

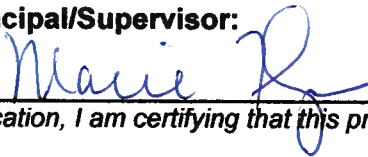
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**Humble ISD Education Foundation  
2009 Innovative Education Grant Signature Page**

PRIMARY APPLICANT NAME	GRADE & SUBJECT TEACHING (OR DEPARTMENT IF NOT A TEACHER)	NAME OF CAMPUS
TORCHAWA ALEXANDER	6-8 PHYSICAL EDUCATION/ATHLETICS	HUMBLE MIDDLE

65 ADDITIONAL APPLICANT NAMES	GRADE & SUBJECT CURRENTLY TEACHING	NAME OF CAMPUS

If more than eight applicants, please include additional applicants on a separate piece of paper and insert after this page in your application.

**Signature of Principal/Supervisor:**  


*In signing this application, I am certifying that this proposed project would be a good use of funds for our school or department.*

If your project involves adding or supplementing curriculum, you are required to receive prior approval from the appropriate Academics Coordinator before submitting your proposal to the Education Foundation.

**Signature of Academic Coordinator**

# Humble ISD Education Foundation 2009 Innovative Education Grant Proposal

**DO NOT INCLUDE YOUR NAME OR THE NAME OF YOUR SCHOOL IN THE SUBSEQUENT PAGES OF YOUR GRANT PROPOSAL.**

**Type of Activity:**

*(Check all that apply)*

Student Development

Staff Development

**Grade Level:**

*(Check all that apply)*

Elementary School

Middle School

High School

**Level of Activity:**

*(Check all that apply)*

One Site Activity

Multi-site Activity (your location and at least one additional location/campus)

District-wide Activity

**Title of Project:**

YES WII CAN!!!

**Brief Project Summary (about 100 words or 4-5 sentences):**

Project YES Wii Can is a means to help curb the pressing issue of childhood obesity as well as engage all students in participation. The project also hopes to get children enthusiastic about their own health and well being. Project Yes Wii Can also hopes to introduce kids to an alternative way of exercising, maintaining health and weight, and motivate children to be active. The project is a way to get **every** child involved in physical education!!

**How many students will this project impact in one year? (Do not state a grade level or the "whole school". Please give a numerical answer)**

275 students a semester and 550 students a school year. Current student population at our middle school is 997 and steadily increasing; projections put the enrollment at 1358 by the 2010-2011 school year. The population is multicultural with 38% Hispanic, 36% African American, 22% White, 3% Asian, and 1% American Indian/Pacific Islander. Low income levels make our middle school an economically disadvantage school hence being a Title-One campus which receives supplemental funding from the federal government to ensure that all children have a fair, equal, and significant opportunity to obtain a high-quality education. At least 55.5% percent of the students receive free/reduced price meals and currently 10% percent of the campus is classified as Limited English Proficient. The Title-One program along with the district's support of No Child Left Behind (NCLB) law provides services for all students but it is still not enough to achieve affective health/wellness for our

disadvantaged students. Our student population rarely begins school with the necessary tools or education to acquire and maintain a healthy active life. Part of the reason is that our families, which for the most part are single parent households, lack the time and knowledge to incorporate a healthy lifestyle. Therefore our students have not been exposed or educated on how to establish and maintain an active healthy life. This we plan to change!

This project is:

A new grant project

A request to continue a grant that was previously awarded to me *(If you check this box, be sure and explain in your Project Description how this year's project will be different than last year's project)*

A new grant request for me but replicates a previously funded project for a different teacher at my school or at a different school *(If you check this box, be sure and explain in your Project Description the success of previously funded project)*

## PROJECT DESCRIPTION

1. Provide a thorough description of the project and the need it addresses. Explain the duration of your project (i.e., two weeks, one year) and if available, include data to support your project.

We have a major need at our middle school with a lack of physical fitness and activity amongst our students. In this time where childhood obesity rates have skyrocketed from 6.5% of students being overweight or obese in 1980 to 17% in 2006(CDC 2008), it is of vital importance that we get our children active. Schools must take a more active role in helping with this epidemic but with lack of funding, lack of training, and more emphasis on academic achievement where physical education programs have been eliminated, it is hard to help curb this pressing issue. Physical Education classes have to start evolving and get away from the concept of team sports for everyone. We need a system geared more toward lifetime activity as well as incorporating things such as virtual play. At our middle school, we would love to integrate more technology that would help our students to become more interested in their health, but we severely lack the equipment for this. Our campus is 55.5% economically disadvantaged with 45% being at-risk and our youth do not have very many opportunities to experience much technological advantages. For instance, in our P.E. classes on rainy days, we are left to use VCR tapes to try to keep the kids moving and motivated. The problem with the VCR tapes is that they are dated, falling apart, and it is becoming extremely difficult to find new material in this format. Our program is not technology free but very limited with VCR's and overhead projectors. Using technological advances such as the Nintendo Wii Gaming System will enable us to integrate technology as well as increase student activity and motivation to be more active. Project Yes Wii Can will also help students who are reluctant to participate due to being overweight or students with different abilities.

