



2012/2013

CEF Grant Application Cover Sheet

Title of Project Stability Balls vs. Regular Chairs in the Kindergarten Classroom

Total Grant Amount Requested from the CEF \$1,083.00

Applicant

Applicant's Title/Position (include grade if applicable) Kindergarten Teacher

Office Telephone: Extension #:

Home Telephone: Fax:

E-Mail Address

Home Address:

City, State, Zip Code:

School/Organization:

Grade(s) that will Benefit from Project: Kindergarten

Applicant's SignatureDate June 19, 2012

For CEF Use Only:

Amount approved for Funding_____



CEF Grant Application 2012-2013

Title of Project/Request Stability Balls vs. Regular Chairs in the Kindergarten Classroom

Project Start Date: mid-November 2012 Project End Date: If all goes well, never!

Total Grant Amount Requested from the CEF: \$1,083.00

Number of students/participants that will benefit from the Grant: approximately 44 students, 1 teacher, additional students as needed

Project Description and Budget

1. Project Description: Please describe the project, program, or activity in detail, including how the project relates to the educational goals of the community and school district, the subject matter(s) involved with the project, and how the project will enrich and/or augment the educational experiences of the students.

The 2nd most repeated phrase in my classroom is "Please sit safely!" (The most repeated phrase is "Keep your hands to yourself.") Many young students tend to kneel on their seats, with their feet sticking out through the back of the chair. Some half kneel, half stand, some sit sideways, and some sit with chairs too far away from the table for safe passage around the table.

I would like to transition my kindergarten students from sitting on regular classroom chairs to sitting on stability balls with legs.

Research has shown that sitting on a stability ball

- improves posture
- enhances attention & concentration
- promotes learning through movement
- incorporates wellness into the classroom
- allows for "active sitting" (body is engaged in balance, brain is focused on teacher and lessons)
- strengthens core muscles

In addition, students with attention problems can more easily concentrate by sitting on stability balls than regular chairs.

- Students have to move on the balls to maintain balance. Sitting on the balls helps kids burn off excess energy, making them more likely to concentrate on school work.
- Sitting on the ball chair forces a student with a hyperactive brain to concentrate on balancing his/her body on the stability ball. By directing his/her concentration on the ball, it frees up the mind to focus on the tasks and activities at hand.

2. Participants and Duration: Identify the demographics of the participants in or beneficiaries of the project, including information such as number of students who will benefit, ages, grades, how long the project will last, etc.

Approximately 44 kindergarten students in both my a.m. and p.m. sessions would share the stability balls. I would be quite willing to share the extra balls with other teachers in the school for behavior modification and/or observation for future transition into their own classrooms. If this project proves successful, I would like to use the stability balls for many years ahead!

3. Project Schedule: Please provide a project schedule, if applicable.

Stability balls in the classroom vs. regular classroom chairs:

I would like to introduce stability balls, otherwise known as yoga or exercise balls, to my classroom at the end of the first marking period. This would take place in mid-late November 2012, after my kindergarten students have had the opportunity to adjust to the routine of our busy day.

There should be a transition period of 2 - 3 weeks for the students to become comfortable using the ball chairs at their tables for the entire morning or afternoon session. Please note that we frequently transition lessons from sitting on the carpet to working at our tables.

4. Description of Materials: Please provide an itemized description of materials required for the project.

I would like to purchase 30 latex free stability balls with legs for students. These would be the appropriate size for kindergarten age students. I would also like to purchase an adult size latex free stability ball for myself.

I would also be purchasing a double action pump for stability ball inflation and deflation.

Please see attached proposal from WittFitt, LLC

5. Project Evaluation: How will you determine whether the project's goals have been met and/or if the project was successful? Describe your plans for evaluating participant learning, if applicable.

It should be clear from the start whether or not students are sitting appropriately in the classroom. It is difficult to kneel on a ball, or sit too far back from the table on a ball, unlike sitting on a traditional classroom chair.

In addition, behaviors, including work and social habits, will be easy to compare to years past.

I hope to see fine motor skills improve with anticipated better posture, as well as test scores with anticipated better focus.

6. Budget Request: Have you attempted to obtain funding for this project through the school district budget process, through a Home and School Association, or through another source? If so, have any funds been committed for this project from these organizations for the upcoming school year or in the past? Please explain.

I have not attempted to tap other resources, as this project is quite "out of the box" for a general education classroom in our district.

7. Full Funding: If not fully funded, can this project proceed? Please explain.

Depending on how fully CEF is willing to fund my project, I may be able to personally pay the difference.

8. Qualifications: If this project is outside of your field of expertise or if a third party is involved in the project, please describe the role and qualifications of the parties involved.

WittFitt's proposal includes one hour of personal phone training, a manual, and additional ongoing support via phone and online.

9. Other Relevant Facts: Include any additional information you would like the CEF to consider in reviewing the application.



Training includes exercises to do with the class on the ball chairs. I would likely take a few minutes each session (a.m. and p.m.) daily for an exercise break. This can improve overall health and strength of students.

Boundaries will be created for use of the ball chairs. It will be a privilege to sit on the ball chair; if the chair is misused, it can be taken away. Students will be allowed the choice between using the ball chair or the regular chair.

My niece teaches fourth graders in Falls Church, VA, and is in her second year of using the stability balls in her classroom. She hopes never to return to regular chairs. I have read this same hope in numerous accounts of teachers across the U.S.

10. Project Budget

A. Project Expenses - Please detail all expenses associated with your project and attach any proposals, cost estimates, etc. This is a critical component of the application and will be scrutinized carefully.

Supplies/Materials: 1 Latex free stability ball w/ legs (teacher) \$ 33.00

30 Latex free stability ball w/ legs (students) at \$27 each \$ 810.00

Double action pump for stability ball inflation & deflation \$20.00

Professional Services/Honorarium: (Training Package)\$175.00

Other Expenses (itemize) (Shipping and Handling) \$ 45.00

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.....\$





TOTAL EXPENSES

\$1,083.00

B. Other Funds - Please detail all sources and amounts of funds, i.e., other grants, fundraisers, contributions, etc. which have been or which you expect will be committed to this project.

Other Contributions/Funds (list source and amount)	\$
..	
.....	\$
.....	\$
TOTAL	\$.....

We hope this grant sample was helpful for your school. Please contact WittFitt anytime if you need assistance from our team to write YOUR grant!
~ Lisa Witt

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