



FUNDING YOUR PE PROGRAM

LESSONS FROM THE FIELD PD SERIES



ABOUT **CHRIS MEYER**

- Advocate for Quality PE Programs
- Presenter at Local, Regional & National Conferences
- Department Chair at Lewiston High School in Idaho
- SHAPE Idaho's Teacher of the Year
- Lewis-Clark State College Teacher Educator of the Year

NOTABLE ACCOMPLISHMENTS

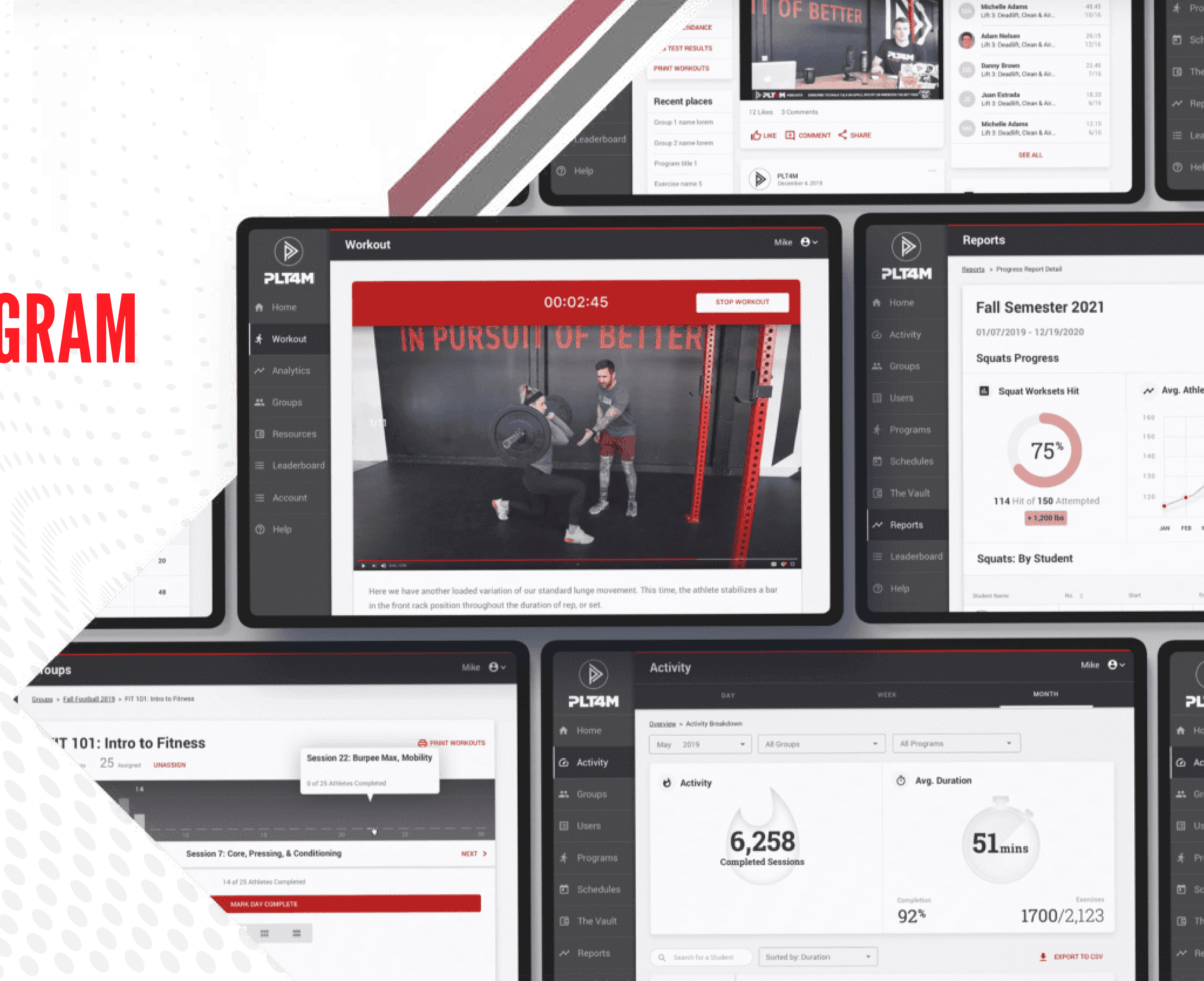
Secured \$200,000 of grant funding for implementation of heart rate technology, fitness equipment, and PLT4M - an innovative fitness education learning system.





A WELL-DESIGNED PHYSICAL EDUCATION PROGRAM

- Meets the needs of all students
- Keeps students active for most of physical education class time
- Teaches self-management
- Emphasizes knowledge and skills For a lifetime of physical activity
- Is an enjoyable experience for all students



WHERE TO START

Funding Your PE Program – Lessons from the Field PD Series



WHERE TO START: CREATE A TIMELINE

STEPS TO SUCCESS

- Build Your Team
- Create a Promotional Toolbox
- Complete Needs Assessment & Vision Board
- Research & Find Grants
- Talk with Grant Funders
- Write the Grant
- Grant Implementation
- Grant Fidelity
- Grant Reporting





WHERE TO START: BUILD YOUR TEAM

WHO DO YOU NEED ON YOUR TEAM?

