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Carnival Full of Fitness® - Focus Reaction



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Carnival Full of Fitness® - Focus Reaction



Coach James Eddie Williams Jr.

Maya Angelou Elementary - School Code 0111 <u>Jwilliams24@dadeschools.net</u>







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Carnival Full of Fitness® - Focus Reaction Board Game Image: Printable Images 28-	-30





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Introduction:



Coach James Eddie Williams Jr. (Coach Williams) is recognized and respected as an entrepreneur, inventor, and health and physical educator. He has made teaching and motivating young people his life's work. Coach Williams earned bachelor's degree in health and physical education from Bethune-Cookman University (B-CU) in Daytona Beach, Florida in 1995. While at B-CU, Coach Williams was honored as the Most Outstanding Math Student 1993-1994 and also earned a near perfect score on the math portion of the College-Level Academic Skills Test. Coach Williams teaches health and physical education for the Miami-Dade County School District. It was his work as a 20-year veteran teacher that led to the infusion of his passion for math, health, and physical





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education. The merger of these disciplines served as the launching pad for his innovative and ground-breaking program, Carnival Full of Fitness®, which is a 501 (c) (3) obesity intervention and prevention program that disguises educational and fitness opportunities with a carnival environment. Carnival Full of Fitness® transcends traditional teaching methodologies and serves as one of the most dynamic strategies for health, physical education, and mathematic enrichment.

Students may need more than numbers and words; some students may need pictures, songs, and hands-on projects to learn. Take it from me; I'm the poster child for students who have learning problems. I was called dumb and stupid just because I failed the fifth grade. After that, I learned to keep quiet and never participate in class again. My athleticism instilled in me the desire to go to college. However, college sports didn't work out for me. I was placed in the lowest college remedial classes, however, I had some creative professors at Bethune-Cookman University who cared about their students and made learning fun. In short, before graduating from college, I was the Math Student of the Year (1992), I earned a near perfect score on the math portion of the College-Level Academic Skills Test (CLAST), and I was the most sought-after math tutor on campus. Not bad for someone who had difficulty learning the traditional way.

Now, it's my goal as an educator to empower students with learning issues like mine. My teaching philosophy revolves around the belief that all students have the potential to learn, though they will not all learn the same things in the same ways. It is the job of educators to create learning environments that encourage students to be active participants in their education.

That's why I invented, copy written, and completed the first phase of the patent process for a series of educational board games that incorporate core subjects into physical education. The game is called, Carnival Full of Fitness® - Focus Reaction®.





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Objective

The first participant who correctly places his or her game piece on the correct number(s), equation, currency, or letter(s) will earn a point for his or her team.

Goal

Our goal is for students to achieve academic success in the classroom by increasing their critical thinking skills, memory, and their ability to think on their feet.

Students in grades k-5 will demonstrate growth in arithmetic and language arts by participating in the Carnival Full of Fitness® - Focus Reaction educational board game series during physical education, in the classroom, or recess at least two times a week for three semesters: After the third semester, students will be able to:

Kindergarten Mathematic	First Grade Mathematics
Count in sequence to 25	Extend the counting sequence to 50
Read and write numerals to 25	Read and write numerals to 50
Understand concept of addition and subtraction	Represent and solve addition and subtraction problems
Justify their thinking	Work with addition and subtraction equations
Kindergarten Language Arts	First Grade Language Arts
Identify upper and lower case letters	Identify upper and lower case letters
Use vowels to make words	Use vowels to make words
Spelling based on letter sounds	Spelling based on letter sounds
Understand the connection between letters and sounds	Understand the connection between letters and sounds
Spell words appropriately	Spell words appropriately





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Goal (continue)

Second Grade Mathematic	Third Grade Mathematics
Represent and solve addition and subtraction problems	Add and subtract within 100
Memorize addition and subtraction facts within 20	Represent and solve multiplication and division problems
Fluently add and subtract within 100	Multiply within 100
Solve word problems with money	Solve word problems involving the four operations (+, - , x, ÷)
Second Grade Language Arts	Third Grade Language Arts
Identify upper and lower case letters	Identify upper and lower case letters
Use vowel to make words	Use vowel to make words
Understand the connection between letters and sounds	Understand the connection between letters and sounds
Spell words appropriately	Spell words appropriately

Forth Grade Mathematic	Fifth Grade Mathematics
Perform multi-digit arithmetic	Interpret numerical expressions accurately
Solve word problems involving operations on fractions (+, -, x)	Use strategies to solve problems
Use strategies to solve problems accurately	Justify their thinking
Forth Grade Language Arts	Fifth Grade Language Arts
Use precise mathematical language	Use precise mathematical language





