics is so simple to execute, teachers or aides that are not educated in physical education will seamlessly be able to implement it most effectively.
4. **Physical Education Equipment** - Skillastics is literally Physical Education in a bag. Everything you need to teach Fitness, Character and Sport Specific Skillastics while simultaneously integrating academic components like literacy, math and science. Skillastics is aligned with the National Physical Education Standards. ***(Please email us at*** [***info@skillastics.com***](mailto:info@skillastics.com) ***and we’ll send you the Skillastics alignment with the National Physical Education Standards document).***
5. **Brain Breaks/Classroom Physical Activity** - Be Fit 2 Learn Skillastics Math was specifically created for enhancing Physical Activity in the Classroom while integrating math questioning tailor made for 2nd, 3rd 4th, 5th, or 6th grade. The optional custom math question card download is an extra bonus, allowing classroom teachers to integrate their own questions relevant to the lessons they are working on at that time.
6. **Before-School & After School Programming** - Skillastics is the perfect resource for Before or After School programming. With a strong emphasis in STEM Learning, STEM Skillastics has become one of the most popular resources enhancing physical activity while integrating STEM knowledge. The optional custom card template download allows Expanded Learning programs to connect with classroom teachers by implementing Science, Technology, Engineering and Math questions relevant to what their teaching into the physical activity time. Skillastics is aligned with the Healthy Eating and Physical Activity After School Guidelines. . ***(Please email us at*** [***info@skillastics.com***](mailto:info@skillastics.com) ***and we’ll send you the Skillastics alignment with the Healthy Eating Physical Activity Standards document).***
7. Is this a new or existing physical activity initiative for your school?
   * New
   * Existing
8. Describe the physical activity initiative you wish to see at your school. Include any significant dates for a timeline. (2000 characters)

The Skillastics Experience offers a vast amount of physical activity, academic integration, nutrition education, and character education all in one package. Very little set up or equipment is needed with this program making the outcome easily attainable.

With the addition of the Skillastics Physical Activity Kits, emphasis on increasing student MVPA levels through the regular use of the Skillastics mats and skill task cards is easily attainable. The addition of the regular use of the Skillastics systems will enhance daily warm ups, daily use of instant activities upon entrance into the gym, sport and movement skill development, and social and emotional experiences.

Students will engage in self-discovery while increasing their MVPA during physical activity time. Students will able to self and peer assess using the various Skillastics Activity Kits.

Students physical activity level and sport skill will show improvement with the repeated exposure to the various Skillastics Physical Activity and Sport Skill Themed Activity Kits.

***Time Line:***

***August-September 2018:*** *Introduction to a mixture of movement and sport skills via use of the Skillastics Task Cards for daily warm ups and instant activities.*

***September*** *-Addition of Skillastics Nutrition kit to use in combination with Skillastics Physical Activity Kits for integrated MVPA.*

***October*** *- Continued use of Skillastics Activity Kits in lesson content to enhance skill practice in hand eye coordination, foot eye coordination, striking with the hand, foot, striking with an implement, Run, Jump, Throw, Components of Fitness, Fitness Gram Fitness Testing Preparation, Character Education, Nutrition Education, STEM integration in Physical Education, Color Shape Recognition for K - PreK, and more.*

***November-December*** *- Assessment piece students demonstrate competency in various movement forms and sport skills found in the Skillastics Program.*

***January -February*** *- Continued use and practice with different themed Skillastics Kits to enhance MVPA with movement and skill content and integrated STEM, and Nutrition education.*

***March/April*** *– Include Skillastics in Field Day or Family Fitness Event Activities.*

***All Skillastics kits can be utilized in the following areas not just for PE.***

*Indoor/Outdoor Recess, Classroom Brain Breaks, Curricular content (STEM, Reading, Nutrition) for use in PE, integrated Physical Activities for the classroom, community involvement through Before/after school Programming, Family Fitness Nights/Health Fair.*

***Impact on Policy:*** *Student learning expectations will be highlighted and practiced in a new and innovative way using Skillastics Activity Kits, increasing the engagement of all students. Highlighting the 75% of the non-athletic group to improve student success.*

***Impact on Systems-*** *The Skillastics Experience provides quality instant activities which allows a PE program to get their students moving as they enter the classroom without wasted downtime.*