COMMUNITY PARTNERS

LHS Weight Room Sponsors
Thank you for your support of Lewiston High School

MAJOR SPONSOR
 Joe Hall Ford

BENGAL SPONSORS: \$4000

Arms
 Terry and Nancy Kolb
 OTC
 Adam Lebeck Family
 Long Management, Inc.
 Scott and Staci Baldwin/Chris and Dev Richardson
 Rust, Dawn, Drew and Bena Melton
 S.P.O.R.T. Physical Therapy
 Jake Scott
 Ryan Rigney Scholarship Foundation
 Rogers Motors
 Matthew Plemons (1994) and Jackson Fuller (2017)
 2006-17 Football Coach Shavers and LouAnn Maljan/Mr. Kevin Driskill
 The Diamond Shop
 LHS Football Program

PURPLE SPONSORS: \$1000

Bob's Garage Doors
 Bradley and Jena Rice
 Ryan and Michelle Stinner
 Kelly and Courtney Kolb
 Lori & Scott Arnold
 Jason and Danielle Earl
 Brian and Michelle King
 Steven and Rachel Pierce
 Julie and Jeffrey White
 Willie and Katie Deibel
 Rabco Long Steppage
 Brian "Moose" and Wendy Larson
 Darrl Biss
 Dorinda vs.
 Ken and Mel Huber

GOLD SPONSORS: \$500

Joe and Doris Wagner
 Mike and Kelly Warwick
 Ardy Albrecht
 Charlie Wilbur
 Marcus and Raychal Johnson
 Twin River Bank
 Supreme Power Sports
 Peak Performance Physical Therapy
 Troy and Elizabeth Dawson
 Greengrass Chem-Dry
 Troy Inmanco
 Mike and Jennifer MacDowell
 ServiceMaster Cleaning & Restoration
 Prescott Gage
 Shana and Lindsay Moser
 Fairbridge Inn & Suites

COLLEAGUES



ADMINISTRATION



MISSION & PHILOSOPHY STATEMENTS

The mission of our Health & Physical Education Program is to empower students to apply skills and knowledge that contribute to a healthy lifestyle.

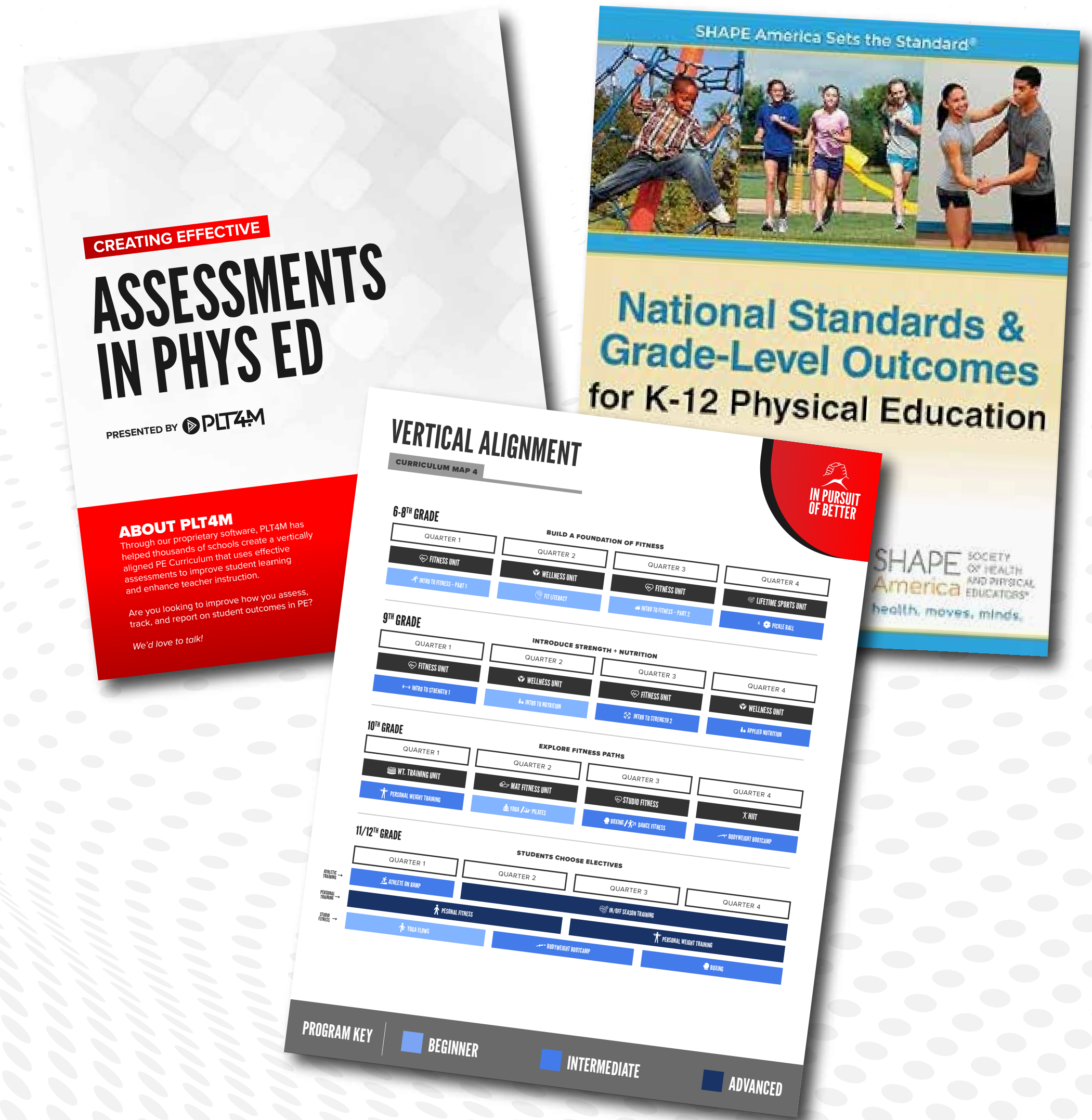
We are committed to developing a sequential standards based K-12 curriculum unified by four pillars of instruction: Health and Physical Literacy, Physical Fitness, Nutrition and Social and Emotional Health.