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Florida Standard - Kindergarten

Mathematics Florida Standards (MAFS) Kindergarten

DOMAIN: COUNTING AND CARDINALITY			
Cluster 1: Know number names and the count sequence.			
STANDARD CODE	MAFS.K.CC.1.1	MAFS.K.CC.1.2	MAFS.K.CC.1.3

DOMAIN: OPERATIONS AND ALGEBRAIC THINKING		
CLUSTER 1: Understand addition as putting together and adding to, and understand subtraction as taking apart and taking from.		
STANDARD MAFS.K.OA.1.4 CODE		

Physical Education Kindergarten

Strand: Lifetime	Fitness
Standard: Participa	te regularly in physical activity.
STANDARD CODE	PE.K.L.3.1 PE.K.L.3.2 PE.K.L.3.3

Strand: Moveme	ent Competency
	rate competency in many, and proficiency in a few, nt forms from a variety of categories.
STANDARD CODE	PE.K.L.3.1 PE.K.L.3.2 PE.K.L.3.3





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Florida Standard - Grade 1

Mathematics Florida Standards (MAFS) Grade 1

DOMAIN: OPERATIONS AND ALGEBRAIC THINKING	
CLUSTER 4: Work with addition and subtraction equations.	
STANDARD CODE	MAFS.1.OA.4.7 MAFS.1.OA.4.8

DOMAIN: MEASUREMENT AND DATA	
Cluster: Work with time and money.	
STANDARD CODE	MAFS.1.MD.2

Physical Education Grade 1

Strand: Lifetime Fitness	
Standard: Participate regularly in physical activity.	
STANDARD CODE	PE.1.L.3

Strand: Movement Competency	
Standard: Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	
STANDARD CODE	PE.1.M.1





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Florida Standard - Grade 2

CODE

Mathematics Florida Standards (MAFS) Grade 2

DOMAIN: OPERATIONS AND ALGEBRAIC THINKING

DOMAIN. OIL	TATIONS AND ALGEBRAIC THINKING	
CLUSTER 1: Represent and solve problems involving addition and subtraction.		
STANDARD CODE	MAFS.2.OA.1 MAFS.2.OA.2	
DOMAIN: MEASUREMENT AND DATA		
CLUSTER 2: Work with time and money.		
STANDARD	MAFS.2.MD. MAFS.2.MD.3 MAFS.2.MD.3.8	

Physical Education Grade 2

Strand: Lifetime Fitness	
Standard: Participate regularly in physical activity.	
STANDARD CODE	PE.2.L.3

Strand: Moveme	ent Competency
Standard: Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	
STANDARD CODE	PE.2.M.1





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Florida Standard - Grade 3

Mathematics Florida Standards (MAFS) Grade 3

DOMAIN: OPERATIONS AND ALGEBRAIC THINKING	
CLUSTER 1: Represent and solve problems involving multiplication and division.	
CLUSTER 3: Solve problems involving the four operations, and identify and explain patterns in arithmetic.	
STANDARD CODE	MAFS.3.OA.1.4 MAFS.3.OA.2.6 MAFS.3.OA.3.7

Physical Education Grade 3

Lifetime Fitness

Strand:

Standard: Participate regularly in physical activity.	
STANDARD CODE	PE.3.L.3
Strand: Movement Competency	
Standard: Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	
STANDARD CODE	PE.3.M.1





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Florida Standard - Grade 4

Mathematics Florida Standards (MAFS) Grade 4

DOMAIN: OPER	RATIONS AND ALGEBRAIC THINKING
CLUSTER 1: Use to problem	the four operations with whole numbers to solve ems.
STANDARD CODE	MAFS.4.OA.1.1 MAFS.4.OA.1.2

Physical Education Grade 4

Strand: Lifetime	Lifetime Fitness	
Standard: Participate regularly in physical activity.		
STANDARD CODE	PE.4.L.3	

Strand: Moveme	Movement Competency	
Standard: Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.		
STANDARD CODE	PE.4.M.1	





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Florida Standard - Grade 5

Mathematics Florida Standards (MAFS) Grade 5

DOMAIN: OPERATIONS AND ALGEBRAIC THINKING		
CLUSTER: Write and interpret numerical expressions.		
STANDARD CODE	MAFS.5.OA.1	

Physical Education Grade 5

Strand: Lifetime	Fitness
Standard: Participate regularly in physical activity.	
STANDARD CODE	PE.5.L.3

