



Pleasant Grove Public School

Avedis Foundation Grant Proposal

Budget Narrative

Local Staff Training	Qty.	Cost	Total
Training stipends for fifteen (15) teachers to attend four (4) after-school professional development workshops provided through Oklahoma Baptist University.	60 hrs.	\$50	\$3,000
Training stipends for fifteen (15) teachers to attend twelve (12) hours of training each in summer months when school is not in session.	180 hrs.	\$20	\$3,600
TOTAL LOCAL STAFF TRAINING			\$6600
Travel & Training Registration	Qty.	Cost	Total
Mileage to Tulsa for training during the Oklahoma Association for Health, Physical Education, Recreation and Dance (OAHPERD) Annual State Conference	200 mi.	\$.50 mi	\$100
Tulsa OAHPERD Conference Registration Fee	4 Registrations	\$100	\$400
TOTAL OAHPERD ANNUAL CONFERENCE			\$500
AAHPERD National Conference	Qty.	Cost	Total
Airfare	2 Tickets	\$200	\$400
Hotel	3 Nights	\$150	\$450
Conference Registration	2 Registrations	\$200	\$400
Per Diem	3 Days X 2 Staff	\$45	\$270
Misc. Travel @ \$100 ea. for two (2) Teachers	2 Staff	\$100	\$200
TOTAL AAHPERD NATIONAL CONFERENCE			\$1720
Southern District AAHPERD Conference	Qty.	Cost	Total
Airfare	2 Tickets	\$200	\$400
Hotel	3 nights	\$150	\$450
Conference Registration	2 Registrations	\$200	\$400
Per Diem	3 Days X 2 Staff	\$45	\$270
Misc. Travel @ \$100 ea. for two (2) Teachers	2 Staff	\$100	\$200
TOTAL SOUTHERN DISTRICT AAHPERD CONFERENCE			\$1720
FitnessGram Training in Dallas, TX	Qty.	Cost	Total
Airfare	2 Tickets	\$200	\$400
Hotel	4 Nights	\$125	\$500
Conference Registration	2 Registrations	\$675	\$1350
Per Diem	5 Days X 2 Staff	\$45	\$450
Misc. Travel @ \$100 ea. for two (2) Teachers	2 Staff	\$100	\$200

TOTAL FITNESSGRAM TRAINING			\$2900
Equipment	Qty.	Cost	Total
Polar TriFIT 700 system to be used for assessment and individualized fitness plans.	1	\$9500	\$9500
HopSports multi-media fitness program. Includes necessary fitness equipment, computer with downloaded software, and projector.	1	\$18750	\$18750
Fitnessgram 9 Test package: Package includes: software, technical support, parent and student forms, activitygram forms, calipers, station cards, wall charts for boys and girls, measuring strips, and 20- and 15-meter CDs.	1	\$1985	\$1985
16GB iPads. iPads will be used by PE teachers and project coordinators access Fitnessgram results wirelessly.	2	\$400	\$800
All in One Dell desktop computer. Computer will be used to store Fitnessgram and TriFIT data for all students.	1	\$450	\$450
Dell B1260dn Laser Printer. Printer will be used to print data for individualized and group progress.	1	\$120	\$120
SPARK Physical Education Curriculum Package for grades K-8. Package includes: research-based lesson plans, 3-year membership to SPARKfamily.org, teacher manual for each grade level, and PE music CD for each grade level.	1	\$1200	\$1200
SPARK Balance My Day Nutrition Education Package for grades K-8. Package includes: research-based lesson plans & teacher manual for each grade level, wellness solution toolkit, & the Explore My Plate with School Nutrition Book.	1	\$365	\$365
SPARK Premium Equipment Package K-6. Package includes all materials needed to implement the SPARK PE curriculum.	1	\$11408	\$11408
Polar TriFIT 7 software package. Software to be used to store individualized data for students at all grade levels.	1	\$600	\$600
Polar TriFIT 7 handheld computers with software. Handheld computers will be used to allow PE teachers to assess students wirelessly.	1	\$800	\$800
Polar FT4 Heart Rate Monitors. Monitors to be used during TriFIT assessments allowing students to monitor heart rate at different levels of physical activity.	2	\$90	\$180
Digiwalker Pedometers. A class set of pedometers will be used to rotate throughout all students served throughout the program to assist with evaluation purposes.	25	\$20	\$500
TOTAL EQUIPMENT			\$46658
GET FIT! PROGRAM TOTAL			\$60098