

# Physical Education Project Proposal

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## Title Page

**Project Title:** Active Kids, Healthy Future

**Submitted By:** Wellness in Motion

**Submission Date:** February 28, 2025

**Project Duration:** 3 years (April 2025 - March 2028)

## Executive Summary

Wellness in Motion proposes the "Active Kids, Healthy Future" initiative, a project designed to enhance physical education (PE) programs in 20 elementary schools across underprivileged districts. This proposal seeks to address the growing concerns of childhood obesity and sedentary lifestyles by integrating modern physical education curricula, updating PE equipment, and training educators in the latest physical health strategies. The goal is to create an engaging, inclusive, and effective PE environment that encourages lifelong habits of physical activity. We are seeking \$500,000 to implement these enhancements over a three-year period.

## Project Context

Recent studies indicate a significant rise in sedentary behavior among children, correlating with increased rates of obesity and related health issues. Many schools in low-income areas lack the resources to provide quality physical education that can counter these trends. By revitalizing PE programs, this initiative aims to improve physical health, enhance social skills, and boost academic performance among students.

## **Project Goals and Objectives**

**Goal 1:** Update and standardize physical education curricula to include a wider variety of activities that promote overall fitness and motor skills development.

**Objective 1.1:** Develop and deploy a new PE curriculum that includes activities such as yoga, dance, and non-traditional sports by the end of the first year.

**Objective 1.2:** Ensure that 100% of participating schools are using the new curriculum by the end of the second year.

**Goal 2:** Improve the physical education infrastructure in participating schools to support active learning.

**Objective 2.1:** Equip each school with essential modern PE equipment such as adjustable basketball hoops, age-appropriate fitness machines, and safe playground structures by the second year.

**Objective 2.2:** Renovate outdoor play areas to meet safety standards and facilitate diverse physical activities by the end of the project.

**Goal 3:** Enhance PE teacher capabilities through professional development.

**Objective 3.1:** Provide ongoing training for PE teachers on innovative teaching methods and inclusive practices that encourage participation from all students.

**Objective 3.2:** Establish a mentorship program among PE teachers across schools to foster a community of practice and continuous improvement.

## **Project Methodology**

**Phase 1:** Curriculum Development and Teacher Training—Collaborate with physical education experts to create an engaging curriculum. Simultaneously, begin professional development sessions for current PE teachers.

**Phase 2:** Equipment Procurement and Infrastructure Upgrades—Procure and install new PE equipment and renovate facilities as needed to support the new curriculum.

**Phase 3:** Implementation and Monitoring—Roll out the new curriculum across schools, accompanied by the new equipment and facilities. Monitor the implementation process and make adjustments based on teacher and student feedback.

**Phase 4:** Evaluation—Evaluate the impact of the updated programs on student physical activity levels and overall wellness through surveys, activity logs, and health screenings.

## **Budget**

**Total Funding Request:** \$500,000

Breakdown:

- \$200,000 for equipment and facility renovations.
- \$150,000 for curriculum development and teacher training.
- \$100,000 for program implementation and monitoring.
- \$50,000 for evaluation and documentation.

## **Evaluation and Assessment**

The program will be assessed through:

- Pre- and post-intervention fitness assessments for students.
- Regular feedback from teachers and students on the curriculum and equipment usability.
- Analysis of participation rates and engagement levels in PE classes.

## **Sustainability**

To ensure long-term sustainability:

- Train teachers to continue using and adapting the curriculum.
- Partner with local health organizations and businesses to support ongoing program funding and resource updates.
- Encourage community involvement in school-based physical activities to extend the impact beyond the school environment.

## **Appendices**

- Appendix A: Detailed curriculum outlines and equipment lists.
- Appendix B: Teacher training schedules and materials.
- Appendix C: Plans for facility renovations.
- Appendix D: Stakeholder support letters and partnership agreements.