The project hopes to start next fall and to become integrated into our curriculum. The Nintendo Wii helps calculate Body Mass Index or BMI and we hope to start using this tool in the fall and having children calculate their progress throughout the school year.

Many public schools are using a range of nontraditional programs to encourage their students to exercise. Almost two-thirds (64 percent) of the schools used nontraditional physical education activities, such as dance or kick-boxing to make physical education enjoyable (National Center for Education Statistics). Schools are also using the popular video game Dance Dance Revolution (DDR) along with the Nintendo Wii as a part of their physical education curriculum. Dance Dance Revolution has been proving to be a high energy, calorie-burning video game that is one of the latest weapons in the battle against the childhood obesity epidemic (About.com). At our middle school, we need to shift our focus from team and very skills oriented sports toward more activities where there isn't so much emphasis on catching a ball or throwing a pass in order to appeal to a wider range of kids. Team sports should not be eliminated from the curriculum but enhanced. The Wii Remote incorporates team sports along with lifetime sports; for example combining baseball with golf swings and tennis serves. Many of our disadvantaged youth have never picked up a tennis racquet or ever seen a golf club. The New York Times report that, more than 1,500 schools are expected to be using the game by the end of the decade; our campus is hoping with your help, that we can become one of the 1,500 schools.

**2. Specifically, how will your project improve, advance or enrich student learning? How does this project support the district's mission of personalizing learning and/or your campus plan?**

With virtual play, a child is not competing against another student or team directly but competing against the computer. Virtual plays allows children who are not as athletically inclined as others, to engage in play without concerning themselves with being picked last or being picked at all. At some point in everyone's life, we have experienced being picked and it can be a humiliating experience. At our middle school we have total inclusion, where children with different abilities, not disabilities, are in regular education classes. Wii combines aerobic and anaerobic exercise such as boxing, jogging and hula hooping with weight training instruction, stretching, and balance exercise via yoga and other games. These are all activities that children with different abilities struggle with in a regular education class but may excel with in virtual play. Children with different abilities, not disabilities, on our campus include the hearing impaired, wheel-chair confined students, children with debilitating diseases such as multiple sclerosis, cystic fibrosis, spinal bifida, cancer and juvenile diabetes which is increasing yearly due to childhood obesity and sedentary lifestyles. Ordinarily these students struggle in regular p.e. class due to activities that they are not physically able to participate in such as hula hooping and jump rope, but with the Nintendo Wii and virtual play they are able to compete just like able bodied peers. The project fits in well with the district's mission of personalizing learning because when we are covering a sport i.e. tennis, which a child with different abilities may struggle with, we can capture them and keep them motivated with virtual play allowing them the same experience as their peers.

Traditionally, children who were not as competitive as their peers tended to avoid activity and were less likely to participate in physical education class. But, with innovative games as the Nintendo Wii and Dance Dance Revolution(DDR), children are more adept to be excited about class and engage in play. Children who are self conscious of their weight, overweight and/ or shy tend to be reluctant to participate in competitive play but if games such as DDR can catch students' interest and get them up to a basic level of fitness that may enable them partake in more challenging exercise. This is vitally important because these are the children that we need to capture and it is of the utmost importance that every child be involved in some capacity. DDR in physical education class can not only help with physical benefits, such as improving cardiovascular health, but also prompt socialization as students will communicate with others on how to improve on the game and relay their excitement of the game. Not only will our students benefit from being more active and healthy, but the school will as well. Healthier kids mean fewer trips to the doctor's office and in return reduced amount of missed instruction time in the classroom. Students that are engaged, feel more of a connection with the school and the faculty.

**3. List the project objectives and how these objectives will be measured.**

1. To purchase technology equipment to expand the Physical Education including the Wii Fit and Dance Dance Revolution to allow students to participate more in class.
2. To facilitate a change in our physical education program from team oriented curriculum towards play geared more to lifetime exercise and activities.
3. To influence students to engage in movement time in physical education class and to have more autonomy about their personal health.

The objectives will be measured by student performance, student surveys, as well as data from the gaming systems themselves. The goal is to have students be able to engage or perform with minimal instruction from the teacher. Virtual play in physical education class can not only help with physical benefits, such as improving cardiovascular health, but also prompt socialization as students will communicate with others on how to improve on the game and relay their excitement of the game. Not only will our students benefit from being more active and healthy, but the school will as well. Healthier kids mean fewer trips to the doctor's office and in return reduced amount of missed instruction time in the classroom. Students that are engaged, feel more of a connection with the school and the faculty.

Virtual gaming has become so popular that there is even new terminology for it. For example, edugaming and exergaming are new terms for virtual gaming. Edugaming means bringing video game technology into the world of K-12 education and exergaming combines video gaming technology with exercise. Nintendo Wii helps with hand-eye coordination, as well as improving posture from "balance games" such as ski jump or ski slalom. Improving balance helps work out tiny muscle groups that might not usually get much attention from sedentary children as well as overweight children. The games essentially replace old-school videotape or DVD workouts, says Tina Schmidt, a clinical exercise physiologist at Purdue University.