SELL YOUR PROGRAM: PROMOTIONAL TOOLBOX

BUILD A PROMOTIONAL TOOLBOX FOR YOUR PROGRAM

- Standards Based Curriculum
- Well Designed Lessons
- Clear Learning Objectives
- Meaningful Student Assessments





WHERE TO START: COMPLETE A NEEDS ASSESSMENT

WHAT DO YOU NEED TO GROW YOUR PROGRAM?

- Complete a *Needs Assessment*
- How do your needs fit the *Vision* for your program?
- Are there *Additional Funds* that can be provided from another source?





WHERE TO START: COMPLETE A NEEDS ASSESSMENT

IDENTIFY AND PRIORITIZE THE NEEDS OF YOUR PROGRAM TO IMPROVE STUDENT PERFORMANCE

- Evaluate strengths & weaknesses
- Find the gaps
- Determine program needs

| Needs Assessment | 3 Yes we have it | 2 Needs updated | 1 Non-existent |
|--|--------------------------|--------------------------|--------------------------|
| Fitness Curriculum | | | |
| Curriculum is aligned to State & National Standards | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Curriculum maps are developed for all courses | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Teachers have developed common pacing guides | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Technology Needs | | | |
| Assessment technology is available MVPA - Heart Rate Monitors | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Assessment technology is available for fitness assessments | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Technology is available for classroom management and instruction - projector, laptop | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Equipment Needs | | | |
| Kettlebells | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Plyo Boxes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Foam Roller/ Lax Ball | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cardio Machines | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PVC Pipe | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Barbells, Bumper Plates & Rack | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Dumbbells & Benches | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Pull-Up Bar/TRX/Rings | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bands | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Jump Ropes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Boxing gloves & bags | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Yoga mats | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Box/Bench (for scaling push-ups) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bands | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Supplies | | | |
| Equipment storage carts | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Weight training storage carts | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sporting Goods | | | |
| Basketballs, Footballs, Soccer balls | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tennis racquets/balls, Pickleball paddles/balls, Badminton racquets/birdies | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cones, Flags, Targets, Goals | | | |

