

U.S. Department of Education
Washington, D.C. 20202-5335



**APPLICATION FOR GRANTS
UNDER THE**

Carol M. White Physical Education Program Application Package

CFDA # 84.215F

PR/Award # S215F130221

Grants.gov Tracking#: GRANT11379173

OMB No. , Expiration Date:

Closing Date: Apr 12, 2013

Table of Contents

Form	Page
1. Application for Federal Assistance SF-424	e3
2. Assurances Non-Construction Programs (SF 424B)	e6
3. Disclosure Of Lobbying Activities (SF-LLL)	e8
4. ED GEPA427 Form	e9
<i>Attachment - 1 (1235-GEPA 427 Narrative Response Pal Mac PEP)</i>	e10
5. Grants.gov Lobbying Form	e11
6. ED Abstract Narrative Form	e12
<i>Attachment - 1 (1234-Abstract PEP PalMac)</i>	e13
7. Project Narrative Form	e15
<i>Attachment - 1 (1241-Narrative PalMac PEP)</i>	e16
<i>Attachment - 2 (1242-Table of Contents PalMac PEP)</i>	e41
<i>Attachment - 3 (1243-SHI Pal-Mac PEP)</i>	e42
<i>Attachment - 4 (1244-PECAT Pal-Mac PEP)</i>	e44
<i>Attachment - 5 (1245-Signed 424)</i>	e46
8. Other Narrative Form	e50
<i>Attachment - 1 (1238-schmandt resume)</i>	e51
<i>Attachment - 2 (1239-Program Specific Assurances PalMac)</i>	e53
<i>Attachment - 3 (1240-Partner Agreement PalMac PEP)</i>	e54
9. Budget Narrative Form	e64
<i>Attachment - 1 (1236-Budget Narrative PalMac PEP)</i>	e65
<i>Attachment - 2 (1237-Indirect rate PMCSO)</i>	e71
10. Form ED_524_Budget_1_2-V1.2.pdf	e72
11. Form ED_SF424_Supplement_1_2-V1.2.pdf	e74

This application was generated using the PDF functionality. The PDF functionality automatically numbers the pages in this application. Some pages/sections of this application may contain 2 sets of page numbers, one set created by the applicant and the other set created by e-Application's PDF functionality. Page numbers created by the e-Application PDF functionality will be preceded by the letter e (for example, e1, e2, e3, etc.).

Application for Federal Assistance SF-424

* 1. Type of Submission: <input type="checkbox"/> Preapplication <input checked="" type="checkbox"/> Application <input type="checkbox"/> Changed/Corrected Application	* 2. Type of Application: <input checked="" type="checkbox"/> New <input type="checkbox"/> Continuation <input type="checkbox"/> Revision	* If Revision, select appropriate letter(s): <input type="text"/> * Other (Specify): <input type="text"/>
--	--	--

* 3. Date Received: <input type="text" value="04/12/2013"/>	4. Applicant Identifier: <input type="text"/>
--	--

5a. Federal Entity Identifier: <input type="text"/>	5b. Federal Award Identifier: <input type="text"/>
--	---

State Use Only:

6. Date Received by State: <input type="text"/>	7. State Application Identifier: <input type="text"/>
---	---

B. APPLICANT INFORMATION:

* a. Legal Name:

* b. Employer/Taxpayer Identification Number (EIN/TIN): <input type="text" value="15-6002525"/>	* c. Organizational DUNS: <input type="text" value="0796807400000"/>
--	---

d. Address:

* Street1:	<input type="text" value="151 Hyde Parkway"/>
Street2:	<input type="text"/>
* City:	<input type="text" value="Palmyra"/>
County/Parish:	<input type="text"/>
* State:	<input type="text" value="NY: New York"/>
Province:	<input type="text"/>
* Country:	<input type="text" value="USA: UNITED STATES"/>
* Zip / Postal Code:	<input type="text" value="14522-0000"/>

e. Organizational Unit:

Department Name: <input type="text"/>	Division Name: <input type="text"/>
--	--

f. Name and contact information of person to be contacted on matters involving this application:

Prefix: <input type="text"/>	* First Name: <input type="text" value="Thomas"/>
Middle Name: <input type="text"/>	
* Last Name: <input type="text" value="Schmandt"/>	
Suffix: <input type="text"/>	

Title:

Organizational Affiliation:

* Telephone Number: <input type="text" value="315-597-3409"/>	Fax Number: <input type="text"/>
---	----------------------------------

* Email:

Application for Federal Assistance SF-424

*** 9. Type of Applicant 1: Select Applicant Type:**

G: Independent School District

Type of Applicant 2: Select Applicant Type:

Type of Applicant 3: Select Applicant Type:

*** Other (specify):**

*** 10. Name of Federal Agency:**

U.S. Department of Education

11. Catalog of Federal Domestic Assistance Number:

84.215

CFDA Title:

Fund for the Improvement of Education

*** 12. Funding Opportunity Number:**

ED-GRANTS-022613-001

*** Title:**

Office of Elementary and Secondary Education (OESE); Carol M. White Physical Education Program
CFDA Number 84.215F

13. Competition Identification Number:

84-215F2013-1

Title:

14. Areas Affected by Project (Cities, Counties, States, etc.):

Add Attachment

Delete Attachment

View Attachment

*** 15. Descriptive Title of Applicant's Project:**

Palmyra-Macedon Central School District Physical Education Program

Attach supporting documents as specified in agency instructions.

Add Attachments

Delete Attachments

View Attachments

Application for Federal Assistance SF-424

16. Congressional Districts Of:

* a. Applicant

b. Program/Project

Attach an additional list of Program/Project Congressional Districts if needed.

Add Attachment

Delete Attachment

View Attachment

17. Proposed Project:

* a. Start Date:

* b. End Date:

18. Estimated Funding (\$):

* a. Federal

* b. Applicant

* c. State

* d. Local

* e. Other

* f. Program Income

* g. TOTAL

*** 19. Is Application Subject to Review By State Under Executive Order 12372 Process?**

a. This application was made available to the State under the Executive Order 12372 Process for review on

b. Program is subject to E.O. 12372 but has not been selected by the State for review.

c. Program is not covered by E.O. 12372.

*** 20. Is the Applicant Delinquent On Any Federal Debt? (If "Yes," provide explanation in attachment.)**

Yes No

If "Yes", provide explanation and attach

Add Attachment

Delete Attachment

View Attachment

21. *By signing this application, I certify (1) to the statements contained in the list of certifications and (2) that the statements herein are true, complete and accurate to the best of my knowledge. I also provide the required assurances** and agree to comply with any resulting terms if I accept an award. I am aware that any false, fictitious, or fraudulent statements or claims may subject me to criminal, civil, or administrative penalties. (U.S. Code, Title 218, Section 1001)**

** I AGREE

** The list of certifications and assurances, or an internet site where you may obtain this list, is contained in the announcement or agency specific instructions.

Authorized Representative:

Prefix:

* First Name:

Middle Name:

* Last Name:

Suffix:

* Title:

* Telephone Number:

Fax Number:

* Email:

* Signature of Authorized Representative:

* Date Signed:

ASSURANCES - NON-CONSTRUCTION PROGRAMS

Public reporting burden for this collection of information is estimated to average 15 minutes per response, including time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding the burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to the Office of Management and Budget, Paperwork Reduction Project (0348-0040), Washington, DC 20503.

PLEASE DO NOT RETURN YOUR COMPLETED FORM TO THE OFFICE OF MANAGEMENT AND BUDGET. SEND IT TO THE ADDRESS PROVIDED BY THE SPONSORING AGENCY.

NOTE: Certain of these assurances may not be applicable to your project or program. If you have questions, please contact the awarding agency. Further, certain Federal awarding agencies may require applicants to certify to additional assurances. If such is the case, you will be notified.

As the duly authorized representative of the applicant, I certify that the applicant:

1. Has the legal authority to apply for Federal assistance and the institutional, managerial and financial capability (including funds sufficient to pay the non-Federal share of project cost) to ensure proper planning, management and completion of the project described in this application.
2. Will give the awarding agency, the Comptroller General of the United States and, if appropriate, the State, through any authorized representative, access to and the right to examine all records, books, papers, or documents related to the award; and will establish a proper accounting system in accordance with generally accepted accounting standards or agency directives.
3. Will establish safeguards to prohibit employees from using their positions for a purpose that constitutes or presents the appearance of personal or organizational conflict of interest, or personal gain.
4. Will initiate and complete the work within the applicable time frame after receipt of approval of the awarding agency.
5. Will comply with the Intergovernmental Personnel Act of 1970 (42 U.S.C. §§4728-4763) relating to prescribed standards for merit systems for programs funded under one of the 19 statutes or regulations specified in Appendix A of OPM's Standards for a Merit System of Personnel Administration (5 C.F.R. 900, Subpart F).
6. Will comply with all Federal statutes relating to nondiscrimination. These include but are not limited to: (a) Title VI of the Civil Rights Act of 1964 (P.L. 88-352) which prohibits discrimination on the basis of race, color or national origin; (b) Title IX of the Education Amendments of 1972, as amended (20 U.S.C. §§1681-1683, and 1685-1686), which prohibits discrimination on the basis of sex; (c) Section 504 of the Rehabilitation Act of 1973, as amended (29 U.S.C. §794), which prohibits discrimination on the basis of handicaps; (d) the Age Discrimination Act of 1975, as amended (42 U.S.C. §§6101-6107), which prohibits discrimination on the basis of age; (e) the Drug Abuse Office and Treatment Act of 1972 (P.L. 92-255), as amended, relating to nondiscrimination on the basis of drug abuse; (f) the Comprehensive Alcohol Abuse and Alcoholism Prevention, Treatment and Rehabilitation Act of 1970 (P.L. 91-616), as amended, relating to nondiscrimination on the basis of alcohol abuse or alcoholism; (g) §§523 and 527 of the Public Health Service Act of 1912 (42 U.S.C. §§290 dd-3 and 290 ee- 3), as amended, relating to confidentiality of alcohol and drug abuse patient records; (h) Title VIII of the Civil Rights Act of 1968 (42 U.S.C. §§3601 et seq.), as amended, relating to nondiscrimination in the sale, rental or financing of housing; (i) any other nondiscrimination provisions in the specific statute(s) under which application for Federal assistance is being made; and, (j) the requirements of any other nondiscrimination statute(s) which may apply to the application.
7. Will comply, or has already complied, with the requirements of Titles II and III of the Uniform Relocation Assistance and Real Property Acquisition Policies Act of 1970 (P.L. 91-646) which provide for fair and equitable treatment of persons displaced or whose property is acquired as a result of Federal or federally-assisted programs. These requirements apply to all interests in real property acquired for project purposes regardless of Federal participation in purchases.
8. Will comply, as applicable, with provisions of the Hatch Act (5 U.S.C. §§1501-1508 and 7324-7328) which limit the political activities of employees whose principal employment activities are funded in whole or in part with Federal funds.

