

Patty Mosness
Jefferson Elementary School, Goshen, IN

Dear AAHPHERD/AHA Joint Projects Committee,

My name is Patty Mosness. I have taught PE for 16 years, 11 years at the high school level and currently 5 years at the elementary level. I have held 5 Jump Rope for Heart events over the past 5 years. We have always had a very successful JRFH event.

Every Year the students look forward to JRFH. My personal passion with the AHA began with the death of my Grandfather who died of heart disease. I want everyone to know how to have a healthy heart and the warning signs of those who may be suffering from heart disease so that they do not have to lose someone they love like I did.

At Jefferson, JRFH is a week long celebration focusing on a different topic each day and participate in circuit station. All the children participate in JRFH whether they collect donations or not. Our JRFH program focuses on every NASPE standard. Every station encourages motor skills and with a wide variety of movement patterns. Every station gives students a wide variety of activities they enjoy for the rest of their lives. Up beat music and a wide variety of activities keep the students motivated and challenged all week long. All of the students have a total blast jumping the week away.

This year we toyed with the idea of not doing JRFH because so many of our families are struggling just to put food on their tables. Our school is located in Elkhart County, which is the RV industry of the world. Unfortunately with the economical decline the RV industries and many others companies in the area have closed their doors. Our county is at a 19% unemployment rate which has affected many our families. I decided to take a new twist with JRFH this year rather than scrapping it all together. I truly feel that our hearts cannot beat without love. I know that JRFH is suppose to be about encouraging healthy lifestyles but I also feel that without love it does not matter how healthy your heart is you will never be happy. This year I am going to base my JRFH event around the book "*Have You Filled A Bucket Today?*" by Carol McCloud. I want children to understand that in order to have a happy healthy heart we have to find ways to help others. One way is to raise money for the American Heart Association through JRFH but I did not want the children who could not afford to collect money this year to feel bad about JRFH. I want to encourage those children who can not help financially to find ways to help other people so that they can have a happy healthy heart. I will continue to teach the AHA curriculum on how the heart works and how to have a healthy lifestyle but I will also encourage students to help other to create a better tomorrow for all of us.

I love to try new things and I look forward to learning new ideas to make me a better teacher. This grant would help me learn new and better ways to help my students become healthy children who will grow up to be healthy adults. This year we have incorporated an extra day of PE dedicated solely to health. I would use this grant to enhance my health curriculum by attending session at the convention that would help me strengthen our curriculum. I would also purchase the Geo Nutrition Class pack and the Five for Life Nutrition Set. This will help us achieve NASPE standards 2, 4, 5, and 6. During fitness testing I realized that my student's upper body strength needs improvement. This grant would also allow me an opportunity to purchase the Deluxe Start Fit Set and the Magna Flag set to increase upper body strength. These two products will help us achieve NASPE standards 1, 2, 3, 6. It is important in our society of growing obesity that we reach our students physically through physical activity, mentally through teaching students how to be healthy and emotionally through teaching our children how to care for others.

Thank you for this opportunity to apply for the AAHPERD JRFH Grant. Your consideration is very much appreciated.

Sincerely,
Patty Mosness

Proposed Budget for Patty Mosness

<u>Item Name</u>	<u>Item Number</u>	<u>Unit Price</u>	<u>Total</u>
Geo Nutrition Class Pack	1274707	\$538.99	\$538.99
Five for Life Nutrition Set	1248241	\$195.99	\$195.99
Deluxe StartFit Set	1245219	\$391.99	\$391.99
<u>Magna Flag</u>	<u>1099942</u>	<u>\$56.83</u>	<u>\$56.83</u>
			Total: \$1183.80

Have You Filled A Bucket Today?

Learning Expectations:	Students will focus on the emotional side of having a healthy heart by learning about the importance of caring for others while participating in physical activity.
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Grade Level:	K-3	NASPE Standards:	Standard 1, 3, 5, 6
CSH Focus:	Physical activity and emotional health	AAHE Standards:	Standard 2, 4

Introductory Activity:

Read the book "*Have you Filled A Bucket Today?*" by Carol McCloud. Discuss why caring for others helps us become better people by reducing stress and filling our own need for social acceptance. Ask what things we can do to help others around us.

Lesson Focus:

Teaching students that in order to have a healthy heart we must not only exercise and eat right, but we must also learn to care about other people and try our best to help others.

Today we will be doing stations that focus on helping other people. Stations are set to music. The students will stay at each station for 1 minute and then they will have 20 seconds to put everything back the way they found it before they move to the next station.

Station One: Stacking cans (Every year we have a can food drive to help the needy.) Today you are going to pretend that you are in charge of stacking the cans that are brought in as fast as you can at this station.

Station Two: Pick up the trash (It is easy to keep our school, playground, parks, and neighborhood clean by simply picking up trash that is lying on the ground) Using a scoop you will try to pick up as many pieces of paper as you can and dump them in this trash can.

Station Three: Long Jump Rope (Having fun with others through physical activity not only strengthens your heart physically but it also does so emotionally)

Station Four: Working in the soup kitchen (We have several soup kitchens in our area and they are always looking for people to help serve food, and clean up.) At this station you are going to fill the soup bowls by taking the soup (Ping pong ball) with the ladel to the soup bowl over there. See how many soup bowls you can fill before it is time to move on to the next station.

Station Five: Rake the leaves (Older people in our community always need help in their yards) At this station you will rake the leaves in a pile as fast as you can.

Station Six: Jump the River (Having fun with others through physical activity not only strengthens your heart physically but it also does so emotionally)

Station Seven: Fill your bucket (Just like the book "*Have You Filled A Bucket Today?*" by Carol McCloud states when you help fill other peoples buckets you also fill your own bucket) At this station you will try to throw as many heats and star bean bags in the bucket as you can.

Station Eight: Pick up the laundry (Helping Mom or Dad out at home by doing little things for them help you fill your parents buckets and yours) At this station you will run the pennies that are laying on the floor here all the way to the laundry basket over there.

Station Nine: Jump Rope Tricks (Having fun with others through physical activity not only strengthens your heart physically but it also does so emotionally.)

Station Ten: Climb the Wall and count how many nice words you find along the way.

Conclusion/Assessment:

Thank all of the students who raised money for the American Heart Association and ask them how it felt to help other people. By participating in JRFH you helped fill my bucket and your bucket. Today we learned that you don't need money to help others. Those of you who could not help with JRFH still were able to participate by being here and supporting and participating in today's activities. I hope that all of you find a way to fill someone's bucket today.

Prior Knowledge: Students must know how to rotate through stations using pre-set music.

Vocabulary: Citizen, caring, stress

Equipment/Materials: Cans and a table (S-1), 30 piece of recycled paper waded up, three scopes and a clean empty trash can (S-2), long jump Rope (S-3), 12 plastic bowls, ladles, and 12 ping pong balls (S-4), Brooms, yarn balls (S-5), Two taped lines on the floor (S-6), 3 buckets and lots of heat and star bean bags (S-7), Pennies, laundry basket (S-8), 3 Single Jump Ropes (S-9), Climbing wall and magnetic nice and mean works (S-10)

Safety Considerations: Put a mat under station one to protect the floor.

Resource: *"Have You Filled A Bucket Today"* by Carol McCloud