***Impact on Environmental Changes:*** *increased MVPA, Increased Student engagement, increased time on task, Increased time for skill and movement practice, improved student efficacy, all types and ages of learners can participate, large numbers of groups can participate in limited amount of space, ease in set up and take down, little or no equipment needed to use Skillastics kits and modified equipment is easily implemented. Increased MVPA will improve student fitness/health positively affecting academics and behaviors throughout the school day.*

1. What will be the impact(s) of your physical activity initiative? (Select all that apply)
   * Increase average daily physical activity minutes for ALL students
   * Increase number of students participating in physical activity initiatives
   * Increase amount of time students engage in moderate-to-vigorous physical activity
   * None or other
2. Enter the average number of physical activity minutes per day for the majority of students at your school for each of the following initiatives.

|  |  |
| --- | --- |
| **Physical Education** | |
| * Number of Minutes per Day |  |
| * Number of Days per Week |  |
| * Percentage of Students Participating |  |
| * Percentage of Time Students Engage in Moderate-to-Vigorous Physical Activity |  |
| **Recess** | |
| * Number of Minutes per Day |  |
| * Number of Days per Week |  |
| * Percentage of Students Participating |  |
| * Percentage of Time Students Engage in Moderate-to-Vigorous Physical Activity |  |
| **Classroom Physical Activity Breaks** | |
| * Number of Minutes per Day |  |
| * Number of Days per Week |  |
| * Percentage of Students Participating |  |
| **Before/After School Activities** | |
| * Number of Minutes per Day |  |
| * Number of Days per Week |  |
| * Percentage of Students Participating |  |
| **Walk/Bike to School Activities** | |
| * Number of Minutes per Day |  |
| * Number of Days per Week |  |
| * Percentage of Students Participating |  |

**Nutrition Initiative:**

1. What is the nutrition initiative you are interested in implementing at your school? (Select one)

* **Nutrition Education** – Skillastics Nutritional Cards offer students the opportunity to learn about MyPlate’s Food Groups, and the importance of having a balance diet. Many studies indicate that children absorb more when they are active. Skillastics Nutritional Cards are conveniently integrated with most of the Skillastics Activity Kits, allowing the balance of both physical activity and nutritional knowledge.
* School Gardens
* Competitive Foods or Smart Snacks
* Salad Bars
* Smarter Lunchrooms
* Healthy Fundraisers
* Classroom Celebrations
* Classroom Rewards
* Healthy Food Taste Testing
* Healthy Cooking Classes
* Water Access
* Other (Please specify)

1. Is this a new or existing nutrition initiative for your school?
   * New
   * Existing
2. Describe the nutrition initiative you wish to see at your school. Include any significant dates for a timeline. (2000 characters) The Skillastics Nutritional Cards will be combined with the physical activity timeline above.
3. What will be the impact(s) of your nutrition initiative? (Select all that apply)

* Increase knowledge of healthy foods and beverages
* Increase consumption of healthy foods and beverages
* Improve attitudes around healthy foods and beverages
* Improve the school nutrition environment
* None or other
* Our school doesn’t provide nutrition education
* K
* 1
* 2
* 3
* 4
* 5
* 6
* 7
* 8
* 9
* 10
* 11
* 12

1. Identify the grade levels that utilize the school garden (through garden workdays, lessons in the garden, garden taste tests, etc.). (Select all that apply)

* Our school does not have a school garden
* K
* 1
* 2
* 3
* 4
* 5
* 6
* 7
* 8
* 9
* 10
* 11
* 12

1. Once the grant term is over, describe how you will ensure that grant efforts and success will be sustained. (1000 characters)
2. How will your school celebrate [Every Kid Healthy Week](http://www.everykidhealthyweek.org/)? (1000 characters)
3. During a typical school year, how many times does your school health team meet?