9. Will comply, as applicable, with the provisions of the Davis-Bacon Act (40 U.S.C. §§276a to 276a-7), the Copeland Act (40 U.S.C. §276c and 18 U.S.C. §874), and the Contract Work Hours and Safety Standards Act (40 U.S.C. §§327-333), regarding labor standards for federally-assisted construction subagreements.
10. Will comply, if applicable, with flood insurance purchase requirements of Section 102(a) of the Flood Disaster Protection Act of 1973 (P.L. 93-234) which requires recipients in a special flood hazard area to participate in the program and to purchase flood insurance if the total cost of insurable construction and acquisition is \$10,000 or more.
11. Will comply with environmental standards which may be prescribed pursuant to the following: (a) institution of environmental quality control measures under the National Environmental Policy Act of 1969 (P.L. 91-190) and Executive Order (EO) 11514; (b) notification of violating facilities pursuant to EO 11738; (c) protection of wetlands pursuant to EO 11990; (d) evaluation of flood hazards in floodplains in accordance with EO 11988; (e) assurance of project consistency with the approved State management program developed under the Coastal Zone Management Act of 1972 (16 U.S.C. §§1451 et seq.); (f) conformity of Federal actions to State (Clean Air) Implementation Plans under Section 176(c) of the Clean Air Act of 1955, as amended (42 U.S.C. §§7401 et seq.); (g) protection of underground sources of drinking water under the Safe Drinking Water Act of 1974, as amended (P.L. 93-523); and, (h) protection of endangered species under the Endangered Species Act of 1973, as amended (P.L. 93-205).
12. Will comply with the Wild and Scenic Rivers Act of 1968 (16 U.S.C. §§1271 et seq.) related to protecting components or potential components of the national wild and scenic rivers system.
13. Will assist the awarding agency in assuring compliance with Section 106 of the National Historic Preservation Act of 1966, as amended (16 U.S.C. §470), EO 11593 (identification and protection of historic properties), and the Archaeological and Historic Preservation Act of 1974 (16 U.S.C. §§469a-1 et seq.).
14. Will comply with P.L. 93-348 regarding the protection of human subjects involved in research, development, and related activities supported by this award of assistance.
15. Will comply with the Laboratory Animal Welfare Act of 1966 (P.L. 89-544, as amended, 7 U.S.C. §§2131 et seq.) pertaining to the care, handling, and treatment of warm blooded animals held for research, teaching, or other activities supported by this award of assistance.
16. Will comply with the Lead-Based Paint Poisoning Prevention Act (42 U.S.C. §§4801 et seq.) which prohibits the use of lead-based paint in construction or rehabilitation of residence structures.
17. Will cause to be performed the required financial and compliance audits in accordance with the Single Audit Act Amendments of 1996 and OMB Circular No. A-133, "Audits of States, Local Governments, and Non-Profit Organizations."
18. Will comply with all applicable requirements of all other Federal laws, executive orders, regulations, and policies governing this program.
19. Will comply with the requirements of Section 106(g) of the Trafficking Victims Protection Act (TVPA) of 2000, as amended (22 U.S.C. 7104) which prohibits grant award recipients or a sub-recipient from (1) Engaging in severe forms of trafficking in persons during the period of time that the award is in effect (2) Procuring a commercial sex act during the period of time that the award is in effect or (3) Using forced labor in the performance of the award or subawards under the award.

<p>* SIGNATURE OF AUTHORIZED CERTIFYING OFFICIAL</p> <p>Christopher Semler</p>	<p>* TITLE</p> <p>Superintendent of Schools</p>
<p>* APPLICANT ORGANIZATION</p> <p>Palmyra-Macedon Central School District</p>	<p>* DATE SUBMITTED</p> <p>04/12/2013</p>

Standard Form 424B (Rev. 7-97) Back

DISCLOSURE OF LOBBYING ACTIVITIES

Complete this form to disclose lobbying activities pursuant to 31 U.S.C.1352

Approved by OMB
0348-0046

1. * Type of Federal Action: <input type="checkbox"/> a. contract <input checked="" type="checkbox"/> b. grant <input type="checkbox"/> c. cooperative agreement <input type="checkbox"/> d. loan <input type="checkbox"/> e. loan guarantee <input type="checkbox"/> f. loan insurance	2. * Status of Federal Action: <input type="checkbox"/> a. bid/offer/application <input checked="" type="checkbox"/> b. initial award <input type="checkbox"/> c. post-award	3. * Report Type: <input checked="" type="checkbox"/> a. initial filing <input type="checkbox"/> b. material change
--	--	--

4. Name and Address of Reporting Entity:
 Prime SubAwardee

* Name: Palmyra-Macedon Central School District
* Street 1: 151 Hyde Parkway Street 2: _____
* City: Palmyra State: NY: New York Zip: 14522
Congressional District, if known: _____

5. If Reporting Entity in No.4 is Subawardee, Enter Name and Address of Prime:

6. * Federal Department/Agency: US Department of Education	7. * Federal Program Name/Description: Fund for the Improvement of Education CFDA Number, if applicable: 84.215
--	--

8. Federal Action Number, if known: _____	9. Award Amount, if known: \$ _____
---	---

10. a. Name and Address of Lobbying Registrant:

Prefix _____ * First Name NA Middle Name _____
* Last Name NA Suffix _____
* Street 1 _____ Street 2 _____
* City _____ State _____ Zip _____

b. Individual Performing Services (including address if different from No. 10a)

Prefix _____ * First Name NA Middle Name _____
* Last Name NA Suffix _____
* Street 1 _____ Street 2 _____
* City _____ State _____ Zip _____

11. Information requested through this form is authorized by title 31 U.S.C. section 1352. This disclosure of lobbying activities is a material representation of fact upon which reliance was placed by the tier above when the transaction was made or entered into. This disclosure is required pursuant to 31 U.S.C. 1352. This information will be reported to the Congress semi-annually and will be available for public inspection. Any person who fails to file the required disclosure shall be subject to a civil penalty of not less than \$10,000 and not more than \$100,000 for each such failure.

* Signature: Christopher Semler
* Name: Prefix Dr. * First Name Robert Middle Name _____
* Last Name lke Suffix _____
Title: _____ Telephone No.: _____ Date: 04/12/2013

Federal Use Only: Authorized for Local Reproduction Standard Form - LLL (Rev. 7-97)

PR/Award # S215F130221

NOTICE TO ALL APPLICANTS

The purpose of this enclosure is to inform you about a new provision in the Department of Education's General Education Provisions Act (GEPA) that applies to applicants for new grant awards under Department programs. This provision is Section 427 of GEPA, enacted as part of the Improving America's Schools Act of 1994 (Public Law (P.L.) 103-382).

To Whom Does This Provision Apply?

Section 427 of GEPA affects applicants for new grant awards under this program. **ALL APPLICANTS FOR NEW AWARDS MUST INCLUDE INFORMATION IN THEIR APPLICATIONS TO ADDRESS THIS NEW PROVISION IN ORDER TO RECEIVE FUNDING UNDER THIS PROGRAM.**

(If this program is a State-formula grant program, a State needs to provide this description only for projects or activities that it carries out with funds reserved for State-level uses. In addition, local school districts or other eligible applicants that apply to the State for funding need to provide this description in their applications to the State for funding. The State would be responsible for ensuring that the school district or other local entity has submitted a sufficient section 427 statement as described below.)

What Does This Provision Require?

Section 427 requires each applicant for funds (other than an individual person) to include in its application a description of the steps the applicant proposes to take to ensure equitable access to, and participation in, its Federally-assisted program for students, teachers, and other program beneficiaries with special needs. This provision allows applicants discretion in developing the required description. The statute highlights six types of barriers that can impede equitable access or participation: gender, race, national origin, color, disability, or age. Based on local circumstances, you should determine whether these or other barriers may prevent your students, teachers, etc. from such access or participation in, the Federally-funded project or activity. The description in your application of steps to be taken to overcome these barriers need not be lengthy; you may provide a clear and succinct

description of how you plan to address those barriers that are applicable to your circumstances. In addition, the information may be provided in a single narrative, or, if appropriate, may be discussed in connection with related topics in the application.

Section 427 is not intended to duplicate the requirements of civil rights statutes, but rather to ensure that, in designing their projects, applicants for Federal funds address equity concerns that may affect the ability of certain potential beneficiaries to fully participate in the project and to achieve to high standards. Consistent with program requirements and its approved application, an applicant may use the Federal funds awarded to it to eliminate barriers it identifies.

What are Examples of How an Applicant Might Satisfy the Requirement of This Provision?

The following examples may help illustrate how an applicant may comply with Section 427.

(1) An applicant that proposes to carry out an adult literacy project serving, among others, adults with limited English proficiency, might describe in its application how it intends to distribute a brochure about the proposed project to such potential participants in their native language.

(2) An applicant that proposes to develop instructional materials for classroom use might describe how it will make the materials available on audio tape or in braille for students who are blind.

(3) An applicant that proposes to carry out a model science program for secondary students and is concerned that girls may be less likely than boys to enroll in the course, might indicate how it intends to conduct "outreach" efforts to girls, to encourage their enrollment.

We recognize that many applicants may already be implementing effective steps to ensure equity of access and participation in their grant programs, and we appreciate your cooperation in responding to the requirements of this provision.

Estimated Burden Statement for GEPA Requirements

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless such collection displays a valid OMB control number. Public reporting burden for this collection of information is estimated to average 1.5 hours per response, including time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. The obligation to respond to this collection is required to obtain or retain benefit (Public Law 103-382). Send comments regarding the burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to the U.S. Department of Education, 400 Maryland Ave., SW, Washington, DC 20210-4537 or email ICDocketMgr@ed.gov and reference the OMB Control Number 1894-0005.

Optional - You may attach 1 file to this page.

GEPA 427 Narrative Response Pal Mac PEP.pd

Add Attachment

Delete Attachment

View Attachment

PMCSO GEPA 427 Narrative Response

Palmyra-Macedon Central School District (PMCSO) will comply with all applicable state and federal non-discrimination laws and regulations including the Americans with Disabilities Act, Section 504 of the Rehabilitation Act of 1973 and the General Education Provisions Act (GEPA) Section 427. PMCSO will ensure that system, structure, and process changes and improvements ensure equitable access to, and participation in, its federally-assisted program for students, teachers, parents, and other beneficiaries with special needs.

In accord with the General Education Provisions Act, (GEPA 427), the PMCSO in this application for the Carol M. White Physical Education Grant Program, certify that we have examined this proposal and our operations with regard to equitable access. We can assure all those who wish to participate and those who wish to observe or evaluate the project will have equitable access to the project's activities at any time.

Program participants, teachers, staff, students, parents, administrators, community partners and consultants in all our schools and district buildings, will have equitable access to and participation in this project. Our organizations do not discriminate on the basis of gender, race, national origin, color, disability or age in employment, assignment or promotion. Our buildings are designed to be barrier free and our computer systems include any needed adjustments to ensure accessibility for the handicapped. We use only handicapped accessible facilities for conferences and workshops.

We think that having qualified people working, studying and visiting in our organizations, from a variety of races, colors and national origins, people of both genders and varieties of disability and age, brings a healthy mixture of points of view to enrich the project and enables all who participate to appreciate each other's abilities, concerns, commitments and experiences.

Potential Barrier: Providing cardio-respiratory exercise equipment to people with disabilities.

Solution: PMCSO will purchase a pool wall to allow students with disabilities with access. PMCSO also has a pool lift, scooters, beeper balls, hoops, ramp for bowling, target type activities, table top games, modified basketball hoop, brightly colored balls and other projectiles, stability balls, bean bags, auditory sound source, modified golf equipment, and scoop ball set as activities for students with disabilities to participate with.

Potential Barrier: Physical Education Curriculum does not provide enough direction on how to modify activities to allow greater participation by students with disabilities.

Solution: PMCSO will include in each lesson specific teacher guidance on how to modify activities to allow participation by students with disabilities.

CERTIFICATION REGARDING LOBBYING

Certification for Contracts, Grants, Loans, and Cooperative Agreements

The undersigned certifies, to the best of his or her knowledge and belief, that:

(1) No Federal appropriated funds have been paid or will be paid, by or on behalf of the undersigned, to any person for influencing or attempting to influence an officer or employee of an agency, a Member of Congress, an officer or employee of Congress, or an employee of a Member of Congress in connection with the awarding of any Federal contract, the making of any Federal grant, the making of any Federal loan, the entering into of any cooperative agreement, and the extension, continuation, renewal, amendment, or modification of any Federal contract, grant, loan, or cooperative agreement.

(2) If any funds other than Federal appropriated funds have been paid or will be paid to any person for influencing or attempting to influence an officer or employee of any agency, a Member of Congress, an officer or employee of Congress, or an employee of a Member of Congress in connection with this Federal contract, grant, loan, or cooperative agreement, the undersigned shall complete and submit Standard Form-LLL, "Disclosure of Lobbying Activities," in accordance with its instructions.

(3) The undersigned shall require that the language of this certification be included in the award documents for all subawards at all tiers (including subcontracts, subgrants, and contracts under grants, loans, and cooperative agreements) and that all subrecipients shall certify and disclose accordingly. This certification is a material representation of fact upon which reliance was placed when this transaction was made or entered into. Submission of this certification is a prerequisite for making or entering into this transaction imposed by section 1352, title 31, U.S. Code. Any person who fails to file the required certification shall be subject to a civil penalty of not less than \$10,000 and not more than \$100,000 for each such failure.

Statement for Loan Guarantees and Loan Insurance

The undersigned states, to the best of his or her knowledge and belief, that:

If any funds have been paid or will be paid to any person for influencing or attempting to influence an officer or employee of any agency, a Member of Congress, an officer or employee of Congress, or an employee of a Member of Congress in connection with this commitment providing for the United States to insure or guarantee a loan, the undersigned shall complete and submit Standard Form-LLL, "Disclosure of Lobbying Activities," in accordance with its instructions. Submission of this statement is a prerequisite for making or entering into this transaction imposed by section 1352, title 31, U.S. Code. Any person who fails to file the required statement shall be subject to a civil penalty of not less than \$10,000 and not more than \$100,000 for each such failure.