Strand: Movem	ent Competency
Standard: Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	
STANDARD CODE	PE.5.M.1

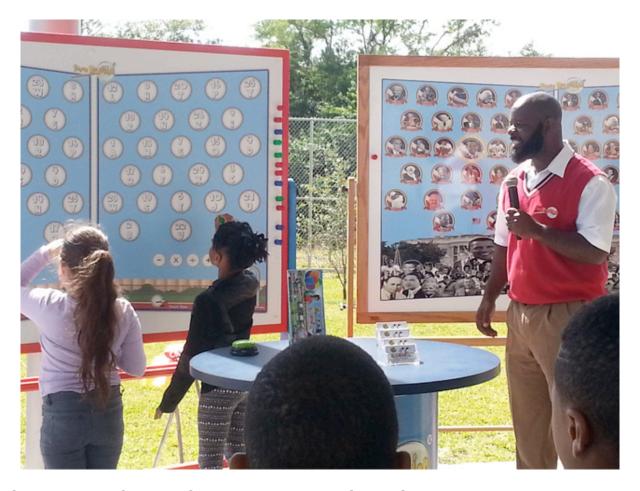




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Course Outline / Overview



Carnival Full of Fitness® - Focus Reaction Game Show is a math and language enrichment board game series created to help students; sharpen critical thinking skills, strengthen memory, and engage in basic fitness and movement skills. This Interactive game-show will put students skills to the test with a vision search worth the challenge. It's geared to help students improve response time with arithmetic and basic language arts questions. Students will get the tips, techniques, and tools needed to apply the principles of addition, subtraction, multiplication, division and money with a touch of basic language arts incorporated in a physical education environment. The session is a dynamic way to engage learners and help educators assess learning.





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Lesson Plan / Curriculum

	Lesson Plans
Grade Level(s)	2nd - 3rd Content Area(s) Mathematic, Language Arts, and Physical Education
Activity Space	Classroom or Outdoor Area Group Size: 2 – 40 Students
Goal	Our goal is for students to achieve academic success in the classroom by increasing their critical thinking skills, memory, and their ability to think on their feet
Objective	The first participant who correctly places his or her game piece on the correct number(s), equation, currency, or letter(s) will earn a point for his or her team.
Activity	Divide group into two teams. Each team is assigned one side of the game board, either the right side or the left side. Before the start of the game, teams will decide the order of participation and then form a circle. Example: If there are five participants on a team, teams will determine who will go first, second, third, and so on. Once the teams' order is established, you are ready to begin the first round. The first round includes the Circle Fitness Challenge and the Board Game Challenge .
Material & Resources	The project requires the Carnival Full of Fitness® - Focus Reaction printable game board images, flashcards, fitness dice, a minimum of 10 magnets, & 2 bells.
ESOL Strategies	Give verbal information and explanations along with a visual presentation. Assign buddies and peer tutors to your LEP student.

Mathematic	Physical Education	Mathematic	Physical Education
MAFS.2.OA.	PE.2.	MAFS.3.OA.1.4	PE.3.L.3
MAFS.2.OA.1	PE.2.L.3	MAFS.3.OA.2.6	PE.3.M.1
MAFS.2.OA.2	PE.2.L.3.1	MAFS.3.OA.3.7	
MAFS.2.MD.	PE.2.		
MAFS.2.MD.3	PE.2.L.3		
MAFS.2.MD.3.8	PE.2.L.3.1		





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OBJECT OF THE GAME

The first participant who correctly places his or her game piece on the correct number(s), equation, currency, or letter(s) will earn a point for his or her team.

HOW TO PLAY

Divide group into two teams. Each team is assigned one side of the game board, either the right side or the left side. Each team has up to 10 magnetic game pieces and two exercise dice. Before the start of the game, teams will decide the order of participation and then form a circle around their exercise dice a few feet away from the game board. Example: If there are five participants on a team, teams will determine who will go first, second, third, and so on. Once the teams' order is established, you are ready to begin the first round. The first round includes the Circle Fitness Challenge and the Board Game Challenge.