* Our school does not have a school health team.
* 0 times
* 1 time
* 2 times
* 3 times
* 4 or more time

1. Which of the following groups are represented on your school health team? (Select all that apply)

* Administrators
* Food Service Staff
* School Health Professionals
* Physical Education Teachers
* Other Teachers
* Students
* Parents
* Community partners
* Our school does not have a school health team
* Other (Please specify)

**Section 3: Budget**

**Skillastics Catalog Link:** [**www.skillastics.com/wp-content/uploads/2017/03/Low-Res-Skillastics-Catalog1.pdf**](http://www.skillastics.com/wp-content/uploads/2017/03/Low-Res-Skillastics-Catalog1.pdf)

**Skillastics Order Form Link:** [**http://www.skillastics.com/wp-content/uploads/2017/03/2017-NEW-Order-Form.pdf**](http://www.skillastics.com/wp-content/uploads/2017/03/2017-NEW-Order-Form.pdf)

**Our Purchase Suggestion for a Successful Program:**

* Fitness Skillastics / Elementary Nutritional Cards Package (#FSCFF02): $279.95
* Sport Specific Activity Kit (Pick 1)
  + Choice;
    - Basketball Skillastics (#GFF01): $224.95
    - Soccer Skillastics (#GFF04): $224.95
    - Volleyball Skillastics (#GFF06): $224.95
    - Tennis Skillastics (#GFF08): $224.95
* STEM Skillastics (#GFF12): $299.95
* Character is Cool Skillastics (#GFF09): $294.95
* TOTAL: $1099.80 – 10% discount = **$989.82 and FREE SHIPPING for all Grant Winners**

1. How will you use the $1,000 if your project is accepted? Itemize the grant funds below.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **First Semester Request**  **(not to exceed 65% of total)** | **Second Semester Request (not to exceed 35% of total)** | **Justification of Funds**  **(Description of use of funds)** |
| Program equipment and supplies |  |  |  |
| Incentives, gifts, and awards |  |  |  |
| Evaluation |  |  |  |
| Printing and Copying |  |  |  |
| Meeting/Event Costs |  |  |  |
| Every Kid Healthy Week Event Costs |  |  |  |
| Every Kid Healthy Week Promotions | 50 | 50 | All schools will receive $100 Every Kid Healthy promotional items |
| Other |  |  |  |
| **Total Amount of School Support** |  |  |  |

**Section 4: Previous Success**

1. Describe other funding your school has received (or applied for) to address nutrition or physical activity. (500 characters)
2. How did you first hear about the School Grants for Healthy Kids grant opportunity? (Select one)
   * Action for Healthy Kids Website
   * Social Media
   * AFHK Emails/Newsletters
   * Action for Healthy Kids State Coordinator
   * Partner website or communications (USDA, FRAC, Shape America, Let’s Move, etc.)
   * I am a previously funded school through School Grants for Healthy Kids
   * CSX Employee Referral
   * Saputo Employee Referral
   * Materne GoGo squeeZ Employee Referral
   * Cargill Employee Referral
   * Media (e.g. news article, blog)
   * Other (Please specify)
3. Which of the following describes how often you access the online [Game On](http://www.actionforhealthykids.org/game-on) program?

* I have never accessed the online program
* I access the online program, but not regularly (1-3 times or less per year)
* I access the online Game On program regularly (4+ times per year)

1. How satisfied are you with the services and resources AFHK has provided during this application process?

Did not Use Not at All Satisfied Less Satisfied Satisfied Very Satisfied Extremely Satisfied

* Service
  + Professionalism of state coordinator
  + Support via 1-800 phone line
  + Non-state coordinator email (e.g. [schoolgrants@actionforhealthykid.org](mailto:schoolgrants@actionforhealthykid.org))

* Grant Process
  + School portal
  + Application instructions

**Section 5: Additional Opportunities**

1. If additional funding becomes available, would your school be willing to host a healthy snack taste test?
   * Yes
   * No
2. If additional funding becomes available, would your school be willing to host an active family engagement event during the school year (such as a family fitness night, family workout class, etc.)?
   * Yes
   * No
3. If additional funding becomes available, would your school be willing to host a nutrition or physical activity promotional campaign during the school year? For example, campaign themes may include *60 minutes of physical activity each day*, *Rethink Your drink*, *Reduce screen time*, etc.
   * Yes
   * No
4. Would your school be willing to submit a success story to share about the impact of your grant-funded project?
   * Yes
   * No
5. Would your school be able and willing to host potential corporate volunteers for a school wellness event?

* Yes
* No

**Please proceed to the** [**AFHK School Portal**](https://afhkschoolportal.force.com/AFHK_Communities_Login) **to submit your application online. Questions? Please contact your** [**AFHK State Coordinator**](http://www.actionforhealthykids.org/about-us/our-team/state-coordinators) **or email** [**SchoolGrants@ActionforHealthyKids.org**](mailto:SchoolGrants@ActionforHealthyKids.org)**.**