* APPLICANT'S ORGANIZATION Palmyra-Macedon Central School District	
* PRINTED NAME AND TITLE OF AUTHORIZED REPRESENTATIVE	
Prefix: Dr.	* First Name: Robert Middle Name:
* Last Name: ke	Suffix:
* Title: Superintendent of Schools	
* SIGNATURE: Christopher Semler	* DATE: 04/12/2013

Abstract

The abstract narrative must not exceed one page and should use language that will be understood by a range of audiences. For all projects, include the project title (if applicable), goals, expected outcomes and contributions for research, policy, practice, etc. Include population to be served, as appropriate. For research applications, also include the following:

- Theoretical and conceptual background of the study (i.e., prior research that this investigation builds upon and that provides a compelling rationale for this study)
- Research issues, hypotheses and questions being addressed
- Study design including a brief description of the sample including sample size, methods, principals dependent, independent, and control variables, and the approach to data analysis.

[Note: For a non-electronic submission, include the name and address of your organization and the name, phone number and e-mail address of the contact person for this project.]

You may now Close the Form

You have attached 1 file to this page, no more files may be added. To add a different file, you must first delete the existing file.

* Attachment:

Project Objectives and Activities:

1. Each student will participate in 60 minutes of moderate to heavy physical activity each day. PMCSD will achieve this by adding the Plus 5 Program and providing students with the opportunity of afterschool physical education and activity at the Palmyra Community Center.
2. Students in the Palmyra-Macedon will meet at least five of the six fitness areas of the Presidential Youth Fitness Program. PMCSD will improve the curriculum, expand the amount of time available for physical activities, and improve the student assessment process.
3. Students will consume fruit two or more times per day and vegetables three or more times per day. Cornell Cooperative Extension-Wayne County the program will provide healthy eating and nutrition education to student's in grade 3-5 and professional development to K-2 teachers.
4. PMCSD will achieve a High score in all four modules of School Health Index for both Elementary and Middle/High School assessments. PMCSD will improve their Wellness Policy.
5. PMCSD will achieve a reasonable cost per student who achieves the level of physical activity required to meet the 60 minutes of daily physical activity per day.
6. PMCSD will reduce the percent of students who are over-weight and obese.
7. PMCSD will achieve a high score on all six standards of the PECAT for all grade levels. PMCSD will revise the Physical Education Curriculum based on the PECAT assessment. PMCSD will practice continuous improvement on the PE Curriculum.
8. PMCSD will achieve a increase each year in the one-mile run/walk, an increase in abdominal strength, and an increase in upper body strength and endurance.
9. PMCSD will achieve a high fidelity of implementation of proposed activities.

Applicable Priorities: The project will meet Absolute Priorities 1, 2a, 2b, 2c, 2d, and 2e.

Proposed Project Outcomes

1. Each student will participate in 60 minutes of moderate to heavy physical activity each day. In

year one, 78% will achieve 10,000 steps per day, in year two 82%, and in year three 85%.

2. Students in the Palmyra-Macedon will meet at least five of the six fitness areas of the Presidential Youth Fitness Program. In year one, 45% will meet at least five of the six areas, in year two 50%, and in year three 55%.

3. In year one, 40%, in year two 50%, and in year three 60% will consume fruit two or more times per day and vegetables three or more times per day.

4. PMCS D will achieve a High score in all four modules of School Health Index for both Elementary and Middle/High School assessments.

5. PMCS D will achieve a cost of \$100 per student who achieves the level of physical activity required to meet the 60 minutes of daily physical activity per day.

6. PMCS D will reduce the percent of students who are over-weight and obese by 2 percentage points each program year.

7. Achieve a “9” on all six standards of the PECAT for all grade levels.

8. PMCS D will achieve a 3% increase each year in the one-mile run/walk, a 5% increase in abdominal strength, a 5% increase in upper body strength and endurance.

9. Achieve a “fidelity of implementation of 85% the first year and 90% in the second year, and 95% in the third year.

Number of Participants to be Served: 1,986 students will be served each year.

Number and Location of Proposed Sites

Palmyra-Macedon High School, 151 Hyde Parkway, Palmyra, NY 14522

Palmyra-Macedon Middle School, 163 Hyde Parkway, Palmyra, NY 14522

Palmyra-Macedon Intermediate School, 4 West Street, Macedon, NY 14502

Palmyra-Macedon Primary School, 120 Canandaigua Street, Palmyra, NY 14522

Palmyra Community Center, 424 Stafford Street, Palmyra, NY 14522

Project Narrative File(s)

* **Mandatory Project Narrative File Filename:**

[Add Mandatory Project Narrative File](#)

[Delete Mandatory Project Narrative File](#)

[View Mandatory Project Narrative File](#)

To add more Project Narrative File attachments, please use the attachment buttons below.

[Add Optional Project Narrative File](#)

[Delete Optional Project Narrative File](#)

[View Optional Project Narrative File](#)

Project Narrative

I. NEED FOR THE PROJECT

(A) Gaps or weaknesses in services, infrastructure, or opportunities.

1. Outcomes of Self-Assessment

The Palmyra-Macedon Central School District (PMCS D) has identified their gaps and weaknesses in meeting New York State Education Department physical education standards.

Standard 1: Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. Students will perform basic motor and manipulative skills. They will attain competency in a variety of physical activities and proficiency in a few select complex motor and sports activities. Students will design personal fitness programs to improve cardio-respiratory endurance, flexibility, muscular strength, endurance, and body composition.

Gaps and Weaknesses:

PMCS D K-2 students only receive 130 minutes of physical education per week; which is 30 minutes less than the CDC recommended amount and our high school students only receive 106 minutes a week of physical education a week; which is deficient by 119 minutes per week of the recommended 225 minutes.

Standard 2: Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. Students will recognize the relationship between behaviors and healthy development. Students will understand ways to promote health and prevent disease and demonstrate and practice positive health behaviors.

Gaps and weaknesses: Based on our PECAT assessment (table 2 below) PMCS D has the need to improve on the curriculum content and student assessment in this area, specifically in terms of

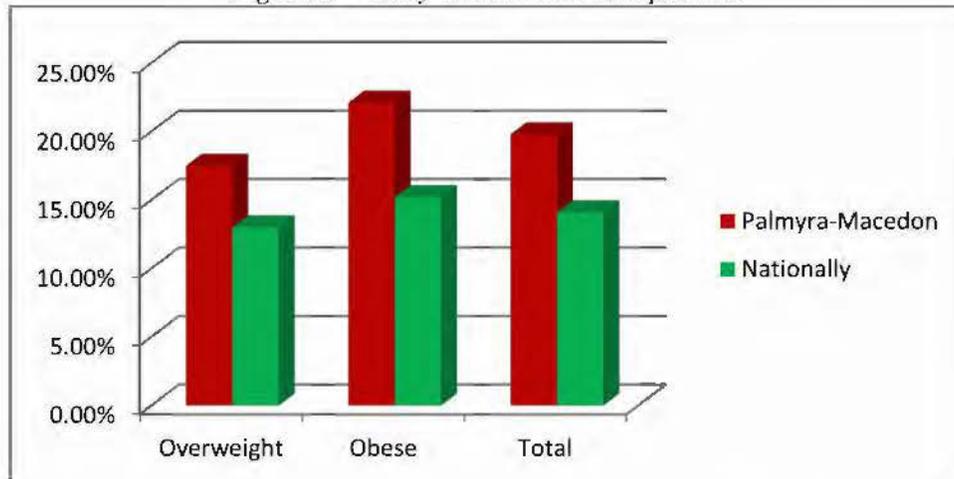
student motivation and personal responsibility in managing their own health and physical activity.

Standard 3: Students will understand and be able to manage their personal and community resources for health, nutrition and physical activity.

Gaps and Weaknesses: Palmyra-Macedon CSD students are far above the national average for Body Mass Index. As depicted in Table 1face and Figure 1 below Palmyra-Macedon CSD, the percent of students who are over-weight or obese is 40.4% higher than the national average¹. Palmyra-Macedon CSD Wellness Committee has identified this as the most important health issue that students face in the district.

Table 1 - BMI Comparisons			
	Palmyra-Macedon	National Average	Percent Difference
Over-Weight	17.5%	13.0%	35%
Obese	22.1%	15.2%	45%
Total	39.6%	28.2%	40%

Figure 1 – Body Mass Index Comparison



Student Health Index: In an effort to meet requirement 1 and will align the project goals with identified needs using the School Health Index (SHI), PMCS D has specifically we have identified

¹ Center for Disease Control and Prevention (2011) Nutrition, Physical Activity, and Obesity Data and Statistics retrieved from <http://www.cdc.gov/healthyouth/npao/data.htm>

the following needs based on our SHI assessment.

Module	Elementary Level	Middle/High School
School Health Policies and Environment	Medium-High (75%)	Medium-High (69%)
Health Education	Medium (44%)	High (82%)
Physical Education and Other Physical Activity Programs	Medium-High (72%)	Medium-High (73%)
Nutrition Services	Medium-High (63%)	Medium-High (72%)

SHI Module 1, School Health Policies and Environment: the score for both the elementary grades and middle/high school grades were Medium-High demonstrating there is room for improvement with the PMCSD Wellness Policy.

SHI Module 2, Health Education: for this index the elementary school scored at a medium level and the middle/high school at high. This demonstrated a need to improve health education in our K-5 schools and that our middle and high school programs are strong.

SHI Module 3, Physical Education and Other Physical Activity Programs: the score for elementary grades and the middle/high school was medium high. This indicates there is room for improvement with our physical education curriculum and program, the PECAT has also shown we have needs in this area.

SHI Module 4, Nutrition Services: our nutrition services score for all grade levels was medium-high, again showing some strength and the need for continuous improvement.

PECAT Assessment: PMCSD has conducting the PECAT assessment and has analyzed our need to improve the physical education curriculum. The PMCSD assessment scores are provided in table 2 below.

	Content Analysis Scores				Student Assessment Scores			
	K-2	3-5	6-8	9-12	K-2	3-5	6-8	9-12
Standard 1	9	9	8	4	5	9	5	4
Standard 2	10	7	6	8	5	5	5	3

Palmyra-Macedon Central School District – Physical Education Program

Standard 3	7	7	7	4	8	6	5	5
Standard 4	7	5	7	5	5	3	5	4
Standard 5	8	7	7	6	8	5	5	0
Standard 6	6	6	7	0	4	4	5	0

The PMCSD PECAT assessment shows the need to improve our physical education curriculum in both content analysis and student assessment. The weakest areas include standard 5 and standard 6, especially at the high school level. This indicates the need to improve our instruction that will lead students to positive behaviors in regards to personal responsibility, social behavior, valuing physical activity, and social interaction. PMCSD lacks lifetime fitness equipment and cardiovascular fitness equipment combined with a lack of teacher training on how to teach fitness in a way that is understandable and engaging to students contribute to this problem.

2. Proposes Project will Help Students meet the Identified Standards of Absolute Priority.

The mission of the PMCSD Physical Education program is to empower all students to sustain regular, lifelong physical activity as a foundation for a healthy, productive and fulfilling life. The goals of the Palmyra-Macedon CSD Physical Education Program are:

Goal 1: Improve instruction in healthy eating habits and good nutrition.

This goal supports absolute priority 1. The need and purpose for this goal is supported by our self-assessment. The School Health Index has indicated that there is room for improvement in School Health Policies and Environment and Health Education. Palmyra-Macedon students also have a great need to reduce their Body Mass Index based on the fact the percent of students who are over-weight or obese is 40.4% higher than the national average. PMCSD will use the HECAT Healthy Eating Module Standards to focus our attention on the need to provide a range of healthy food choices on the food service menus. Cornell trained professionals are included in this project to further develop and teach healthy eating strategies.

Goal 2: Implement a Well-Designed Physical Education Curriculum.

