

## **2021-2022 Innovation Grant Awards**

**2 Grants recommended for funding totaling \$4700.00**

**1) *Increasing inclusivity and time spent on activities***

***(Ledoux/Powers, Mindess)***

***Total Requested \$700.00***

Mindess Physical Education would like to increase student activity time and inclusivity by implementing student spots. These would be vinyl stickers on the floor that would each be a shape, color, and have a number. In addition to the floor spots, the PE teachers would like to use these vinyl stickers toward a “pilot” sensory path program in a MAIN hallway throughout the school.

**2) *Improving Mental and Physical Health Through Movement***

***(Andrew McKay Ashland High School)***

***Total Requested: \$4000.00***

Our long term goal is to update the entire fitness space. However, we feel that incorporating PLT4M technology into our curriculum as well as replacing a few pieces of equipment are great starting points. PLT4M allows individuals to use technology to maximize the impact of PE lessons with limited classroom time, equipment, and space. It also amplifies student choice and provides a deeper level of individualized training. Content is varied and includes fitness, weightlifting, yoga, nutrition, dance fitness, and mobility. This variation in content will allow us to cater to the needs of a wide population of interests. As we know, 4 fitness should be fun! According to PLT4M, the program helps to “establish physical literacy, teaches lifelong fitness skills, inspires student confidence, and encourages participation.” (<https://plt4m.com/>)