



Program Summary-Bringing Fitness in Education to your community

The total funding required to sponsor an outdoor and indoor school program is \$18,206. The total funding to sponsor an indoor school program is \$5,000.00. This is inclusive of the entire program with absolutely no hidden or additional costs. Our program creates new and sustainable opportunities for kids to be active, fit and healthy as part of the everyday school experience. This is accomplished through educational programs and equipment, that will allow the school to successfully teach fitness education year after year. Project Fit America (PFA) will provide and implement the following components:

State of the art outdoor above ground fitness equipment "The Fit Pit.

This equipment is designed to address all the deficit areas where children fail fitness tests. Shipping to the school site is also provided. This equipment is the part of the outdoor program.

Indoor Fitness Equipment.

Our indoor fitness equipment creates a vibrant program year around regardless of the weather. Shipping is included. Our indoor equipment is comprised of the following:

1,000 Cardio Fitness Cups

These cardio fitness cups create explosive cardio, teamwork, challenge, and cooperation with the kids. These cups are a PFA innovation.

A squad set of five – 3 lb weighted hoops

These are weighted, multicolored, and great for upper-body, cardio, and abdominal strength.

A squad set of 5 – 2 lb weighted jump ropes

These are used in a variety of lessons and activities addressing cardio and upper-body strength.

Lesson Plan Support Materials:

Pacer Cadence CD

[Pacer (Progressive Aerobic Cardiovascular Endurance Run)]

This activity provides outstanding cardiovascular conditioning and training as kids shuttle-run from 43-60 feet to a “beeped cadence” trying to get from one end of the measured run to the next before the beep goes off.

6 sets of Laminated Skeleton Bones

For use in one of our most popular Fitness Cup Lesson plans, \$10.00 and a Bone.

\$250.00 in Play Money

For use with Fitness Cup lesson plan, \$10.00 and a bone.

Certificates, Ribbons, Starter Kits for Chart and Challenge student accomplishment display. We provide these rewards and incentives to each PE Teacher so they can create motivating wallcharts and hallway displays that get the kids super excited to participate in activities and have their names featured for all to see!

Set of Fitness Task Cards

Set of Chart and Challenge Wall Headers

Core Curriculum

Created by former Project Fit America grant recipients for future Project Fit America grant recipients. Lessons have Essential Questions for students as well as NASPE standards for each lesson are clearly identified.

Teacher training at the school site with PE Mentor Teacher from PFA. This is an all school day session to commence the program in year one and a second all-day booster session in year two. This allows each school to progress and sustain their programming as they blend the PFA program into their overall PE Curriculum.

Evaluation. Our staff works directly with each school for submission of a Year End Teacher Evaluation to assess their program development. This information helps us to know how to continue to guide and support the schools’ on-going program roll out.

Custom Grant Program (if needed for a Sponsor for school site selection)

Unless a sponsor has an existing relationship with a school we can conduct a custom grant program for school site selection. Each sponsor gives us the geographic area where they want this program implemented. We invite all schools, grades K-8, to apply. This is a competitive process that creates a level playing field and allows each school to share an opportunity to share their story as to why they should be selected for the grant donation.

Community Outreach. PFA will work with your sponsorship to host a media day and ribbon cutting ceremony to dedicate the program and have the students provide a demonstration of their newfound fitness skills and talents. Parents, teachers, civic and state leaders along with the media will take part in this hosted event.

The PFA program is designed to be a permanent program in each school as the need to get children fit will never diminish. Since 1990 over 1000+ schools across the country use PFA as part of their overall comprehensive Physical Education programs to bring Fitness in Education to their students.