Palmyra-Macedon Central School District – Physical Education Program

This goal supports absolute priority 2a-d. The need and purpose for this goal is supported by our PECAT self-assessment and the fact that our students exceed the national average for the percent of students who are over-weight or obese by more than 40%. This goal is also supported by the need to expand physical education opportunities for K-2 and 9-12 students. The Palmyra-Macedon CSD will dedicate the resources necessary to develop and implement a curriculum that meets absolute priority 2 a-d by providing: fitness education and assessment to help students understand, improve, or maintain their physical well-being; instruction in a variety of motor skills and physical activities designed to enhance the physical, mental, and social or emotional development of every student; development of, and instruction in, cognitive concepts about motor skills and physical fitness that support a lifelong healthy lifestyle; and opportunities to develop positive social and cooperative skills through physical activity participation. To accomplish this goal the PMCSD will revise the PMCSD Physical Education Curriculum to meet NYS Standards for Physical Education. The district has completed the Physical Education Curriculum Assessment Tool and will use this assessment and the NYS Learning Standards as guides to accomplish this task. PMCSD will also expand the time each student has available for fitness education by providing before and after school opportunities for programs for fitness education. The writing of curriculum will be a key component of developing the vision of the department. Providing all students of Palmyra-Macedon with increased opportunities for physical activity, and providing access to a variety of fitness equipment coupled with improved curricular alignment will yield results in terms of fitness improvement and increased motivation to continue physical activity into adulthood. In an effort to increase the number of students who have at least 60 minutes of moderate to vigorous physical activity each day PMCSD will expand the offerings of physical education by expanding before and after school physical education opportunities and through our partnership with Palmyra Community Center

Goal 3: Provide Teachers with Appropriate Training and Leadership.

This goal supports Absolute Priority 2e. PMCS D school principals will ensure all of the districts physical education classes are taught by qualified physical education specialists. The need and purpose for this goal is supported by our self-assessment, specifically the PECAT has indicated PMCS D is weak in developing the motivation and responsibility in our students that is necessary to gain and maintain a lifelong habit of healthy physical activity. PMCS D will improve and increase the professional development of our physical education and health teachers. PMCS D will provide physical education teachers with memberships to professional associations which can provide each teacher with a source of the latest research and trends in physical education. PMCS D will develop, provide, and sustain opportunities for professional development for teachers of physical education to stay abreast of the latest research, issues, and trends in the field of physical education.

II. SIGNIFICANCE

(A) The likelihood the proposed project will result in system change or improvement.

PMCS D has established eight objectives to support the goals of this project and to meet the three GPRA's of the U.S. Department of Education's Carol M. White Physical Education Program.

1. Each student will participate in 60 minutes of moderate to heavy physical activity each day. In year one, 78% will achieve 10,000 steps per day, in year two 82%, and in year three 85%. PMCS D will achieve this by adding the Plus 5 Program and providing students with the opportunity of afterschool physical education and activity at the Palmyra Community Center. PMCS D Physical Education Curriculum revision will also include better content, student assessment, and activities and learning that will help motivate students to engage in physical activity as a lifelong habit.
2. Students in the Palmyra-Macedon will meet at least five of the six fitness areas of the

Presidential Youth Fitness Program. In year one, 45% will meet at least five of the six areas, in year two 50%, and in year three 55%. PMCS D will improve the curriculum, expand the amount of time available for physical activities, and improve the student assessment process.

3. In year one, 40%, in year two 50%, and in year three 60% will consume fruit two or more times per day and vegetables three or more times per day. Working with Cornell Cooperative Extension-Wayne County the program will provide healthy eating and nutrition education to student's in grade 3-5 using the research-based "Choose Health: Food, Fun and Fitness" curriculum which will help educate and motivate students to eat healthier. CCE will provide six skill building, hands-on and interactive lessons designed to adopt healthy eating. CCE will provide professional development and classroom modeling "train the trainer" on Coordinated Approach to Child Health (CATCH). CATCH provides 20 K-2 teachers a year with physical activity and nutrition professional development on lessons that can be integrated into curricula.

4. PMCS D will achieve a High score in all four modules of School Health Index for both Elementary and Middle/High School assessments. PMCS D will improve their Wellness Policy based on the weaknesses identified by our SHI assessment. PMCS D will include the expertise of the Wayne County Public Health Department and Cornell Cooperative Extension to accomplish this. PMCS D will continuously improve the physical education curriculum as detailed below and in management plan at table 3. The Program Director will conduct SHI assessment and develop plan for continuous improvement. The process will continue until a high rating is achieved in modules 1-4 in all grade levels.

5. PMCS D will achieve a cost of \$100 per student who achieves the level of physical activity required to meet the 60 minutes of daily physical activity per day. PMCS D will work with the external evaluator to maintain fidelity of implementation. The Program Director will work with the Assistant Superintendent to monitor and control the budget so that actual costs are in line

with the budget.

6. PMCS D will reduce the percent of students who are over-weight and obese by 2 percentage points each program year. Together with the efforts to improve healthy eating, additional nutrition classes, an improved PE curriculum which addresses student motivation towards physical fitness, improved teacher preparedness to deliver this curriculum, the availability of more and better physical fitness for cardio-respiratory, and the provision of additional time for physical education and activity before and after school will allow the district to achieve this objective.

7. Achieve a “9” on all six standards of the PECAT for all grade levels. PMCS D will revise the Physical Education Curriculum based on the PECAT assessment. PMCS D will practice continuous improvement on the PE Curriculum and conduct a second PECAT assessment at the conclusion of the first revision of the PE Curriculum and file the gaps and strengthen the weaknesses of the PE Curriculum based on the PECAT. PE Teachers will develop a curriculum map as part of this process. In order to support the continuous improvement of the curriculum teachers will document “lessons learned during the first year of teaching the revised curriculum. Based on the lessons learned a third revision of the PE Curriculum will occur. The Program Director will conduct a third PECAT to ensure PMCS D scores 9 in all areas and all grades and repeat the revisions until this objective is met.

8. PMCS D will achieve a 3% increase each year in the one-mile run/walk, a 5% increase in abdominal strength, a 5% increase in upper body strength and endurance (push-up, modified pull-up, and flexed arm hang). Together with the curriculum improvements, teacher professional development, the availability of more time for students to participate in physical activity, PMCS D has developed a plan to assure we obtain this objective.

9. Achieve a “fidelity of implementation of 85% the first year and 90% in the second year, and 95% in the third year. The external evaluator will develop fidelity of implementation measures

based on the PEP agreement with the US Department of Education, and the management plan (table 3) and the evaluation plan (table 4). The external evaluator will then measure the actual implementation of these activities to determine the level of fidelity of actual implementation.

III. QUALITY OF THE PROJECT DESIGN

(A) The extent to which the proposed project is designed to build capacity and yield results.

PMCS D will take implement a physical fitness program that will address all four areas of a high quality physical education program according to the CDC guidelines. This includes the development of a high-quality curriculum, the redesign and implementation of effective policies and environment, the development of highly effective teachers who provide physical education instruction, and the development of student policy and environmental actions that support high quality physical education. The PMCS D physical education program will include ongoing opportunities for students to conduct self assessments and practice self-monitoring of physical activity, and communication with students and parents about assessment results. PMCS D will increase the effectiveness of the physical education program by focusing on fitness component to include social/emotional fitness and muscular strength and endurance. We will continue to monitor these through a variety of assessments. Fitness Gram is a program with focuses on aerobic capacity; body composition; and muscular strength, endurance, and flexibility.

In addition to using *FitnessGram* as a diagnostic tool, we have developed specific SLO's (Standard Learning Objectives) for our students by grade level. They also help meet the Common Core Learning Standards in ELA for the State Education Department of New York. These SLO's were developed to enhance student skill development in ELA. This was an opportunity to develop skills in Bloom's Taxonomy of verbs (knowledge, comprehension, application, analysis, synthesis, and evaluation). (SLO's are attached-not all grade levels are present)

PMCS D will develop a new Physical Education Curriculum that will meet NYS Learning

Palmyra-Macedon Central School District – Physical Education Program

Standards using the PECAT as a guide which will meet requirement 5. The PMCSD Physical Education Program will improve, and extend our current program. Through significant improvements to the curriculum and the training of our staff, students in grades K-12 will benefit in the classroom as well as beyond. By focusing on team building & cooperative games, our extra-curricular activities will grow. Outside of the regular school day, students will continue to have opportunities beyond the curriculum through intramurals, enrichment programs, club programs, and continued sport offerings. The relationship with the Palmyra Community Center will continue to help foster a life time awareness of fitness through their youth/adult programs; we both share in a commitment to our students and community members. The PMCSD physical education curriculum will include instructional strategies that support high -quality physical education emphasize the need for inclusion of all students, adaptations for students with disabilities, opportunities to be physically active most of the class time, well-designed lessons, and out-of school assignments to support learning.

Palmyra-Macedon CSD will decrease the gap on the time available for physical education to K-2 students and expand the time available to students in grades 3-5 through the provision of Plus 5 Fitness. Plus 5 Fitness will provide each K-5 classroom with an additional 25 minutes of physical education each week, which will allow PMCSD to near the recommended 150 minutes in each K-5 classroom with 145 minutes in each K-2 classroom and over 150 minutes in each 3-5 classroom. In addition to this, with the help of the Palmyra Community Center, PMCSD students will enjoy added our partners, we will add activities after school, evenings, holidays, and during school breaks as options.

To achieve Goal 3: Provide Teachers with Appropriate Training and Leadership PMCSD will improve and expand on the professional development provided to teachers. Interscholastic teams and coaches will be able to utilize the skills gained through professional development to help

foster team unity. PMCSD will provide professional development in the outdoor low element challenge course elements of helping students develop cooperation, team building skills, and self-efficacy. PMCSD will ensure we provide students with reasonable class sizes, and proper equipment and facilities. The expanded capacity and new equipment will mean little if access is also not increased and expanded. PMCSD will provide equipment that will accommodate the number of students per class 20-25 to enable this effort and provide students with lifelong learning on the use of these resources.

Quality physical education programs make important contributions to the complex issue of obesity and related diseases attributed to physical inactivity through instruction and assessments that are aligned with the NYS learning standards and address our objective of achieving healthy Body Mass Index. The PMCSD Curriculum will focus on preparing students with the knowledge and skills necessary for lifetime participation in health-enhancing physical activities. Realizing that the activities that adults engage in are usually different from those that are popular when they were young, students need opportunities to discover, pursue, and experience success in a wide variety of activities. By providing active physical education classes and effective instruction focusing on the knowledge and skills necessary for enjoyable participation in health-enhancing activities, physical education makes a powerful contribution to the lifetime need for physical activity. The curriculum will include activities such as: outdoor low element challenge course, Zumba, dance, step aerobics, water aerobics, Tae Bo, cardio-kick boxing, aerobic activities, weight training, and Pilates. These all align with the health-related components of fitness such as cardio-respiratory fitness, muscle strength and endurance, and flexibility.

PMCSD will provide all grade 3-5 students with healthy eating and nutrition education using the research-based “Choose Health: Food, Fun and Fitness” curriculum which provides six skill building, hands-on and interactive lessons designed to adopt healthy eating and physical activity

habits, tasting and physical activity in each lesson, includes parent newsletter.

PMCS D will integrate this training into our K-5 curriculum with the assistance of Cornell Cooperative Extension. PMCS D will also integrate Instruction in Health Eating in our Health and Lifeskills classes. Cornell Cooperative Extension together with our food service and Health and Wellness Committee will create nutritious menus and help prepare our students through education in healthy eating habits and decision making. Also the Department of Health will offer assistance in smoking cessation and tobacco use within our schools by offering educational materials and counseling.

PMCS D has partnered with the Palmyra Community Center (PCC) as our community-based partner. The PCC will provide opportunities for student fitness education and healthy eating after school and during summer vacation. PMCS D and PCC have agreed to provide shared facilities to allow for the best uses of resources within the community and to allow for adequate facilities when activities scheduled exceed facilities available or during inclement weather. PCC can share PMCS D facilities and vice-versa. PCC programs can utilize equipment purchased for our physical education programs such as outdoor low element challenge course, bikes, in line skates, yoga mats, aqua-wall, and miscellaneous sporting equipment.

PMCS D has partnered with the Wayne County Public Health Department as evidenced by the attached agreement with them. The Public Health Department will provide smoking cessation classes to at-risk students as no cost to the district or students. They will also provide health clinics, STD prevention and screening, and immunizations for students. The Public Health Department will serve as an advisor to the Pal-Mac Wellness Committee by providing us with input, data and resources to inform the committee.