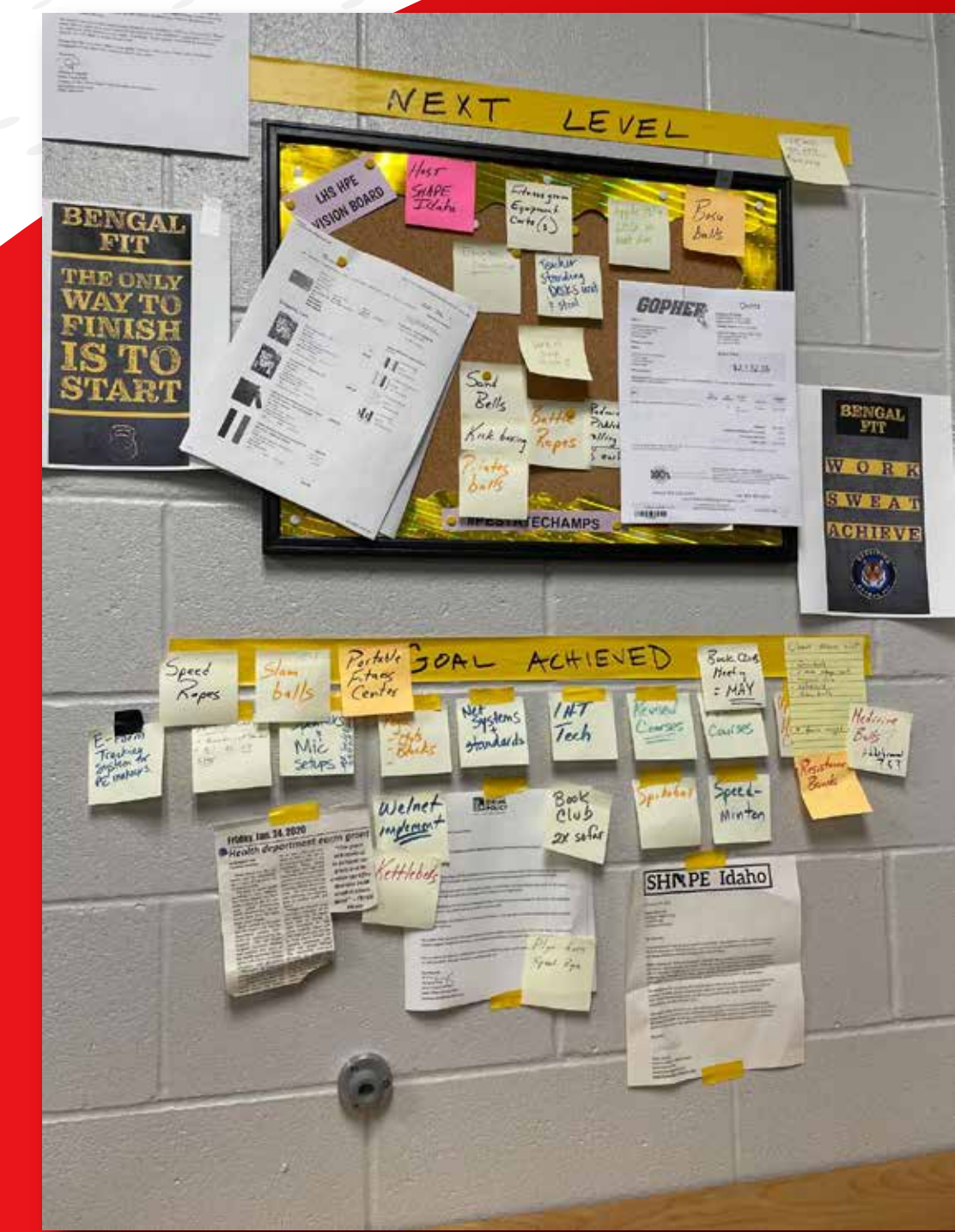


WHERE TO START: VISION BOARD

A VISION BOARD HELPS YOU DEFINE CLEAR GOALS

VISION BOARD

- Clarify program goals
- Motivates you
- A useful visualization tool
- Connects you to the goal
- Improves chances of success





WHERE TO START: ADDITIONAL FUNDING TO SUPPORT YOUR PROGRAM

REVIEW YOUR CURRENT BUDGET

- How can you prioritize equipment purchases within budget?
- When PE Program Funding isn't enough?
- Curriculum Funding
- Technology Funding
- Are there ***Additional Funds*** that can be provided from another source?

FINDING GRANT SOURCES

Funding Your PE Program – Lessons from the Field PD Series



RESEARCHING GRANTS

WHERE TO LOOK

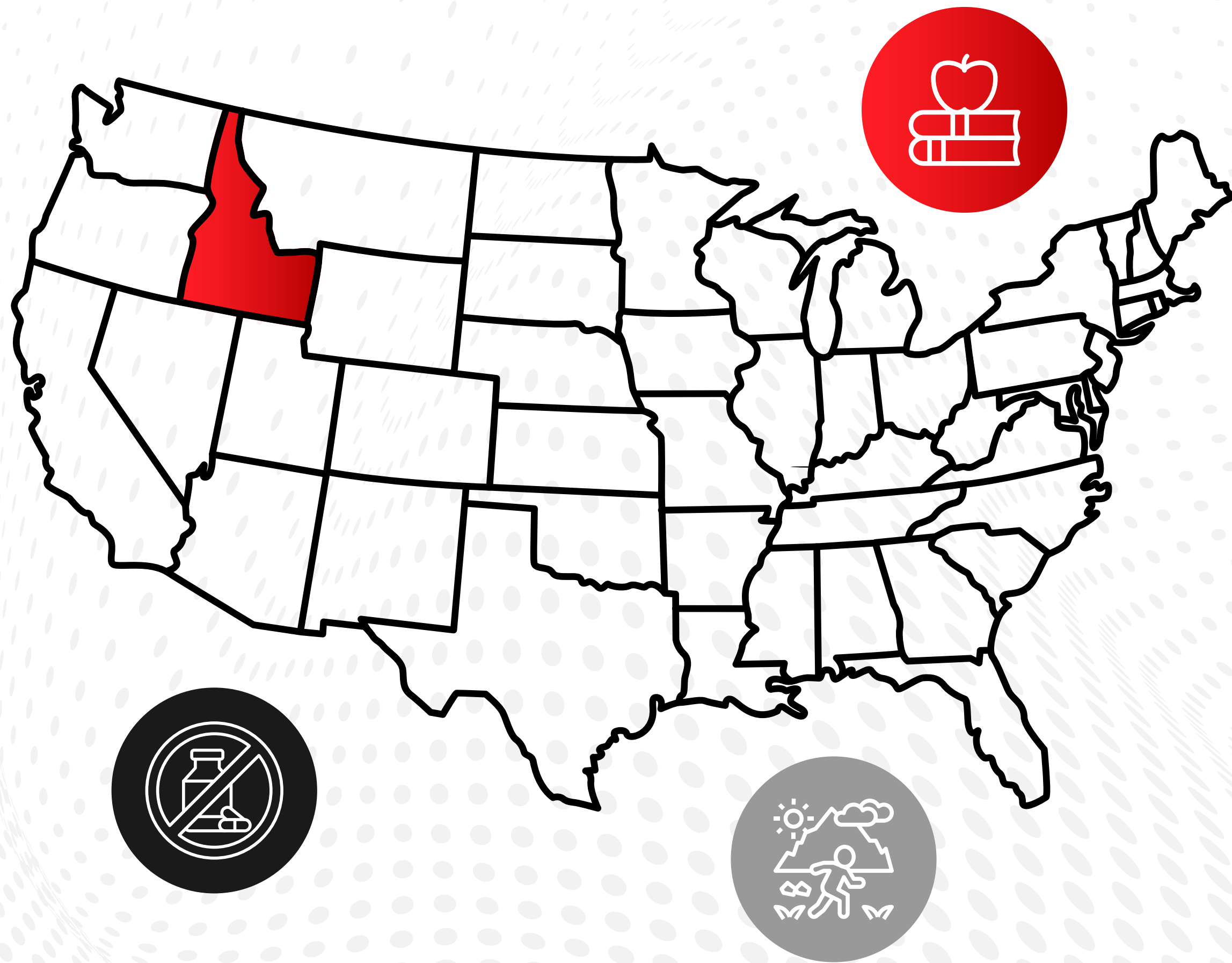
- School District Organizations
- Local Organizations
- Local Hospitals
- State Organizations
- National Organizations
- Shape America/SPARK PE/PE Central
- Companies: Walmart/Target/Lowes/Home Depot/etc.
- Grants.gov
- Networking
- Google Search



