

Theodore Robinson Intermediate School

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Theodore Robinson Intermediate School students and staff **are** passionate about the Hoops for Heart Program. No other program or event brings our school together like Hoops for Heart. It is our #1 inclusive healthy heart/healthy living program. Because of the childhood obesity epidemic, we have committed ourselves to provide activities within and outside of the school day to help students and families stay physically active and make healthy choices. Thank you for the opportunity to apply for this grant and tell you about our local Hoops for Heart program.

The Evansville School District is very proud of our students, staff and community members. For last three years, our school has been recognized in *JRFH/HFH Journal* as one of the top10 schools in the state of Wisconsin for the Hoops for Heart fundraiser. The Hoops for Heart program has certainly inspired us to fight against heart disease. We are gratified and impressed by the level of generosity and commitment of our students and families. Their passion and commitment for the program is clearly evident, but especially notable at the culminating celebration event, an afternoon of shooting hoops, dancing, and playing heart health trivia. It is heartwarming to see students, teachers, and parents cheering, laughing, and celebrating together after working toward common goals: Heart Health and fundraising for HFH...

We have held ten years of memorable HFH and JRFH events at our schools. Students often ask, “When do we get to do Hoops for Heart again”? Our passion for the HFH program has grown and inspired us to lead a “Kids On The Move” campaign. This has become the theme of our physical education program. We have re-designed our physical education curriculum and daily activities, to better meet the NASPE and the Wisconsin State Standards.

We developed our “Kids On The Move” activities in the After School Program by teaching weekly lessons on healthy snacks and fun fitness activities. We use the “Movin and Munchin” program to get students and families to exercise, play, and make healthy food choices together. We also created a “Community On the Move” activity that invited community members and students to log their physical activity miles. The students used a world map in the gymnasium to track the accumulated physical activity miles to “travel around the world.” The Evansville community read about the progress of the students’ travel in articles written by the students for the local paper.

As we continue to use the HFH educational materials and our healthy heart lessons, we would like to provide more hands-on equipment for our students. The strapless heart rate monitors will clearly demonstrate for students the effect of physical activity on the heart. Students will be able to use these in daily lessons as a self assessment tool and will support them in improving their physical fitness. (*NASPE Standard 4*)

Given the many health concerns of children today, we must provide them with more opportunities for physical activity. (Standards 3,4) Gym class just three days a week is not enough. With this grant, we plan to expand our "Kids On the Move" activities to include recess time. We will incorporate high interest activities and equipment for varying ability levels to encourage greater participation and improve skill and physical fitness. (Standards 1,2,4) In Wisconsin, inclement weather days with indoor recess in the classrooms add up quickly. The requested equipment, Chinese Jump Ropes and Cupstacks will allow students to still work on coordination skills and social interaction in a limited space. (Standards 2,3,4) The equipment requested for the outdoor playground, Jump Ropes, Hula Hoops, Basketball nets, and balls will provide specific opportunities for positive sportsmanship, teamwork, and enhance physical skills. As students develop personal fitness goals in PE, the recess component will help sustain fitness levels while improving cooperation and social interaction. (Standards 4,5,6)

As we plan for future Hoops for Heart programs, membership to AAHPERD and attending the 2009 AAPHERD convention will provide new information, resources, and inspiration to improve the quality of our physical education program. This association and the convention provide wonderful opportunities to make new connections with outstanding professionals in health and physical education. We enjoy attending our state convention WAPHERD and being a part of this professional community. Attendance at our national convention to hear knowledgeable and respected colleges present on the topics I am most passionate about would be an honor and fulfill a personal goal of mine.

The budget request is listed below. Thank you for considering this grant proposal on behalf of Theodore Robinson Intermediate School, its students and the Physical Education Department.

Deb Miller

Physical Education Teacher
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BUDGET REQUEST

Accusplit Strapless HRM	\$64.99 x 10 = \$ 649.90
Cupstacks	\$17.99 x 7 sets = \$125.93
Cupstacks DVD	\$16.99 x 1 = \$16.99
Chinese Jump Ropes	\$2.79 x 10 = \$27.90
Basketball Nets	\$35.49 x 2 = \$70.98
Basketballs	\$29.99 x 4 = \$119.96
No-Kink Hoops	Dozen = \$58.79
16' Jump Ropes	\$4.40 x 6 = \$26.40
9' Ex-U-Ropes	\$3.52 x 9 = \$31.68
8' Ex-U-Ropes	\$3.13 x 10 = \$31.30
10' Ex-U-Ropes	\$3.71 x 10 = \$37.10
	TOTAL = \$1,196.93