PMCS D will build the capacity of the district to provide high-quality physical education and continue to yield results that extend beyond the funding period. The district will continue the

Wellness Committee to continuously assess and improve our Wellness Policy. PMCS D will continue our partnerships as developed through this program and other efforts. The project design includes the development of a new research-based curriculum, utilization of the PECAT and HECAT to analyze curricula and implement necessary changes and the purchase of new equipment, all of which will yield results far beyond the Federal funding period. Initiation of a consistent long term professional development for the health and physical education faculty will result in a sustained program of training in current and future trends and the latest applicable research. The relationship between the Towns and Villages of Palmyra and Macedon; as evidenced by the attached agreements, will foster positive public relationships and commitment to service of our students while supplying them with more opportunities to live and gain a healthy advantage through our youth sport offerings, our parks and recreation programs, and the maintenance of our waterways and trails. All schools in PMCS D will offer an outdoor low element challenge course training with emphasis on cooperative and team building activities and the development of self-efficacy that will be tailored to their grade level. The course will allow students to engage in moderate to vigorous physical activity that improves flexibility, muscular strength and endurance and body composition. The course will also incorporate both muscular strength endurance as well as cardiovascular conditioning. Lessons also point to out-of-school time activities to better ensure greater overall fitness results. PMCS D will provide students with the availability of an outdoor low element challenge course will be open after hours and throughout the summer months.

Primary School: With a rudimentary rock wall; elements of outdoor low element challenge course can be started in Primary Grades utilizing these challenging obstacles. In addition, low element challenges can be started inside our facilities or outside along an existing walking trail. All K-5 classrooms will implement the Plus 5 Fitness program. This program will provide teachers with a user-friendly system designed to provide elementary students with the opportunity to

participate in an additional five minutes of physical fitness each day.

Intermediate School: PMCSD will also enhance our creative dance and cross-fit training to provide engaging and non-traditional opportunities for conditioning programs that develops the body in cardio/respiratory endurance, stamina, strength, flexibility, power, speed, agility, balance, coordination, and accuracy. Certain aspects of this program can enhance student fitness levels while challenging them while having fun using the body itself and inexpensive items as resistance. The Intermediate School will also provide Plus 5 Fitness each school day.

Middle School: PMCSD will integrate our International Baccalaureate Middle Years Program (IB) program in the effort by placing an emphasis on the four key components of: use of knowledge, movement composition, performance, and social skills and personal engagement. These are based in sport and fitness knowledge, aesthetic activities, team games, individual games, and a flavor of international activities that also utilize recreational sport and adventure activities. Recent years there has been a call for a fitness/weight room in middle school; students are eager to learn and use high school facilities but there is limited space for the number student's afterschool. PMCSD will provide students with physical education enrichments program three times per week for 30 minutes. The middle school will also provide students with various intramural offerings, each offered twice a week for 50 minutes each session.

High School: The high school program will continue the IB Middle Years Program until 10th grade. The high school program will include an outdoor adventure program can be expanded to fit existing kayak/fishing program in place. PMCSD will provide students with biking safety training. The high school offers many scholastic sports with 55 teams which each provide approximately three to five months of moderate to heavy physical activity for 120 minutes a day for approximately five days a week. Last year PMCSD was recognized as one of six schools in the region recognized for academics by the New York State Public High School Athletic Association,

all teams from Pal-Mac High School had an average GPA of 90% or above. The high school will provide supervised after-school fitness at the high school and PCC to include weight rooms, pool, cardio/respiratory fitness equipment, and intramurals five days a week for 75 minutes each day in an effort to expand the number of students who participate in at least 60 minutes of moderate to heavy physical activity each day.

(B) The extent to which the design of the proposed project reflects up-to-date knowledge.

Cornell University's Cooperative Extension-Wayne County (CCE) will partner with PMCS D to provide researched based programs to include "Choose Health: Food, Fun, and Fitness" and Coordinated Approach to Child Health (CATCH). The partnership with Cornell Cooperative Extension provides the knowledge and expertise of higher education scholars from America's premier agriculture school to our health and physical education program and supports our first goal of Improve instruction in healthy eating habits and good nutrition. CCE will provide "Jump into Food and Fitness" a program that teaches individuals how to shop and prepare healthy foods and the appropriate fitness programs fitted to an individual's age, and capabilities. The Cornell project is designed to increase students' developmentally appropriate physical activity, increase the consumption of low-fat dairy products and fruits and vegetables. In an effort to help students develop a lifelong habit of health eating, the Palmyra-Macedon CSD Food Director working with Cornell Cooperative Extension and local farmers will provide students with "Tasty Tuesdays". Once a month on Tuesday the PMCS D cafeterias in each school will provide students with a free sampling of a different food; such as prickly pears, in an effort to expand the students to expand their selections of fruits and vegetables. The sampled food item will then be placed on the menu later that same week.

PMCS D will provide adventure based fitness activities. provides students with an adventure-

based fitness activity and a literature –review research² has shown that adventure based programs can produce notable positive outcomes with long lasting effects. According to the CDC in order to maximize the potential benefits of student participation in physical education class, schools and physical education teachers can consider increasing the amount of time students spend in physical education or adding components to increase the quality of physical education class. However, due to curriculum requirements this is always not possible to achieve the expansion of physical education PMCS D will provide before and after school fitness and health education opportunities at each school and through our partner the Palmyra Community Center. To meet absolute priority 2e PMCS D will provide professional development and classroom modeling “train the trainer” on Coordinated Approach to Child Health (CATCH). CATCH is a research-based curriculum that the project will provide to 20 K-2 teachers. The professional development will include physical activity and nutrition integrated into the physical education curricula. To meet the goal to develop, provide, and sustain opportunities for professional development for teachers of physical education to stay abreast of the latest research, issues, and trends in the field of physical education, PMCS D will provide membership to all health and physical education teachers to the New York State’s Association for Health, Physical Education, Recreation and Dance (NYS AHPERD). The association program provides members with professional development opportunities through meetings, workshops and conferences.

(C) The extent to which the proposed project represents an exceptional approach.

PMCS D will update, improve, and enhance physical activity policies and food- and nutrition-related policies to address requirement 2 and 3 of the US Department of Education’s Carol M. White Physical Education Program. PMCS D process for policy development, implementation,

2 Hattie, J., Marsh, H.W., Neill, J.T., Richards, G.E. (1997). Adventure Education and Outward Bound: Out-of-class Experiences that Make a Lasting Difference, *Review of Educational Research*, 67, 43-87

review, and monitoring of this policy will begin with the assessment of the current policy by the wellness committee. The committee will use the School Health Index as an assessment tool for this process. The Wellness Committee will then plan the update, improvement, and enhancement of the policy by assigning responsibilities to members for the development of each portion of the policy. Wellness Committee members will work with partners and other community resources to include Cornell Cooperative Extension and Wayne County Public Health in their efforts to improve the policy. Once drafted the policy will undergo a review of the entire committee and then sent to the Palmyra-Macedon Policy Review Committee for additional review prior to submission for approval from the Palmyra-Macedon Board of Education. As described above, PMCSD does have a Local Wellness Policy that meets the requirements of the Richard B. Russell National School Lunch Act. The Wellness Policy and other policies related to health and physical education will be brought up to date with the latest evidence and research with the expert input of our partners.

PMCSD will coordinate our program with other Federal, State, and Local Initiatives to include the NYS Coordinated School Health funded program to meet requirement 4 of this funding opportunity. The New York State Department of Education receives funding from CDC's Division of Adolescent and School Health to: conduct the Youth Risk Behavior Survey (YRBS), implement effective policies, programs, and practices to avoid, prevent, and reduce sexual risk behaviors among students that contribute to HIV infection, sexually transmitted diseases, and pregnancy; and promote coordinated school health policies, programs, and practices with an emphasis on physical activity, nutrition, and tobacco use prevention. Our program will include the use of the YRBS as an assessment tool for the project and a measurement tool for our evaluation.

PMCSD will complete the PECAT at the end of each project year and a curriculum improvement plan to ensure continuous improvement of the curriculum and to ensure we meet our

objective of achieving an “8” on all six standards of the PECAT for all grade levels. PMCSD will use the HECAT Health Eating Module Standards and our partnership with Cornell Cooperative Extension to update our nutrition education in our health education program. The HECAT assessment will guide our nutrition instruction curricular change by ensuring our revised curriculum focuses on clear health goals and related behavioral outcomes related to nutrition; that the curriculum is research-driven; builds on personal competence with nutrition; provides functional health knowledge that is basic, accurate and directly contributes to health eating; provides age-appropriate and developmentally appropriate information; provides adequate time for instruction; reinforces positive health eating; will include teacher information and plans for professional development; and other factors of CDC recommended guidelines to the PMCSD nutrition instruction. In our K-5 classrooms, a nutritionist from Cornell Cooperative Extension will provide 15 minutes of nutrition instruction in each classroom, once every year.

Palmyra-Macedon CSD will create a web-page to highlight student progress in the aggregate and program indicators as outlines in Section VI. Quality of Project Evaluation, which include the three Government Performance and Results Act to meet requirement 7 of this funding opportunity.

The PMCSD Physical Education Program has made efforts to meet Competitive Priority Preference 2. Attached are agreements from the Palmyra Community Center, Cornell Cooperative Extension of Wayne County, the Wayne County Public Health Department, and the Towns and Villages of Palmyra and Macedon. In each agreement we have described the partners roles, responsibilities, and contributions of the partner, meaningful consultation, and a commitment to work together to achieve the goals and outcomes of the project.

IV. ADEQUACY OF RESOURCES

(A) The extent to which the costs are reasonable.

PMCSD will align students’ use of the equipment with PEP elements applicable to our project,

identified in the absolute priority, and any applicable curricula. PMCS D will also only purchase equipment with grant funds that is aligned with the curricula components of the proposed program to meet requirement 6 and the program specific assurances of this funding opportunity.

To support the goals and activities of the proposed program and to successfully address the proposed expansion in time and number of students who participate in fitness activities, PMCS D will expand the availability of fitness equipment. PMCS D will purchase new equipment that will encourage and motivate students to engage in physical activity and form a lifelong habit. A complete description of the equipment, the programs and fitness disciplines they will be targeted for is included in the budget narrative. The project will serve 1,986 staff.

PMCS D has reasonable costs associated with this project. The Program Director will make approximately \$50,000 annually which is in the mid-range of the average salary of federal grant coordinators of \$41,200 to \$60,000. The cost of equipment per student is \$85.85. This cost adjusted based on a useful life of the equipment is just \$8.59 per student per year, making this a very reasonable cost. The contractual costs of this program are also reasonable. The Palmyra Community Center will provide after school physical education programs for all of our schools for just \$28,000 a year. Cornell Cooperative Extension will provide expert healthy eating and nutrition classes, and professional development for 20 teachers for just over \$12,000 per year.

V. QUALITY OF THE MANAGEMENT PLAN

(A) The adequacy of the management plan.

PMCS D will appoint a 0.75 FTE Project Director to oversee this project and provide a stipend to a teacher who will act as the Wellness Coordinator for this project. PMCS D will also contract with an external evaluator to develop and implement the evaluation. The Project Director is responsible and accountable for the proper management and oversight of the project. The Project Director will provide management and coordination of curriculum development, purchasing,

Palmyra-Macedon Central School District – Physical Education Program

professional development, policy improvement, environmental improvements. The Project Director with the assistance of the Wellness Coordinator and External Evaluator will report to the district, partners, the US Department of Education, and provide information for the districts website and newsletters on the outcomes of the project. The Project Director will oversee the program in each of the schools within the district. The Project Director will ensure the fidelity of implementation of the grant activities as proposed in this application. The project director will provide all required reports to the US Department of Education in a timely and accurate manner. The Project Director will coordinate the activities of the Palmyra Community Center with the program. The Wellness Coordinator will act as a liaison for health, physical education and food service personnel for design and implementation of health, fitness and nutritional programs and the revision of the Wellness Policy. The Wellness Coordinator will liaison with the Wayne County Public Health Department to gain advisement for the conduct of the program and the revision of the Wellness Policy. The Food Service Director will provide advisement to the Wellness Policy revision and provide oversight of the projects integration of health eating and nutrition, to acting as a liaison with Cornell Cooperative Extension-Wayne County.