RESEARCHING GRANTS

LOCAL

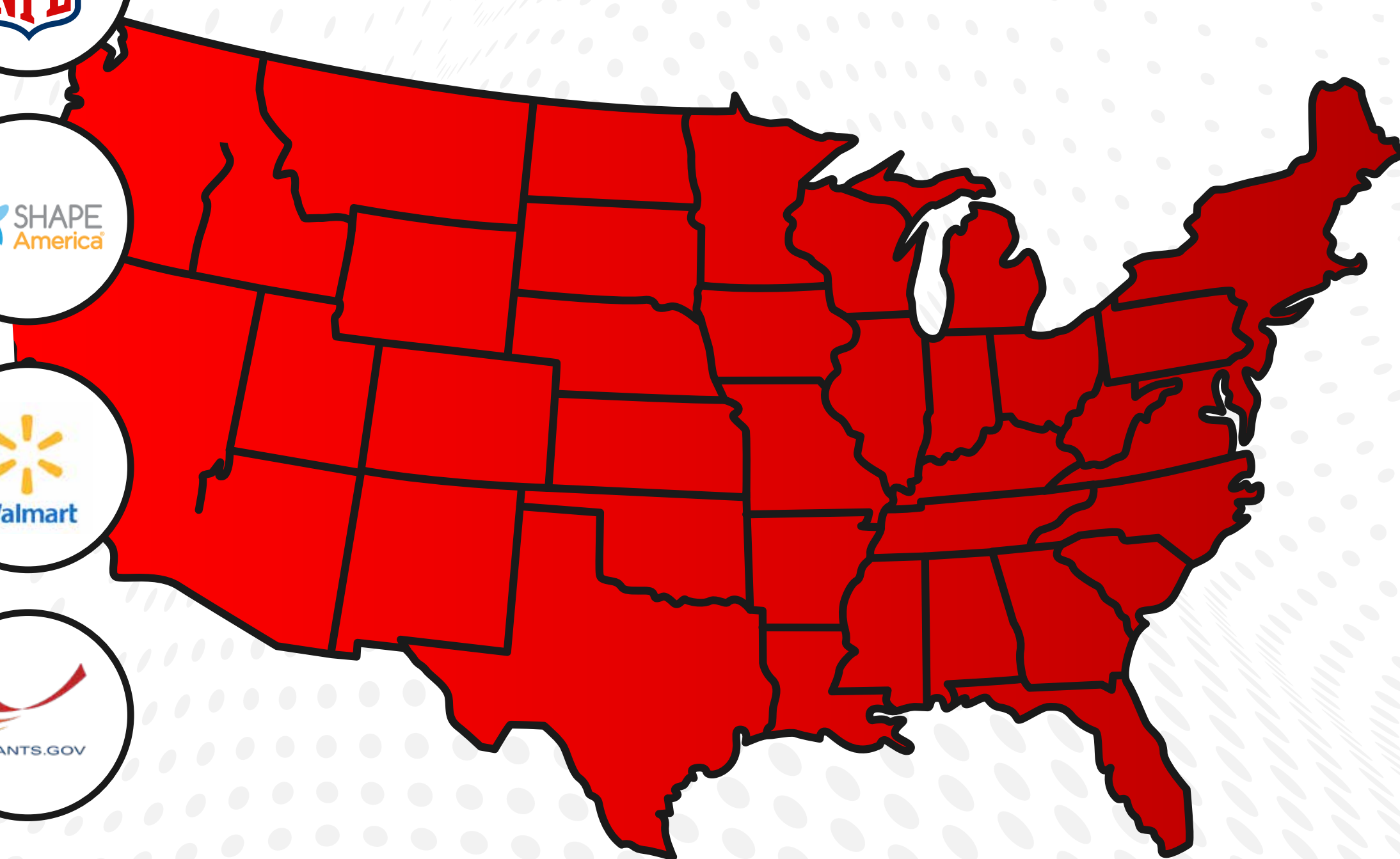
- Local Hospitals
- Insurance Companies
- Community Businesses



RESEARCHING GRANTS

STATE

- Dept. of Education
- Office of Drug Policy
- State Liquor Department
- Businesses
- Recreation Departments
- Endowment Funds



RESEARCHING GRANTS

NATIONAL

- USA Football/Basketball/Lacrosse
NFL/NBA/MLB
- Shape America/SPARK PE/PE Central
- Walmart/Target/Lowes
/Home Depot/etc.
- Grants.gov

WRITING THE GRANT

Funding Your PE Program – Lessons from the Field PD Series



WRITING THE GRANT

SCHOOL DISTRICT INFORMATION

- Contact information
- Demographics
- School's EIN (tax number)
- Free & Reduced Lunch %
- Title One or other assistance programs





WRITING THE GRANT

DEPARTMENT INFORMATION

- Mission Statement
- Letters of Support
- Your department's annual budget
- Due dates and deadlines
- Plan on 10-25 hours





WRITING THE GRANT

DO YOUR RESEARCH

- Research the organizations and the ‘*WHY*’ behind the grant, then use their language/ideas
- Talk to the Grant Funders to better understand their funding process
- Awarding organizations can tell the passion through the application
- Sell it like you sell yourself on a resume!
- Include research studies in the “*why is this grant needed?*”