Round One - Circle Fitness Challenge: Rules and Examples

The first participant on your team will enter the circle and pick up and roll the dice. One die displays movement skills and the other die displays fitness exercises. After the first participant rolls the dice, he or she will read the results to his or her teammates who are around the circle. For example, the first participant rolled the dice and read the dice results to his or her teammates. The exercise die read jumping jacks and the locomotor movement die read skip. The exercise die instructs the entire team around the circle to perform jumping jacks. The movement die instructs one team member at a time to travel around the circle (counter clockwise) performing the locomotor movement skill (skipping). When the first participant has completed one lap around the team's circle and returned to his or her place around the circle, the second participant on the right hand side will be tagged by his or her teammate and start to skip (counter clockwise) around the circle. Meanwhile, team members on the team are continuously performing



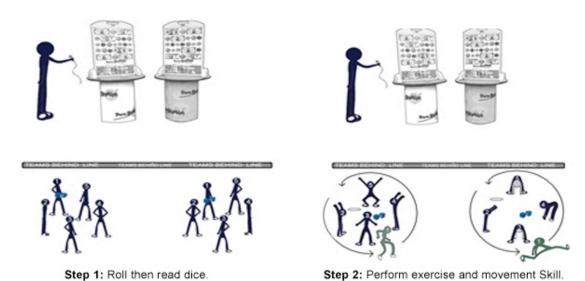


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jumping jacks and they will continue to perform jumping jacks until every member of the team has had their turn skipping (counter clockwise) around the team's circle. When all team members have gone, participants will organize (team order 1-5) themselves in the board game challenge area.

Circle Fitness Challenge Illustrated Images





Step 3: Transition into the Board Game Challenge formation.





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Circle Fitness Challenge: Dice Description

Locomotor Movement Skills Die 1:		
Gallop -	Galloping is a skill that can be performed with either foot as the lead. One foot is placed in front of the opposite foot. The front foot takes a large step forward while the second foot stays in place. The back foot then takes a step forward but always stays behind the front foot.	
Нор -	Hopping is a one-footed skill. Students stand on one foot and will hop with the one foot. The opposite foot is bent at the knee and trails behind the student.	
Slide -	A slide is a sideways movement. The students will move to their right or their left with the appropriate shoulder leading the direction of the slide. If they are moving to the left, the left shoulder will lead the motion. The left foot will reach out to the left side to take a step. The right foot will then take a step next to the left foot. Students should be taught not to touch their shoes during this skill as it can cause them to trip.	
Skip -	Step forward and then hop on that foot. Repeat that motion on the other leg. Lift and bend your non-stepping foot. Swing your arms in alternate directions. Speed up as you get comfortable with the motion.	
Jumping - or	Drop into an imaginary chair. Push your body up with your legs. Land on the balls of your feet.	
Leap –	A transfer of weight from one foot to the other foot. Both feet are off the floor in the transfer. Greater height and/or distance is used than in the run. Executed with an even beat. May proceed in any direction.	
High Knees (jogging) -	Stand in place with your feet hip-width apart. Drive your right knee toward your chest and quickly place it back on the ground. Follow immediately by driving your left knee toward your chest. Continue to alternate knees as quickly as you can.	





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Circle Fitness Challenge: Dice Description (continue)

Exercise Die 2:		
Jumping Jacks -	Stand with your feet together and your hands down by your side. In one motion, jump your feet out to the side and raise your arms above your head. Immediately reverse that motion by jumping back to the starting position.	
Arm Circle -	Stand with your feet shoulder-width apart and lift both arms straight out to your sides at shoulder height. Move your arms in a circular pattern, 4-6 inches in diameter, drawing a small circle with your fingertips.	
Toe Touch -	Begin with your arms above your head. Swing your arms in and down. Try to keep your knees straight. A slight bent will be okay. You may not be able to touch your toes on the first day, or at all. Even if you can't physically touch your toes, the act of reaching further and further toward the ground should improve your flexibility.	
Squats -	Stand erect with your feet approximately one shoulder width apart. Push your hips back, slowly bending your knees to a 90-degree angle. Keep your back straight and eyes looking ahead. Slowly rise to the starting position.	
Jog In Place -	Move your legs as if you were running but without moving forward.	
Lunges -	Start in a standing position. Step to the right. Bend your right knee. Push off the floor with your right foot. Repeat the same steps on the left side	

Physical Disabilities

Teachers should make sure it is an exercise easily performed by every one in the class regardless of ability. A student in a wheelchair would be able to be successful in this activity, just make sure you have modified and adapted exercises on the poster board for them to choose. Again, make sure the teacher designated exercises are adaptable in a way that they are successful.