Table 3 - Management Plan		
Goal 1: Improve instruction in healthy eating habits and good nutrition.		
Activity/Milestone	Timeline	Responsible
Appoint Wellness Coordinator	Oct 2013	Superintendent
Revise Wellness Policy	Nov 2013 -Aug 2014, revise by June 2016	Program Director, All
Contract with Cornell Cooperative Extension-Wayne County	December 2013	Asst Superint.
Participate in the CCE Farm to School Program	November 2013	Food Svc Dir
Conduct SHI assessment and develop plan for continuous improvement to achieve objective of high rating in each module and grade level	August 2014	Program Director
Integrate Healthy Eating and Nutrition into curriculum and classrooms.	August 2014	Program Director
Provide Choose Health: Food, Fun and Fitness	Monthly	Food Svc Dir - CCE

Palmyra-Macedon Central School District – Physical Education Program

Conduct SHI assessment and develop plan for continuous improvement to achieve objective of high rating in each module and grade level	August 2015	Program Director
Goal 2: Implement a Well-Designed Physical Education Curriculum.		
Activity/Milestone	Timeline	Responsible
Appoint PEP Program Director	Oct 2013	Asst Superint.
Contract with PCC to provide after school physical education and activities.	December 2013	Assistant Superintendent
Revise the entire Physical Education Curriculum	Nov 2013-Aug 2014	Program Dir
Conduct the PECAT Assessment	August 2014	Program Dir
Perform continuous improvement on PE Curriculum by filling gaps and strengthening weaknesses based on the PECAT Assessment	Aug 2014-Dec 2014	Program Dir
Develop a curriculum map for the PE Curriculum	Aug 2014-Dec 2014	Program Dir
Document lessons learned during implementation of curriculum	Sept 2014 – June 2015	All PE Teachers
Revise and enhance physical education curriculum	July 2015-Aug 2015	PE Teachers
Conduct the PECAT Assessment	August 2015	Program Dir.
Perform continuous improvement on PE Curriculum by filling gaps and strengthening weaknesses based on the PECAT Assessment to ensure all areas are highly rated	Aug 2014-Dec 2014	Program Dir
Provide Plus 5 Program in grades K-5	October 2014	Program Dir, Principals
Purchase, emplace, and train staff on the use of first year equipment.	June 2014	Program Director
Purchase, emplace, and train staff on the use of second year equipment.	June 2015	Program Director
Contract with an external evaluator	December 2013	Program Dir.
Implement SHI, PECAT, NYS Physical Education Profile, 3DPAR, Presidential Youth Fitness Program assessment, Youth Risk Behavior Survey, and CDC Body Mass Index.	See evaluation plan table 4	
Goal 3: Provide Teachers with Appropriate Training and Leadership.		
Activity/Milestone	Timeline	Responsible
Provide professional development and classroom modeling “train the trainer” on Coordinated Approach to Child Health	May 2014	Program Dir., CCE
Provide outdoor low element challenge course professional development.	August 2014	Program Dir.

VI. Quality of Project Evaluation

(A) The extent to which the methods of evaluation are thorough, feasible, and appropriate.

1. Types of Data that will be Collected:

PMCS D will collect data in accordance with the Evaluation Plan at Table 4 below.

Table 4 - Evaluation Plan		
Outcome	Performance Indicator	Measurement Method
Each student will participate in 60 minutes of moderate to heavy physical activity each day. In year one, 78% will achieve 10,000 steps per day, in year two 82%, and in year three 85%.	The number and percentage of elementary school students in the district that meet or exceed the standard of 60 minutes of moderate to vigorous physical activities per day by achieving 10,000 steps per day.	Pedometer: Students in grades K-4 will use pedometers for a 4 day period. Daily total steps need be verified by parents and written on a take-home form. Students in grades 5-12 will use pedometers for a 7 day period. Students in grades 5-12 will complete the 3DPAR with data to be scored and compiled by PE teachers and then compared to the individual student's pedometer data.
Students in the Palmyra-Macedon will meet at least five of the six fitness areas of the Presidential Youth Fitness Program. In year one, 45% will meet at least five of the six areas, in year two 50%, and in year three 55%.	The number and percentage of students who meet the standard of a healthy fitness zone as established by the assessment for the Presidential Youth Fitness Program (PYFP) in at least five of the six fitness areas of that assessment.	Presidential Youth Fitness Program assessment.
In year one, 40%, in year two 50%, and in year three 60% will consume fruit two or more times per day and vegetables three or more times per day.	Number and percent of students who consume fruit two or more times per day and vegetables three or more times per day.	Annual Youth Risk Behavior Survey.
PMCS D will achieve a High score in all four modules of School Health Index for both Elementary and Middle/High School assessments.	CDC School Health Index Modules 1-4	PMCS D will complete the CDC School Health Index in the last three months of the grant period.
PMCS D will achieve a cost of \$100 per student who achieves the level of physical activity required to meet the 60 minutes of daily physical activity per day.	Per student cost of students who achieve the level of physical activity required to meet the 60 minutes of moderate or heavy physical activity	Pedometer data and grant expenditure data.
PMCS D will reduce the percent of students who are over-weight and obese by 2 percentage points each	Percent of students who are over-weight or obese based on the CDC Body Mass	CDC Body Mass Index assessment.

Outcome	Performance Indicator	Measurement Method
program year.	Index and percentile standards.	
Achieve a “9” on all six standards of the PECAT for all grade levels.	PECAT assessment score of “8” in each standard for each grade level in both content analysis and student assessment analysis.	PMCS D will complete the PECAT to include the curriculum improvement plan at the end of each project year.
PMCS D will achieve a 3% increase each year in the one-mile run/walk, a 5% increase in abdominal strength, a 5% increase in upper body strength and endurance.	PMCS D will baseline our FitnessGram data in the first measurement period and achieve the stated increases each of the three project years.	FitnessGram.
Achieve a “fidelity of implementation of 85% the first year and 90% in the second year, and 95% in the third year.	Fidelity of implementation measures to be developed by the external evaluator within 60 days of the award.	Fidelity of Implementation Measures form based on the proposed actions and management plan, proposed in the application.

The PMCS D will use the Cooper Institute’s FitnessGram to determine the gaps and weaknesses in its physical education program by measuring the fitness levels of district students. The FitnessGram, a comprehensive health-related fitness assessment and computerized reporting system, is a complete battery of health-related fitness elements that are scored using criterion-referenced standards. These standards are age and gender specific and are established based on how fit children need to be for good health. Outcome measurements listed below are expressed as the percentage of students who achieved the Healthy Fitness Zone for the Body Mass Index and the PACER Test. The Physical Education Curriculum Analysis Tool and the Health Education Curriculum Analysis Tool will continue to be used by the project to determine the rate of progress within the District due to the implementation of the PEP project.

2. When Data will be Collected: PMCS D will collect and aggregate data from two discrete data collection periods throughout each program year. In the first year we will collect baseline data prior to program implementation from September 2013 – December 2013, and additional data for

that year from January to June 2014, and July to September 2014. For the second and third year we will collect data for two distinct periods from October 1 to January 31 and from February 1 to September 30. At the completion of the final project period PMCS D will complete the School Health Index and submit the Overall Score Card from the second assessment in their final reports to demonstrate SHI completion and program improvement as a result of PEP funding.

3. Methods Used: Upon award the program director will process a request for proposal for an external evaluator. The qualifications of the evaluator will include: 1) at least three years experience as a professional evaluator; 2) ability to develop evaluation tools and conduct applied research on the GPRA measures; 3) experience in conducting formative and summative evaluations and using appropriate methods and techniques; 4) ability to measure progress on goals, objectives, and outcomes; 4) experience with at least three evaluations on federal grants; 5) evidence of excellent written and oral communication skills; 6) evidence of familiarity with research and current scholarship on K-12 healthy eating habits, good nutrition and physical education; and 7) experience in providing sound, reliable, and meaningful information to use in making thoughtful and reasonable recommendations and decisions.

The implementation, management, and analysis of the project evaluation will be the overall responsibility of the project director with the expert assistance of an external evaluator. The project director will work with the external evaluator to ensure the appropriate use of physical activity and fitness assessment tools. The responsibility for administering each instrument and compiling the results will be assigned to staff and coordinated by the external evaluator. The evaluation will include a formative component that will focus on the effectiveness of the projects implementation as designed, and a summative component that will measure the project's outcome performance. Both will be essential in developing a complete assessment of the project. Our evaluation will include fidelity of implementation measure to ensure adherence to the proposed and proper execution of our systematic assemblage of practices. This will provide PMCS D with a

summative evaluation to monitor the project to ensure fidelity in accordance with the proposed actions and management plan within this application. According to the US Department of Education (2009) highlighted the need to ensure that the core elements of a program are implemented as designed to include basic program structure, content, and method of delivery.

4. Instruments that will be Developed and when: PMCSD will work with the external evaluator to develop the evaluation plan, data collection plan, and data collection tools. PMCSD will use the NYS Physical Education Profile, the 3DPAR, the Presidential Youth Fitness Program assessment, the Youth Risk Behavior Survey, the School Health Index, the Physical Education Curriculum Assessment Tool, and the CDC Body Mass Index assessment. The external evaluator will develop Fidelity of Implementation measures, and data collection forms for the semi-annual YRBS extract and all other data that is collected.

5. How Data will be Analyzed: PMCSD will analyze data at the completion of every measurement period. The evaluator will conduct a thorough assessment and review using the School Health Index, Physical Education Curriculum Analysis Tool and the Health Education Curriculum Analysis Tool. The evaluator will compare the results with the baseline measures developed in the first measurement period.

6. When Reports of Results and Outcomes will be Available: The PMCSD will a report and evaluation on a semi-annual basis.

7. How Evaluation Information will be used to Monitor Progress to Provide Accountability: The PMCSD PEP Program Director will provide semi-annual reports to the Board of Education and the District Wellness Committee. The evaluator will provide the evaluation to the District Wellness Committee on a semi-annual basis. The District agrees to comply with all funder reporting requirements and will make available all evaluation data as part of its annual report to the U.S. Department of Education.

Requirement	Page
I. Need for the Project	1
A. Specific Gaps and Weaknesses	1
New York State Learning Standards	1
School Health Index	3
PECAT Assessment	3
Absolute Priorities and Goals	4
II. Significance	6
A. System Change or Improvement	6
Objectives	6
III. Quality of the Project Design	8
A. Proposed Project is Designed to Build Capacity and Yield Results	10
B. Proposed Project Reflects Up-to-Date Knowledge	15
C. Proposed Project Represents an Exceptional Approach	16
IV. Adequacy of Resources	18
A. Extent to Which the Costs are Reasonable	18
V. Quality of the Management Plan	19
A. Adequacy of the Management Plan to Achieve Objectives	19
Management Plan	20
VI. Quality of Project Evaluation	21
A. Methods of Evaluation	21
Evaluation Plan	22

Palmyra-Macedon CSD Elementary School
SCHOOL HEALTH INDEX

School Health Index
Overall Score Card

For each module (row), write an X in the one column where the Module Score falls*

	Low 0 – 20%	21% – 40%	Medium 41% – 60%	61% – 80%	High 81% – 100%
School Health Policies and Environment – Module 1				75%	
Health Education – Module 2			44%		
Physical Education and Other Physical Activity Programs – Module 3				72%	
Nutrition Services – Module 4				63%	
School Health Services – Module 5					
School Counseling, Psychological, and Social Services – Module 6					
Health Promotion for Staff – Module 7					
Family and Community Involvement – Module 8					

Some schools like to write the module scores in each box.

Palmyra-Macedon CSD Middle/High School
SCHOOL HEALTH INDEX

School Health Index
Overall Score Card

For each module (row), write an X in the one column where the Module Score falls*

	Low 0 – 20%	21% – 40%	Medium 41% – 60%	61% – 80%	High 81% – 100%
School Health Policies and Environment – Module 1				69%	
Health Education – Module 2					82%
Physical Education and Other Physical Activity Programs – Module 3				73%	
Nutrition Services – Module 4				72%	
School Health Services – Module 5					
School Counseling, Psychological, and Social Services – Module 6					
Health Promotion for Staff – Module 7					
Family and Community Involvement – Module 8					

Some schools like to write the module scores in each box.



Physical Education Curriculum Analysis Tool (PECAT)

Reference Number: PALM000730

My PECAT Options | Log out

Physical Education Curriculum Analysis Tool (PECAT)

[Your School's PECAT Home](#)

Print: [This page](#) | [All pages](#)

Download: [This page](#) | [All pages](#)

Your School's PECAT: Palmyra-Macedon Central School District Physical Education Curriculum

[Contact Us](#)

[Help](#) | [Glossary](#)

Created: 03/19/2013 Last Activity: 03/20/2013

Curriculum Description | Preliminary Considerations | Content & Student Assessment | **Overall Score** | Improvement Plan

Congratulations! You have completed the scoring for the Preliminary Considerations and Content and Student assessment steps.

Overall Score

The overall PECAT scorecard shows the compiled scores for content and student assessment analysis for each standard, by grade range. The scores are based on a scale of 0 to 10, within which a score of "0" is the lowest and a score of "10" is the highest. If a standard receives a score of "0", this means that the curriculum does not address the standard for the grade range. If a standard receives a score of "10", this means that the curriculum fully addresses the standard for the grade range. If a standard has the words "Incomplete" instead of a score, this means that the score for the standard is incomplete (e.g., not all of the questions for the standard were answered). You can click on the "Incomplete" link to return to the page for the standard to finish answering the questions or click on the score to return to the page for the standard to edit or review the answers to the questions.