**4. Identify any community, business and/or parent support of the project.**

*(This is not a requirement for funding so if it does not apply to your project, just leave this blank)*

**5. List any matching funds to support this project. For example, if your campus, PTA/PTO or other partners are contributing some of the costs for this project, list them here.**

*(This is not a requirement for funding so if it does not apply to your project, just leave this blank)*

## Detailed Workplan

List below the steps involved in completing your project. Include the positions (not names) of staff responsible for carrying out the activity, date activity will begin and end, and how much money is needed for each activity.

Description of Activity	Positions Responsible	Timeline		Funds Requested for this Activity
		Date Initiated	Anticipated Completion Date	
Calculate target heart rate/strength training	5 p.e teachers/2 health teachers	August 2009	Early September 2009	3,832.47
Bowling Unit	5 p.e. teachers	November 2009	December 2009	199.90
Dance Unit	5 p.e. teachers	December 2009	December 2009/May 2010	659.82
Tennis, Ping Pong Unit	5 p.e. teachers	April 2010	April 2010	596.86
P.E. Parent Involvement Night				
Baseball Unit	5 p.e. teachers	May 2010	May 2010	399.90

## Budget

List detailed information on how the grant funds will be spent. **DO NOT** guess at prices. Please research what the actual cost will be for each budget item. Don't forget to include shipping and handling costs. Also, contact the Purchasing Department to see if the district has a vendor that can provide the items requested at bid price.

If you need additional lines for your budget, continue on a separate page, print the additional page and then attach to all copies of your proposal.

Budget Item	Vendor	Cost
NINTENDO WII GAMING SYSTEMS	BEST BUY	303.81x 6= 1822.86
WII FIT BOARDS (for yoga, stretching, strength training, and aerobics)	BEST BUY	89.99 x 8= 719.92
WII REMOTE (controls movements on screen i.e. golf swings and tennis serves)	BEST BUY	39.99 x 10=399.90
WII NUNCHUNK (for boxing and karate)	BEST BUY	19.99 x 10= 199.90
WII CHARGING STATION ( for remotes to keep charged)	BESTY BUY	49.99 x 3=149.97
WII NERF SPORTS PACK INCLUDING GOLF CLUB, BAT, TENNIS RACKET	BEST BUY	36.99x 8= 295.92
WII PLAY GAME ( includes 9 games and sports i.e. ping pong)	BEST BUY	49.99x 6= 299.94
DANCE DANCE REVOLUTION MATS ( for dance and teaching posture and balance)	BEST BUY	29.99 x12=359.88
27 INCH TELEVISIONS (for a unit need 4 and we have only 1)	BEST BUY	209.99 x 3= 629.97
Dance Dance Revolution Game	GLS Sports	49.99 X 6= 299.94
Storage Cabinet	Gopher	489.00
Shipping and Handling		361.86
<b>Total Cost</b>		<b>6,029.06</b>

Can this project be implemented with partial funding? Yes  No

**If yes, explain here:**

**Have you requested funding from other sources for this project? Yes  No x**

**If yes, please list the name of the funder and the status of the request:**

## **Measurement of Accomplishments**

**1. List the outcomes that you will use to measure success of your project (outside of standardized testing). In other words, how will you know that this project was successful and should be replicated in other classrooms?**

Expected outcomes will include student engaging in lifetime sports such as tennis, golf, bowling and dance. Students will be able to calculate and graph target heart rates along with body mass index therefore leading to more student participation. Success will also be measured by their gaming results and statistics. The Wii system provides fitness test results as feedback from workouts while playing. Student surveys will also be given out to see how well the students like/dislike the program. The overall measurement will be student participation and motivation as well as grades increasing due to engagement.

**2. How do you plan to share the results of this project and to whom will you share this information?**

Results planned to be shared via electronic mail throughout the district to fellow physical education teachers as well to other colleagues. Anonymous student surveys will be posted on the school and district websites for all to see. I will also share the information with my professional teachers association so that the information can be put in the state wide publication.

P.E. teachers are always looking for ways to make their school programs better. I would also plan to put the results and type an article for the TAPHERD journal.

**3. How will the Education Foundation be recognized as the financial supporter of this project?**

The Education Foundation will be recognized by a personal letter of gratitude and recognition from me and students from our school. We will also use the school newspaper and the Humble observer as ways to recognize the Foundation. We will also recognize the foundation at our Fall and Spring open houses and at 5<sup>th</sup> grade orientation. At our parent P.E./Elective night, we will tell the parents about the foundation and ask a member and our principal to come and work out with us.



AP Images (2)

*DDR* has been around for almost 10 years. It is one of the most popular "exergames" and can be found in arcades (at left) and in YMCAs (above). Some schools use *DDR* in gym classes.

***Dance Dance Revolution* is 'one of the few activities where you have to kick students out of class,' says one California teacher.**