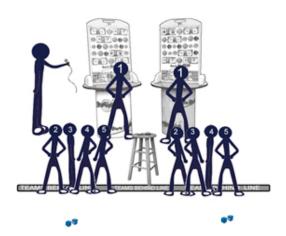




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Round One – Board Game Challenge: Rules and Examples

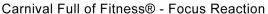


After the circle fitness challenge has concluded, teams will gather on their side of the board game. The first round of the board game challenge will begin with the first participant followed by the second, third, and so on.

The first participants from each of their respective teams will stand in front of the board game and wait for the game-show host to announce the first question. Remember team members should be standing behind a designated area (preferably a line a few feet back). Team members are encouraged to help their teammates solve the question; however, they must stay in the designated area.

The game host will ask the questions in the form of an answer and participants will attempt to correctly place their magnetic game piece or pieces on the correct number(s), letter(s), equation, or currency. The first participant who correctly places his or her game piece(s) on the correct number(s), letter(s), equation, or currency will earn a point for his or her team.









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Participants 2-5 will all have their turn to go up to the game board and attempt to answer a question during the board game challenge period. Once all participants have had their opportunity to attempt to answer a question, this will conclude the first round. The second round will begin with the Circle Fitness Challenge.

Repeat Steps For Round 2:

However, the Circle Fitness Challenge period will begin with the **second** participant and the board game challenge period will also begin with the **second** participant.

Repeat Steps For Round 3:

However, the Circle Fitness Challenge period will begin with the **Third** participant rolling the dice and the board game challenge period will also begin with the **Third** participant.

Teams will continue this sequence for five rounds or depending on how many participants there are on a given team.



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Suggested Lessons for Arithmetic, Money, and Language Arts

Arithmetic

1. Number recognition:

The game-show host will call out a number or a series of numbers and participants will identify the numbers and place their game piece(s) on the correct number(s).

2. Basic addition, multiplication, division, and subtraction cues:

Place game pieces on two numbers that give you the sum of
Place game pieces on two numbers that give you the product of
Place game pieces on two numbers that give you the difference of
Place game pieces on two numbers that give you the quotient of

Participants must place a magnetic game piece on the given mathematic symbol as well.

Math Vocabulary:

<u>Word</u>	<u>Symbol</u>	<u>Meaning</u>
Sum	+	Add
Product	×	Multiply
Difference	-	Subtract
Quotient	÷	Divide





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3. Identifying prime numbers:

After the game-show host states the question, participants will place their game piece(s) on the prime numbers (2, 3, 5, 7, 11, 13, 17, 19, and 23).

4. Identifying even and odd numbers:

After the game-show host states the question, participants will place their game piece of the even or odd numbers.





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Suggested Money Lessons:

Money:

1. Name and values of coins:

After the game-show host states the question, participants will identify and place their game piece on the correct coin(s) or bill(s). Example: penny, nickel, dime, quarter, half dollar, dollar, \$5 bill, and \$20 bill.

2. Consumer math:

a. Total cost:

After the game-show host states the question, participants will add the cost of the product and place their game piece on the currency that represents the cost of the item.

b. Change due:

After the game-show host states the question, participants will add the price of the product, subtract that amount from the total currency, and place their game piece on the currency that represents the change due.

(You can play with or without the Circle Fitness Challenge.)





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Suggested Language Arts Lessons:

Language Arts:

1. Letter recognition:

The game show host will call out a letter of the alphabet and participants will place their game piece on the correct letter.

2. Spell it out:

After each of the game-show host's questions, participants will use the letters on the board game to spell the spelling words. Note: It is sometimes possible for participants to put more than one game piece on a particular letter. For example, if the spelling word Is Gallop, participants will be able to place two game pieces on the letter "L" and one game piece on the letters "G", "A", "O," and "P."

3. Identifying vowels:

After the game-show host states the question, participants will place their game piece(s) on the letters that are vowels.

(You can play with or without the Circle Fitness Challenge.)





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Materials & Resources:

The project requires a classroom setting or medium to large open area, Carnival Full of Fitness® - Focus Reaction printable game board images (magnetic marker board or magnetic surface is required), flashcards, four handcrafted fitness dice, five-10 magnets, and two bells.

Board Game:

The board game is divided into two (right side and left side). The board games are enriched with images displaying numbers, letters, mathematic symbols or currency if you playing the math and consumer math board games. The images are the same on both sides of the board game, however, they are in a different order. Printable Links Below.