Review your overall scorecard by doing the following:

1. Look at each score individually and note any score that is below a "10". These scores indicate that that the standard is not fully addressed in the curriculum and there is a need for improvement.
2. Compare the content and student assessment analysis scores for each standard and grade range. For example, if the curriculum scored "10" in standard 1 for content analysis and "5" in standard 1 for student assessment analysis in grades 9-12, this indicates a gap in student assessment protocols for that standard and grade range. Make note of this gap.
3. Finally, if you are analyzing a curriculum that covers more than one grade range (e.g., a curriculum that covers both grades K-2 and grades 3-5), compare the content and student assessment analysis scores across the grade ranges. For example, if standard 3 for grades K-2 scored "7" for content analysis and standard 3 for grades 3-5 scored "2" for content analysis, this indicates a gap in sequence across grades K-5. Make note of this gap.

STANDARD	Content Analysis Score for Each Grade Level				Student Assessment Analysis Score for Each Grade Level			
	K-2	3-5	6-8	9-12	K-2	3-5	6-8	9-12
Standard #1	9	9	8	4	5	9	5	4
Standard #2	10	7	6	8	5	5	5	3
Standard #3	7	7	7	4	8	6	5	5
Standard #4	7	5	7	5	5	3	5	4
Standard #5	8	7	7	6	8	5	5	0
Standard #6	6	6	7	0	4	4	5	0

Preliminary Considerations

The following table represents scores from your Preliminary Curriculum Considerations analyses. For each analysis, a score of "4" means the curriculum does not need changes for accuracy, acceptability, feasibility, and affordability. Scores of "3" and "2" mean that changes to the curriculum are needed, but these can be done without much difficulty or expense. Scores of "1" and "0" mean that major changes to the curriculum are needed and these will either be quite difficult or costly to correct. If an analysis has the words "Incomplete" instead of a score, this means that a score for the analysis was not chosen. You can click on the "Incomplete" link to return to the analysis page to choose the score or click on the score to return to the page for the analysis to edit or review the chosen score.

	Score
Accuracy Analysis	2
Acceptability Analysis	2
Feasibility Analysis	3

Previous

Save

Continue

Print: [This page](#) | [All pages](#) Download: [This page](#) | [All pages](#)

Content source: [National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health](#)

[Home](#) [A-Z Index](#) [Site Map](#) [Policies](#) [About CDC.gov](#) [Link to Us](#) [All Languages](#) [CDC Mobile](#) [Contact CDC](#)

Centers for Disease Control and Prevention 1600 Clifton Rd. Atlanta, GA 30333, USA
800-CDC-INFO (800-232-4636) TTY: (888) 232-6348, 24 Hours/Every Day - cdcinfo@cdc.gov



Opportunity Title:	Office of Elementary and Secondary Education (OESE): Ca
Offering Agency:	U.S. Department of Education
CFDA Number:	84.215
CFDA Description:	Fund for the Improvement of Education
Opportunity Number:	ED-GRANTS-022613-001
Competition ID:	84-215F2013-1
Opportunity Open Date:	02/26/2013
Opportunity Close Date:	04/12/2013
Agency Contact:	Carlette KyserPegram E-mail: Carlette.KyserPegram@ed.gov Phone: 202-245-7871

This electronic grants application is intended to be used to apply for the specific Federal funding opportunity referenced here.

If the Federal funding opportunity listed is not the opportunity for which you want to apply, close this application package by clicking on the "Cancel" button at the top of this screen. You will then need to locate the correct Federal funding opportunity, download its application and then apply.

This opportunity is only open to organizations, applicants who are submitting grant applications on behalf of a company, state, local or tribal government, academia, or other type of organization.

* Application Filing Name:

Mandatory Documents

U.S. DEPARTMENT OF EDUCATION BUDGET INFORMATION
Other Attachments Form
Assurances for Non-Construction Programs (SF-42)
Grants.gov Lobbying Form
Disclosure of Lobbying Activities (SF-LLL)
ED SF424 Supplement
ED Abstract Form

Move Form to Complete

Move Form to Delete

Mandatory Documents for Submission

Optional Documents

Move Form to Submission List

Move Form to Delete

Optional Documents for Submission

Instructions

- 1** Enter a name for the application in the Application Filing Name field.

 - This application can be completed in its entirety offline; however, you will need to login to the Grants.gov website during the submission process.
 - You can save your application at any time by clicking the "Save" button at the top of your screen.
 - The "Save & Submit" button will not be functional until all required data fields in the application are completed and you clicked on the "Check Package for Errors" button and confirmed all data required data fields are completed.
- 2** Open and complete all of the documents listed in the "Mandatory Documents" box. Complete the SF-424 form first.

 - It is recommended that the SF-424 form be the first form completed for the application package. Data entered on the SF-424 will populate data fields in other mandatory and optional forms and the user cannot enter data in these fields.
 - The forms listed in the "Mandatory Documents" box and "Optional Documents" may be predefined forms, such as SF-424, forms where a document needs to be attached, such as the Project Narrative or a combination of both. "Mandatory Documents" are required for this application. "Optional Documents" can be used to provide additional support for this application or may be required for specific types of grant activity. Reference the application package instructions for more information regarding "Optional Documents".
 - To open and complete a form, simply click on the form's name to select the item and then click on the => button. This will move the document to the appropriate "Documents for Submission" box and the form will be automatically added to your application package. To view the form, scroll down the screen or select the form name and click on the "Open Form" button to begin completing the required data fields. To remove a form/document from the "Documents for Submission" box, click the document name to select it, and then click the <= button. This will return the form/document to the "Mandatory Documents" or "Optional Documents" box.
 - All documents listed in the "Mandatory Documents" box must be moved to the "Mandatory Documents for Submission" box. When you open a required form, the fields which must be completed are highlighted in yellow with a red border. Optional fields and completed fields are displayed in white. If you enter invalid or incomplete information in a field, you will receive an error message.
- 3** Click the "Save & Submit" button to submit your application to Grants.gov.

 - Once you have properly completed all required documents and attached any required or optional documentation, save the completed application by clicking on the "Save" button.
 - Click on the "Check Package for Errors" button to ensure that you have completed all required data fields. Correct any errors or if none are found, save the application package.
 - The "Save & Submit" button will become active; click on the "Save & Submit" button to begin the application submission process.
 - You will be taken to the applicant login page to enter your Grants.gov username and password. Follow all onscreen instructions for submission.

Application for Federal Assistance SF-424

* 1. Type of Submission:

- Preapplication
 Application
 Changed/Corrected Application

* 2. Type of Application:

- New
 Continuation
 Revision

* If Revision, select appropriate letter(s):

* Other (Specify):

* 3. Date Received:

Completed by Grants.gov upon submission.

4. Applicant Identifier:

5a. Federal Entity Identifier:

5b. Federal Award Identifier:

State Use Only:

6. Date Received by State:

7. State Application Identifier:

8. APPLICANT INFORMATION:

* a. Legal Name:

Palmyra-Macedon Central School District

* b. Employer/Taxpayer Identification Number (EIN/TIN):

15-6002525

* c. Organizational DUNS:

0766807400000

d. Address:

* Street 1:

151 Hyde Parkway

Street 2:

* City:

Palmyra

County/Parish:

* State:

NY: New York

Province:

* Country:

USA: UNITED STATES

* Zip / Postal Code:

14522-0000

e. Organizational Unit:

Department Name:

Division Name:

f. Name and contact information of person to be contacted on matters involving this application:

Prefix:

* First Name:

Thomas

Middle Name:

* Last Name:

Schmandt

Suffix:

Title:

PE Director, Athletics, and Community Service

Organizational Affiliation:

* Telephone Number:

315-597-3409

Fax Number:

* Email:

thomas.schmandt@palmaccsd.org

Application for Federal Assistance SF-424

*** 9. Type of Applicant 1: Select Applicant Type:**

C: Independent School District

Type of Applicant 2: Select Applicant Type:

Type of Applicant 3: Select Applicant Type:

* Other (specify):

*** 10. Name of Federal Agency:**

U.S. Department of Education

11. Catalog of Federal Domestic Assistance Number:

84.215

CFDA Title:

Fund for the Improvement of Education

*** 12. Funding Opportunity Number:**

ED-GRANTS-022613-001

* Title:

Office of Elementary and Secondary Education (OESE): Carol M. White Physical Education Program
CFDA Number 84.215F

13. Competition Identification Number:

84-215F2013-1

Title:

14. Areas Affected by Project (Cities, Counties, States, etc.):

Add Attachment

Delete Attachment

View Attachment

*** 15. Descriptive Title of Applicant's Project:**

Palmyra-Macedon Central School District Physical Education Program

Attach supporting documents as specified in agency instructions.

Add Attachments

Delete Attachments

View Attachments

Application for Federal Assistance SF-424

16. Congressional Districts Of:

* a. Applicant

b. Program/Project

Attach an additional list of Program/Project Congressional Districts if needed.

Add Attachment

Delete Attachment

View Attachment

17. Proposed Project:

* a. Start Date:

* b. End Date:

18. Estimated Funding (\$):

* a. Federal

* b. Applicant

* c. State

* d. Local

* e. Other

* f. Program Income

* g. TOTAL

* 19. Is Application Subject to Review By State Under Executive Order 12372 Process?

a. This application was made available to the State under the Executive Order 12372 Process for review on

b. Program is subject to E.O. 12372 but has not been selected by the State for review.

c. Program is not covered by E.O. 12372.

* 20. Is the Applicant Delinquent On Any Federal Debt? (if "Yes," provide explanation in attachment.)

Yes No

If "Yes", provide explanation and attach

Add Attachment

Delete Attachment

View Attachment

21. *By signing this application, I certify (1) to the statements contained in the list of certifications** and (2) that the statements herein are true, complete and accurate to the best of my knowledge. I also provide the required assurances** and agree to comply with any resulting terms if I accept an award. I am aware that any false, fictitious, or fraudulent statements or claims may subject me to criminal, civil, or administrative penalties. (U.S. Code, Title 218, Section 1001)

** I AGREE

** The list of certifications and assurances, or an internet site where you may obtain this list, is contained in the announcement or agency specific instructions.

Authorized Representative:

Prefix:

* First Name:

Middle Name:

* Last Name:

Suffix:

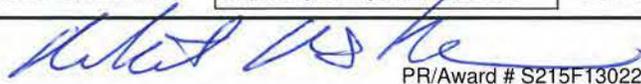
* Title:

* Telephone Number:

Fax Number:

* Email:

* Signature of Authorized Representative: * Date Signed:



11 April 2013

Other Attachment File(s)

* Mandatory Other Attachment Filename:

[Add Mandatory Other Attachment](#)

[Delete Mandatory Other Attachment](#)

[View Mandatory Other Attachment](#)

To add more "Other Attachment" attachments, please use the attachment buttons below.

