

2008-2009:

AAHPERD Jump Rope For Heart/Hoops For Heart Grant Program



The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) is proud of its 30 year partnership, sponsoring Jump Rope For Heart (JRFH) and Hoops For Heart (HFH), with the American Heart Association (AHA). AAHPERD strives to give back to those who are dedicated to Jump Rope For Heart and Hoops For Heart, and has developed this Grant Program to reward the passion and commitment of coordinators across the country. All Jump Rope For Heart/Hoops For Heart coordinators that have held an event within the last year are eligible to apply for the AAHPERD JRFH/HFH Grant.

The Program:

Grant recipients will receive a cumulative \$2500 grant. \$1300 of these funds will support professional development, including: a one year AAHPERD membership (if the member is not a current AAHPERD member), AAHPERD National Convention registration, and expenses associated with travel to the Convention. The remaining \$1200 will be given to the recipient in the form of a US Games gift certificate, redeemable for equipment to enhance his/her physical education program. Recipients will also receive the AAHPERD Standards Package which includes: *Moving in to the Future: NAPSE Standards for Physical Education, AAHE Health Education Standards, and NDA Dance Education Standards.*

Recipients must write one article for *The Pulse* newsletter. Previous winners may reapply in two years; however, priority will be given to new applicants.

Criteria

Applicants must:

- Have conducted a Jump Rope For Heart or Hoops For Heart event in the past year.
- Submit a brief paper (no more than 2 pages):
 - Focus on the passion you, your students, your school, and/or your community has for JRFH/HFH.
 - Summarize how the grant will enhance your school's physical education program to support the NASPE Standards and Guidelines.
- Include a sample budget to support the program/equipment described in your paper. (**may be included in or separate from the 2 page write-up**)
- Include a lesson plan you have used in support of your JRFH and/or HFH event.
 - **Does not** have to be jump rope or basketball specific – lesson plans on risk factors, refusal skills, healthy diets, etc. are encouraged.
 - **Please use the included lesson plan format.**

Email submissions are preferred and should be forwarded to scassette@aahperd.org. Faxed proposals may be sent to 703.476.9527. Hard copies may be sent to the AAHPERD Joint Projects Office, 1900 Association Drive, Reston, VA 20191.

All grant applications must be received by October 15, 2008.

Recipients will be notified by phone, on or before December 15, 2008. Grant recipients will be announced via email, in *The Pulse*, and on the AAHPERD website. If you have any questions regarding this grant program please contact Caroline Taylor, Joint Projects Program Manager, at 800.213.7193 or via email at ctaylor@aahperd.org.

2008-2009: AAHPERD JRFH/HFH Grant Program Proposal Form



Please attach your typed paper describing the passion you, your students, your school and your community have for JRFH/HFH. Summarize how the grant will enhance the school's physical education program in a way that aligns with NASPE Standards and Guidelines. Please include a sample budget for the program/equipment described in your paper, and include a lesson plan using the format included with this packet.

All proposals should be emailed to scassette@aahperd.org, sent to the AAHPERD Joint Projects Office, 1900 Association Drive, Reston, VA 20191, or faxed to 703.476.9527 by October 15, 2008. Recipients will be notified by phone December 15, 2008. A list of all recipients will be posted on the AAHPERD website by the end of December.

Coordinator: _____

School Name: _____

Address: _____

City: _____ State: _____ Zip:

Home Phone: Work Phone:

Email: _____

Position/Grades: _____

Number of Children in School: _____

Principal's Name: _____

Principal's Email: _____

Superintendent's Name: _____

Superintendent's Email: _____

Which event did you hold in the past year? _____

What was your event date? _____

Who is your AHA Schoolsite Affiliate Manager? _____

How many years have you held a JRFH or HFH event? _____

Are you an AAHPERD member? If YES, please list your membership number:

By checking the box, I certify that my principal approves of this application and will allow me to attend the National AAHPERD Convention if I am selected as a grant recipient.

Title

Learning Expectations:	
-------------------------------	--

Grade Level:		NASPE Standards:	
CSH Focus:		AAHE Standards:	

<u>Introductory Activity:</u>
<u>Lesson Focus:</u>
<u>Conclusion/Assessment:</u>

<u>Prior Knowledge:</u>	<u>Vocabulary:</u>
<u>Equipment/Materials:</u>	<u>Safety Considerations:</u>
<u>Resource:</u>	

Quality Physical Education

Physical activity is critical to the development and maintenance of good health. NASPE believes that every student in our nation's schools, from kindergarten through grade 12, should have the opportunity to participate in quality physical education.

The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

Quality physical education consists of four critical elements:

- Opportunity to Learn
- Meaningful Content
- Appropriate Instruction
- Student and Program Assessment

Opportunity to Learn Standards for Elementary School Physical Education (NASPE, 2000)

Opportunity to Learn Standards for Elementary School Physical Education (NASPE, 2004)

Opportunity to Learn Standards for Elementary School Physical Education (NASPE, 2004)

These standards define the elements that need to be in place in order to provide a positive learning environment and quality program. Such elements include a certified physical education teacher, adequate time, and safe and ample facilities and equipment.

Moving into the Future: National Standards for Physical Education, Second Edition (NASPE, 2004)

These content standards clearly identify what students should know and be able to do as a result of a quality physical education program. The second edition reflects the most current research and theory about physical education.

- Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- Standard 3: Participates regularly in physical activity.
- Standard 4: Achieves and maintains a health-enhancing level of physical fitness.
- Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

-over-

Appropriate Practices for Elementary School Physical Education (NASPE, 2000)
Appropriate Practices for Middle School Physical Education (NASPE, 2001)
Appropriate Practices for High School Physical Education (NASPE, 2004)

The national guidelines explain appropriate and inappropriate instructional practices. The guidelines address numerous areas including curriculum design, learning experiences, fitness activities, fitness testing, student assessment, maximizing participation, forming groups, competition, and many others.

Standards-Based Assessment of Student Learning (Lambert/NASPE, 1999)

This book addresses current thinking on assessment, defines assessment, and presents a framework for conducting standards-based assessment. It provides a conceptual context for the other books that comprise NASPE's physical education assessment series (currently 15 books).

For more information on quality physical education, visit NASPE's website at **www.naspeinfo.org**