

Grant Writing Template - Fundamental Movement

Grant Eligibility: Physical Education curriculum for Preschool and Kdg-grade 2. Physical Activity funding, preschool, and after school programming.

Program Overview:

This project will utilize the Fundamental Movement Program (FMP) 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. Research on the Fundamental Movement Program indicates that children increase motor skills as a result of participating in the program. FMP provides the resources necessary to guide classroom teachers in specific skill focus, including instruction in teaching strategies, sequential introduction of motor skills and movement knowledge enhanced by skills checklists and teaching cues.

*Research on the Fundamental Movement Program can be found at :
www.peacefulplaygrounds.com/research.htm

- I. **Needs Statement:** Provide school site data that explains the need to implement the (a comprehensive motor skills/physical education.) 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 consistent

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curriculum 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 coursework. Implementing the FMP 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 for the visual patterning for reinforcing and enhancing instruction in fundamental movement through the use of skipping tracks, galloping tracks, hopping and jumping grids etc. Additional perceptual motor skills are enhanced through the use of the scattered circles in which students are instructed in body-and-space concepts. Bean Bag Toss Grids, Alphabet Grids and other markings provide opportunities for hand-eye coordination activities.

As indicated by the above data, the need for intervention is great and the school staff has committed to implementation of the Fundamental Movement Program.

II. **Goals and Measurable Objectives:** Describe the school's goals to implement a comprehensive school wide (conflict resolution program). Describe measurable objectives that the school hopes to accomplish by implementing the Peaceful Playgrounds training.

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 skills to problem solve a peaceful resolution to school conflicts so as to insure a peaceful school culture for students and staff.

Objective 1: By (*January 200_*), provide staff training utilizing the Fundamental Movement Powerpoint Training Session.

Objective 2: By (*January 200_*), students and staff will be receive curriculum materials and consumable physical education equipment (ie. jump ropes, bean bags, balls, etc.) in order to implement the Fundamental Movement Program.

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 Clark Motor Skills Inventory.

Program Description: Provide a description of how you plan to incorporate Fundamental Movement into your physical education curriculum. 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 award winning and research based Fundamental Movement Program has been shown to increase the motor skills of students. Based on these findings we have decided to begin to implement the Fundamental Movement Program by having all students and staff will be trained though the use of the staff development training transparencies during (*January 200_*) utilizing staff meeting time. The PTA supports the implementation of Fundamental Movement by purchasing materials and working with volunteers to begin painting the 20 game markings that make up an outdoor motor learning laboratory by (*March 200_*). Between (*January and June*), the P.E. teacher will instruct students in the fundamental movement concepts, skills and monthly themes (ie. Balance, Hand-eye coordination, etc) .

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

III. **Student Involvement:** Describe an effective plan for involving all student in the Peaceful Playgrounds strategies, 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 and playground activities. Learning the problem solving strategies within the Peaceful Playgrounds Program assists ALL students in learning to interact with their peers,

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develop a sense of responsibility for self and others, and establishes a sense of community within a positive school environment. Older students assist with equipment distribution and monitoring.

Fundamental Movement designs are painted at ground level and therefore are all ADA compliant and comprise an outdoor motor learning lab. The painted lab activities define the outdoor teaching space for physical education activities, as well as, enhance easy set up for activities.

IV. **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 the physical education curriculum 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 activity markings to our existing playground to form an outdoor motor learning laboratory.

V. **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)

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

Description	Cost
Fundamental Movement Comprehensive Kit Curriculum, staff development kit, blueprint, certificates, stencils, Task Cards, Fundamental Equipment Pack (balls, bean bags, hoops, scoops, etc) and PDM books.	\$3,499
Tax and Shipping	\$500
Fundamental Movement On-site Training	\$1500
Paint supplies and colored paint (misc supplies)	\$275
TOTAL-----	\$5,774

(Good spot to say how much School/PTA has raised that may serve as "matching funds.")