WRITING THE GRANT

READ THE INSTRUCTIONS

- Clearly understand what you need to provide in your proposal
- Identify the Problem - Review your needs assessment
- Project Goal
- Project Budget
- Project Timeline
- Capacity Building
- Strategic Planning
- Implementation Strategies
- Project Reports
- Evaluation of project
 - Monitor, measure and identify program outcomes



Proposed Action Plan

| All Action/Activities required to complete the Program/Activity | Who? Role? | When? (start/complete) |
|---|--|--|
| <p>PLANNING PHASE: The overall Planning Phase to get the fitness center, active classroom and health education prevention program up and running will begin in the summer, once grant notification is received, and will be completed by the end of first semester, December 2020.</p> | | |
| <p>Budget Management & Establish Team (for Activity #1 & 2): Meet with District-level Accounting & School Administration to set-up grant account, outline budget and purchasing action plan to align with and achieve grant goals. Each Health & P.E. Teacher has pledged their support. Confirm and officially establish the WSCC team - formerly Coordinated School Health (CSH)</p> | <p>Department Chair & Lead Health Teacher P.E. Teacher & CSPAP Leader for Fitness Center</p> | <p>Start: 07/15/20 Complete by 08/01/20 Approved action plan and timeline ready to go forward.</p> |
| <p>Active Learning Classroom Equipment Acquisition (Activity #2) Compile purchase list, order active learning classroom desks and materials for Health classroom. Research shows the importance of incorporating activity during the school day to improve learning...</p> | <p>Department Chair & Lead Health Teacher P.E. Teacher & CSPAP Leader for Fitness Center</p> | <p>Start: 08/01/20 Complete by 09/01/20</p> |
| <p>Active Learning Classroom Equipment Training (Activity #2) CPSAP training for teachers on Active Learning & establishing an Active Classroom using standing desks, active learning techniques, and brain breaks. *A lead Teacher used the Active Classroom model at her previous school with training and resources from a different federal Health Education Grant and can train teachers on how to do this.</p> | <p>, P.E. Teacher & CSPAP Leader for Fitness Center -All Health & P.E. Teachers (6)</p> | <p>Start: 08/01/20 Complete by 09/01/20</p> |



WRITING THE GRANT

USE KEY WORDS TO EXPLAIN YOUR PROJECT

Key words: differentiated instruction, providing support for hearing/visual impaired, upgrading, advancing, research, stress high need, kinesthetics, standards, anatomical, developmentally appropriate, develop, expand, promote, partnerships, innovative.

**POWER WORDS FOR
GRANT WRITING**



**3C'S OF GRANT
WRITING**





WRITING THE GRANT

KEY WORDS EXPLAINED

Vision – Envision – Imagine: The word "imagine" brings people into your story. It instantly paints a picture and allows them to see the potential, possible results their support could create. This gets people thinking how you can really make a difference.

Needs Assessment – Target – Objectives – Goals: It is important to discuss who you are targeting. What is your target population or target audience? What is your target goal?

Contribution – or Making a difference: Funders want to make a difference. They want to see that the money they're awarding has the maximum impact. Talk about the difference you make in real terms. Give examples of how their support will make a difference.

Community: Reinforcing that you are building community with others is important for grant funder.

Investment: Explain and give evidence of how you will be a good steward of grant funds.



FINAL STRETCH

- **Save ALL** Grant documents - these make great templates for future grants!
- Secure all necessary signatures & documents.
- It never hurts to write multiple grants for the same project.