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Flashcards

Customize your game show host flashcards to suit the needs of your students at: http://www.lakeshorelearning.com/general_content/free_resources/teachers_corner/flashcard/flashcardmaker.jsp

Sample:

Place game pieces	Place game pieces
on two numbers that	on two numbers that
give you the sum of	give you the product
28	of 56
Place game pieces	Place game pieces
on two numbers that	on two numbers that
give you the sum of	give you the product
15	of 36
Place game pieces	Place game pieces
on two numbers that	on two numbers that
give you the sum of	give you the product
5	of 48
Place game pieces	Place game pieces
on two numbers that	on two numbers that
give you the sum of	give you the product
32	of 21





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Magnetic Game Pieces:

You can use magnets you already have in you classroom or you can find EZ Grip Mighty Jumbo Magnets online at: http://www.reallygoodstuff.com/mighty-jumbo-magnets/p/155519/



Game Dice

Customize an existing dice pair by placing fabric or color tape over images, numbers, letters or customize your own dice from scratch at:

http://www.toolsforeducators.com/dice/make1_text.php



Bells

Available at most department stores.







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FASTSIGNS 474@fastsigns.com has agreed to install the complete game board.



Rudi Bauer

474@fastsigns.com | fastsigns.com/474 15405 W. Dixie Hwy., North Miami Beach, FL 33162 o: 305-945-4700 | f: 305-945-4732

or you may purchase parts and materials at:

Sidewalk Sign Stand 24" x 36" Plasticade from Traffic Safety Warehouse http://www.trafficsafetywarehouse.com/basket.asp



Bohnert Sheet Metal - 2225 NW 76th St, Miami, FL 33147 (786) 382-0881 - 24 11/16" x 38" Sheet Metal



Carnival Full of Fitness® - Focus Reaction Board Game Image: Printable Images:





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Carnival Full of Fitness® - Focus Reaction PDF File Links

Money & Arithmetic (Unit A & B) Online Storage Link

https://files.secureserver.net/0fvuJMLRtiFmmc

Money Unit A



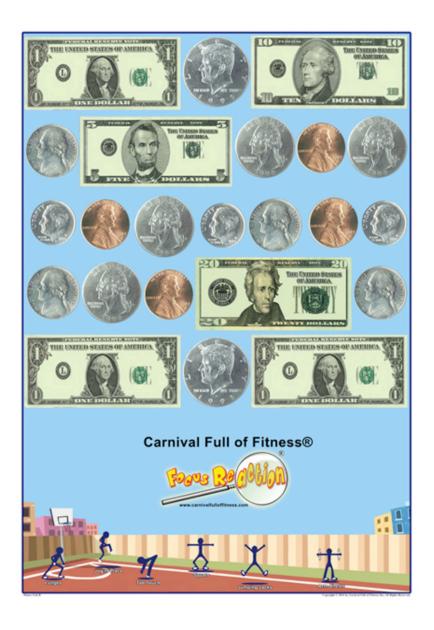




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Money Unit B







800.884.1773

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Arithmetic Unit A







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Arithmetic Unit B





APPLY FOR AN IMPACT II ADAPTER GRANT!

M-DCPS teachers, media specialists, counselors or assistant principals may request funds to implement an IMPACT II idea, teaching strategy or project from the Idea EXPO workshops and/or curriculum ideas profiled annually in the *Ideas with IMPACT* catalogs from 1990 to the current year, 2016-17. Most catalogs can be viewed at The Education Fund website at www.educationfund.org.

- Open to all K-12 M-DCPS teachers, counselors, media specialists
- Quick and easy reporting requirements
- Grants range from \$150 \$400
- Grant recipients recognized at an Awards Reception

To apply, you must contact the teacher who developed the idea before submitting your application. Contact can be made by attending a workshop given by the disseminator, communicating via email or telephone, by visiting the disseminator in their classroom, or by having the disseminator visit your classroom.

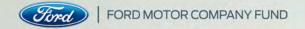
Project funds are to be spent within the current school year or an extension may be requested. An expense report with receipts is required by Friday, May 5, 2017.

APPLICATION DEADLINE: Monday, December 12, 2016

Apply online at www.educationfund.org

For more information, contact:

Edwina Lau, Program Director 305.558.4544, ext. 113 elau@educationfund.org



Driving a Brighter Future

For more than 65 years, Ford Motor Company Fund has worked to improve people's lives, investing \$1.5 billion to support innovative programs in Community Life, Education, Safe Driving and the Ford Volunteer Corps.





For opening minds, creating opportunities, and helping to create a brighter future, Ford Salutes The Education Fund.





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Raj Rawal and Anne Marie Miller Robert Russell Memorial Foundation

Bronze Star





Miami Sportfishing Tournament/
Gary M. Pappas