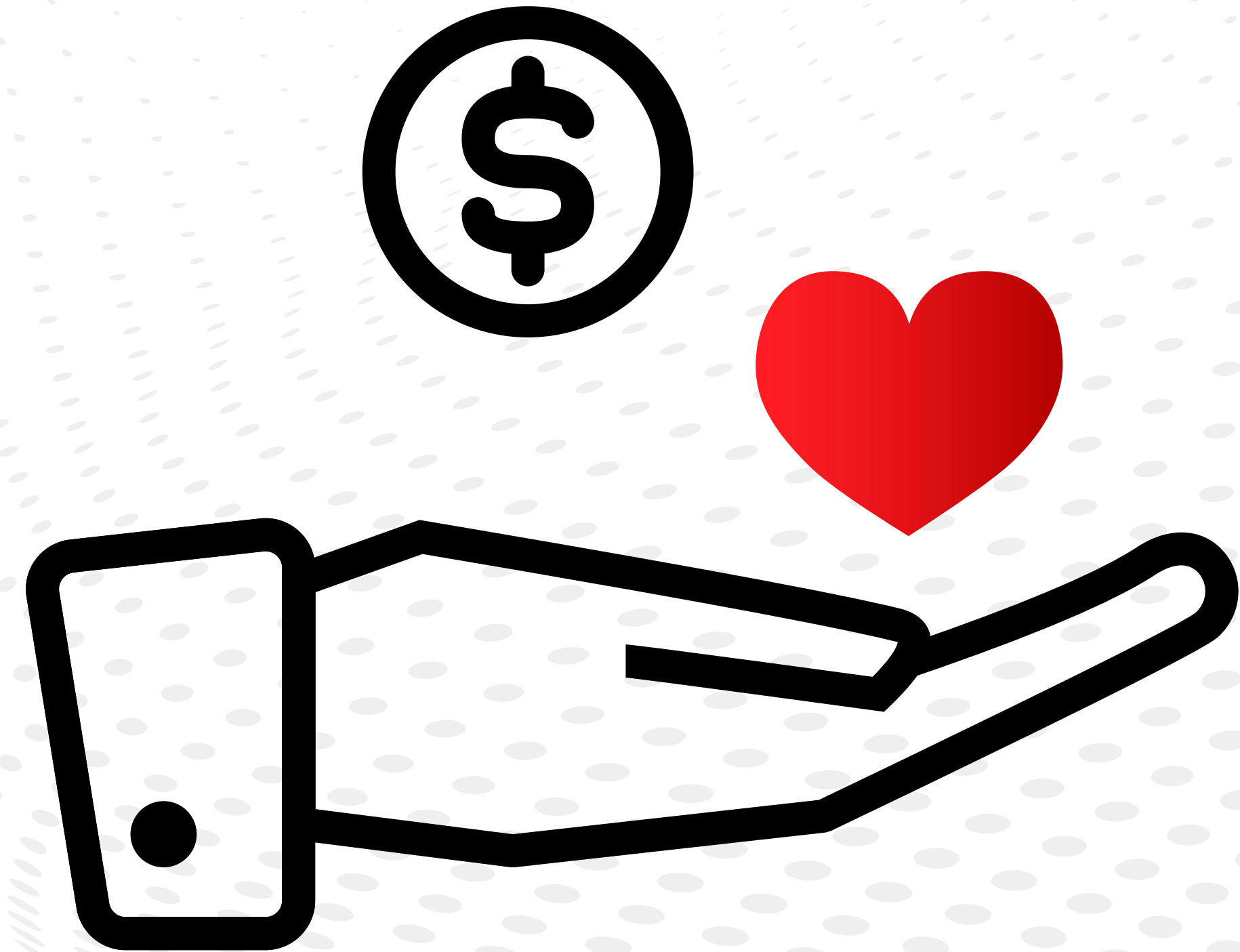
EXPLORING ADDITIONAL FUNDING SOURCES

Funding Your PE Program – Lessons from the Field PD Series



FUNDRAISING

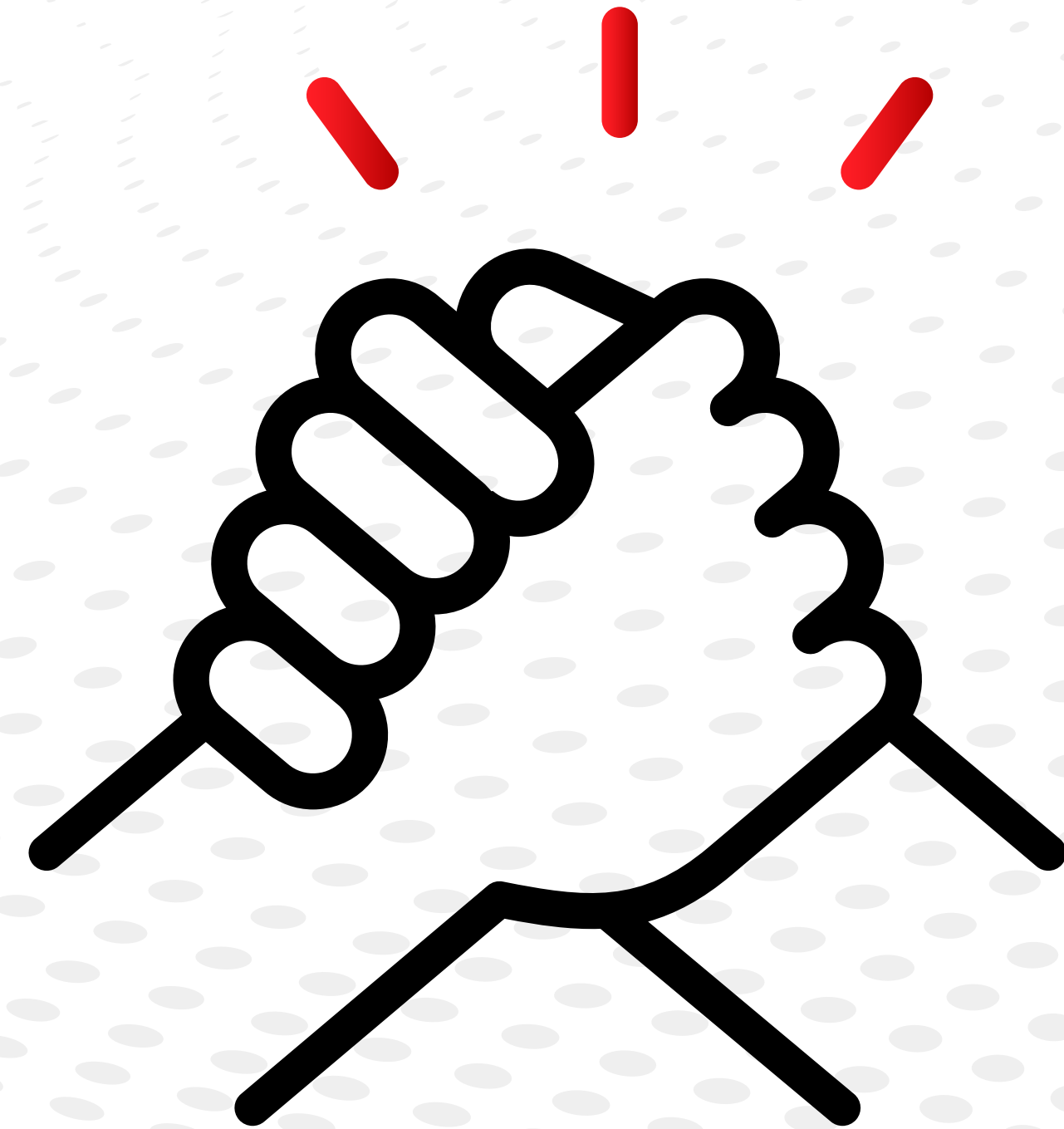
- Local Businesses & Organizations
- Alumni
- Crowd Funding/Donors Choose /Adopt a Classroom
- ESSA/ESSR Funding





DEVELOP A CASE FOR SUPPORT

- Who is your organization and what do you do?
- What problem are you addressing?
- How are you addressing it?
- How will this particular campaign and its objective help achieve your larger goal as an organization?
- How can the donor get involved?
- Why should the donor support this campaign?



YOU WERE AWARDED A GRANT! NOW WHAT...

Funding Your PE Program – Lessons from the Field PD Series



YOU RECEIVED A GRANT AWARD NOW WHAT?

- **Celebrate!!!**
- Meet with your team and get to work
- Review your Project Timeline
- Secure quotes
- Write & submit requisitions
- Assign roles for grant administration
- Review requirements for grant reporting
- Assign roles within your team for grant reporting





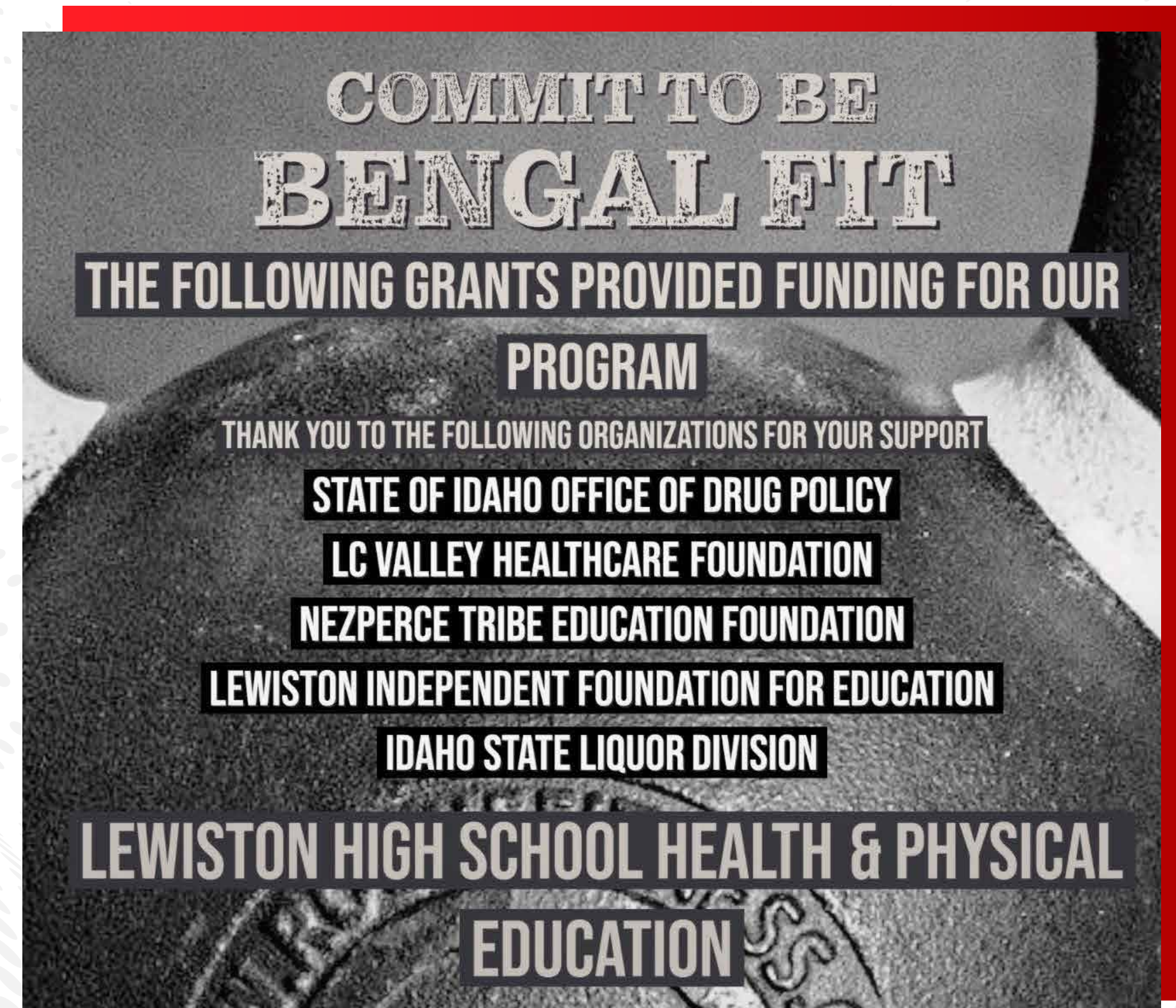
BE A GOOD STEWARD OF GRANT FUNDS

- Some organizations can require specific vendors.
- What company did you get your quotes from for your financial breakdown?
- What product did you say you were going to purchase in your application?
- Making sure your spending matches the grant.
- Keep all invoices and purchase orders.
- Create a financial spreadsheet.
- Maintain all grant reporting .



THANK YOU'S & RECOGNITION

- Write thank you notes to grantors
- School Board presentation of new equipment, curriculum, & technology
- Social Media shout outs
- Local news outlets



QUESTIONS?

CONTACT CHRIS

CHRIS MEYER

chrismeyerconsulting@gmail.com



chrismeyerconsulting.com

EXPLORE PLT4M



get.plt4m.com/demo