[Add Optional Other Attachment](#)

[Delete Optional Other Attachment](#)

[View Optional Other Attachment](#)

Palmyra-Macedon High School

September, 1995 – October, 2004

Palmyra, New York

- Physical Education Teacher
- Head Varsity Football Coach
- Head Varsity Baseball Coach
- Site Supervisor for Basketball
- Weight room Supervisor

Woodbridge Jr./Sr. High School

February 1992 – June, 1995

Bridgeville, Delaware

- Physical Education Teacher
- Health Teacher
- Physical Science Teacher
- Anatomy and Physiology Teacher
- Head Varsity Football Coach
- Assistant Baseball Coach
- Head Junior High Basketball Coach
- Weight room Supervisor

**Professional
Activities/Organizations**

- NYSAAA Chapter 5 – Treasurer
- Section V Classification Committee Member
- NIAAA Member
- NYSAAA Member
- Anti-Bullying Committee Facilitator
- Academic/Athletic Eligibility Committee
- Palmyra-Macedon Athletic Philosophy Committee
- Palmyra-Macedon Outdoor Facilities Committee
- Natural Helper Facilitator
- Varsity Club Advisor
- Games for the Physically Challenged Team Volunteer
- Hobart College Football Camp Clinician
- SUNY Stony Brook Football Camp Clinician
- Palmyra-Macedon Youth Football Skills Camp
- Palmyra-Macedon Youth Baseball Clinic

Honors

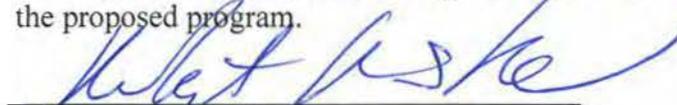
- NYS Coaches Association Honor Award
- Board of Education Special Recognition Award (3)
- Finger Lakes Baseball Coach of the Year
- Finger Lakes Central Football Coach of the Year (2)
- Finger Lakes Baseball/Team Sportsmanship Award
- Wayne County Baseball/Team Sportsmanship Award (2)
- NYS Scholar Team Athlete Award/Football (5)
- Pal-Mac High School Yearbook Dedication
- ECAC First Team All-American/Cortland Football
- Pizza Hut All-American/Cortland Football
- 2-Time Captain/Cortland Football
- Secretary Varsity Club/Cortland

PROGRAM SPECIFIC ASSURANCE

Agency Name: Palmyra-Macedon Central School District **DUNS #079680740**

As the duly authorized representative of the applicant, I certify that the applicant shall:

1. Develop, update, or enhance physical activity policies and food- and nutrition-related policies that promote healthy eating and physical activity throughout students' everyday lives, as part of our PEP project.
2. Align our PEP project with the district's Local Wellness Policy.
3. Align our PEP project with similar ongoing initiatives, whose goals and objectives are to promote physical activity and healthy eating or help students meet their State standards for physical education, specifically:
 Coordinated School Health Program
 Team Nutrition Training Grant
 Recovery Act Communities Putting Prevention to Work – Community Initiative
 Others not listed here – Wayne County Cornell Cooperative Extension Farm to School Grant
 We do not have any ongoing initiatives at this time in our community but will coordinate with any that may be initiated during the program period.
4. Align students' use of the equipment with PEP elements applicable to our project, identified in the absolute priority, and any applicable curricula.
5. Report project-level information to the public, in the aggregate, on the key program indicators including both GPRA and program specific measures
6. Use the PECAT tool if we plan to use grant funds to update our physical education curricula and the HECAT tool if we plan to use grant funds to update our health education curricula.
7. Only purchase equipment with grant funds that is aligned with the curricular components of the proposed program.


Signature of Authorized Representative

Superintendent of Schools
Title

Palmyra-Macedon Central School District
Applicant Organization

April 11, 2013
Date Submitted



Palmyra-Macedon Central School District (DUNS Number: 079680740)
Partner Agreement with Local Education Agency

Head of Local Government Name: Dr. Robert R. Ike, Superintendent of Schools, Palmyra-Macedon Central School District

Roles and Responsibilities:

1. Lead agency for Palmyra-Macedon Central School District Physical Education Program.
2. Palmyra-Macedon Central School District (PMCS D) will address the New York State physical education standards and develop, expand, or improve its physical education program for students kindergarten through grade 12 by undertaking instruction in healthy eating habits and good nutrition, implement a well-designed physical education curriculum, and provide teachers with appropriate training and leadership.
3. The students of the Palmyra-Macedon Central School District will meet the New York State Physical Education Learning Standards on or before the conclusion of the 2014-2015 academic year.
4. The students of the Palmyra-Macedon Central School District will experience and benefit from a comprehensive and responsive K-12 physical education curriculum that promotes and enhances the physical, mental, social, and emotional development of every student.
5. The students of the Palmyra-Macedon Central School district will incorporate the attributes of physical activity and healthy eating into their daily lives, and establish the foundation of a lifelong healthy lifestyle.
6. PMCS D will work together with the Palmyra and Macedon communities together to support, encourage, and facilitate healthy living for all its students and their families.

Contribution to the Project:

1. PMCS D will implement aggregate BMI data collection, and use it as part of a comprehensive assessment of health and fitness for the purposes of monitoring the weight status of our student population across time.
2. PMCS D will collaborate with each of our partners as outlined in this agreement, we also will collaborate with the US Department of Education in the implementation and evaluation of this grant.
3. PMCS D will utilize the PECAT and HECAT in the development of our physical education and health curricula.
4. PMCS D will use pedometers for students in grades K-12 and an additional 3-Day Physical Activity Recall (3DPAR) instrument to collect data on students in grades 5-12.
5. PMCS D will use the 20-meter shuttle run to assess cardiovascular fitness in middle and high school students.
6. PMCS D high school students will use the nutrition-related questions from the Youth Risk Behavior Survey to determine the number of students who meet these goals.
7. Work with Cornell Cooperative Extension to help integrate nutrition education into K-5 classrooms.
8. PMCS D will align our PEP project with the district's Local Wellness Policy.

Palmyra-Macedon Central School District (DUNS Number: 079680740)
Partner Agreement with Local Education Agency

9. PMCS D will coordinate our PEP project with similar ongoing initiatives; to include but not limited to , the NYS Coordinated School Health Program and Cornell Cooperative Extension-Wayne County Farm to School program.
10. PMCS D will align students' use of the equipment with PEP elements applicable to our project, identified in the absolute priority, and any applicable curricula.
11. PMCS D will report project-level information to the public, in the aggregate, on the key program indicators including both GPRA and program specific measures.
12. PMCS D will only purchase equipment with grant funds that is aligned with the curricula components of the proposed program.



Dr. Robert R. Ike, Superintendent of Schools
Palmyra-Macedon Central School District



Date



Palmyra-Macedon Central School District (DUNS Number: 079680740)
Partner Agreement with Community Based Organization

Head of Local Government Name: Bill Campbell, Director, Palmyra Community Center

Roles and Responsibilities:

1. The Palmyra Community Center (PCC) will work with the Palmyra-Macedon Central School District to offer program and supports that will provide instruction in a variety of motor skills and physical activities designed to enhance the physical, mental, and social or emotional development of every student.
2. The Palmyra Community Center will also work with the district to offer programs that provide opportunities to develop positive social and cooperative skills through physical activity.

Contribution to the Project:

1. The Palmyra Community Center will provide the Palmyra-Macedon Central School District with the use of their facilities for intramurals, physical education and health programs, and athletic practices when the district's facilities are at capacity and the PCC facilities are available, after coordination with PCC. The programs will provide opportunities for: instruction in a variety of motor skills and physical activities designed to enhance the physical, mental, and social or emotional development of every student; and opportunities to develop positive social and cooperative skills through physical activity participate.
2. The Palmyra-Macedon Central School District will provide the Palmyra Community Center with use of the district facilities for physical education and health programs and youth sports when the PCC facilities are at capacity and district's facilities are available after coordination with the district.
3. The Palmyra Community Center will provide families of the district with before and after-school physical fitness, recreation, intramurals, youth sports, dance, and other activities to provide each student with an opportunity with additional physical activity outside of school.
4. The Palmyra Community Center will provide clean, safe, and supervised facilities and programs.

This agreement is in support of Palmyra-Macedon Central School District PEP project and was developed after timely and meaningful consultation between the required partners.

(b)(6)

Bill Campbell
Director, Palmyra Community Center

3/25/2013
Date



Palmyra-Macedon Central School District (DUNS Number: 079680740)
Collaborator Agreement with Community Based Organization

Cornell Cooperative Extension-Wayne County

Head of Local Government Name: Elizabeth Claypoole

Roles and Responsibilities:

Cornell Cooperative Extension of Wayne County will provide professional development and classroom modeling in nutrition and health eating using research based curricula approved by Cornell University, Division of Nutritional Sciences.

Contribution to the Project:

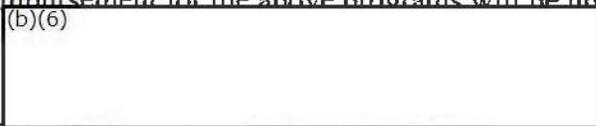
Provide health eating and nutrition education to student's grade 3-5 using the "Choose Health: Food, Fun and Fitness" curriculum. Provides six skill building, hands-on and interactive lessons designed to adopt healthy eating and physical activity habits, tasting and physical activity in each lesson, includes parent newsletter.

Provide professional development and classroom modeling "train the trainer" on Coordinated Approach to Child Health (CATCH). CATCH provides 20 K-2 teachers with physical activity and nutrition professional development on lessons that can be integrated into curricula.

This agreement is in support of Palmyra-Macedon Central School District PEP project and was developed after timely and meaningful consultation between the required partners.

Reimbursement for the above programs will be up to \$12,131.

(b)(6)



Elizabeth Claypoole, Executive Director

4-10-13

Date



PALMYRA-MACEDON
CENTRAL SCHOOL DISTRICT
The Pal-Mac Way is Every Day

Palmyra-Macedon Central School District (DUNS Number: 079680740)
Partner Agreement with Public Health Department

Head of Local Government Name: Diane Devlin, Director of Public Health, Wayne County

Roles and Responsibilities:

Wayne County public health will work with the Palmyra-Macedon Central School District to support nutrition and healthy eating; develop and promote partnership, programmatic support, community mentoring, and evaluation to achieve the following prevention outcomes: (1) Increased levels of physical activity; (2) improved nutrition; (3) decreased overweight/obesity prevalence; and (4) decreased smoking prevalence and decreasing teen smoking initiation.

Contribution to the Project:

1. Provide smoking cessation classes to at-risk students.
2. Assist in the coordination of Health Education classes from Cornell Cooperative Extension.
3. Provide health clinics for STD prevention and screening for students.
4. Provide immunization and vaccines for un-insured or under-insured students.
5. Provide the Pal-Mac Wellness Committee with data and resources to assist in the committee's decision making processes, as requested.
6. Conduct a Community Health Assessment and share the data with the district and the Pal-Mac Wellness Committee.
7. Provide the district with surveillance data on communicable diseases and epidemics, and provide advisement to the school on action to take to prevent spread of any communicable diseases.
8. Provide input into the Pal-Mac Wellness Policy which will includes goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness; nutrition guidelines for all foods available on each school campus; guidelines for reimbursable school meals; and a plan for measuring implementation.

This agreement is in support of Palmyra-Macedon Central School District PEP project and was developed after timely and meaningful consultation between the required partners.

(b)(6)

Diane Devlin, Director of Public Health, Wayne County

Date

3/21/13



**Palmyra-Macedon Central School District (DUNS Number: 079680740)
Partner Agreement with Food Service Director**

Food Service Director: Warren Bushart, Director of Food Service

Roles and Responsibilities:

1. Promote health student nutrition through the provision of healthy meals.
2. In addition to food consumed at home the cafeteria will provide fruits and vegetables that meet nutrition guidelines at school meal service as well as contributing toward to the goal of three fruits and two vegetables per day.
3. The Food Service Director will participate in the promotion of health and nutrition activities.
4. The Food Service Director will participate in the District Wellness Committee.
5. The Pal-Mac Wellness Committee may suggest nutrition standards for food served at school by outside groups and organizations.

Contribution to the Project:

1. Serve on the Pal-Mac District Wellness Committee.
2. Plan and implements the "Tasty Tuesdays" program, which provides students with tastings of new nutritious food items; to include but not limited to legumes, dark vegetables, and alternative proteins. A healthy food tasting will be provided every other Tuesday in addition to the regular menu. The tasting will then be placed on the regular menu within two days.
3. Work with Cornell Cooperative Extension to help integrate nutrition education into K-5 classrooms.
4. May provide the use of the cafeteria to students and teachers to allow the education of students about good nutrition, provided the request is made using school procedures and provided that kitchen staff is available to supervise any activities in the kitchen and the activities are mutually agreed upon.
5. Nutrition standards for meal service to students will be set and regulated by New York State Education Department, Child Nutrition Administration Division.

This agreement is in support of Palmyra-Macedon Central School District PEP project and was developed after timely and meaningful consultation between the required partners.

(b)(6)

Warren Bushart, Director of Food Service

Date

4/12/13



PALMYRA-MACEDON
CENTRAL SCHOOL DISTRICT
The Pal-Mac Way is Every Day

Palmyra-Macedon Central School District (DUNS Number: 079680740)
Partner Agreement with Head of Local Government

Town of Palmyra, New York

Head of Local Government Name: Kenneth Miller, Supervisor, Town of Palmyra

Roles and Responsibilities:

The Town of Palmyra and the Palmyra-Macedon Central School District will continue to be partners on behalf of the children in our communities. The Town makes available the use of town parks, fields, and trails to the Palmyra-Macedon Central School District for their physical education classes, scholastic athletics, and intramural sports, upon proper coordination with the town to avoid conflicting usage. The School District provides use of district facilities to the Town.

Contribution to the Project:

The Palmyra-Macedon Central School District and the Town of Palmyra have a historic partnership of collaboration and sharing of services. From emergency services to maintenance, cooperation exists. Included in this partnership is cooperative support for healthy students. This successful, existing partnership enhances opportunities for continued and further collaboration through the Physical Education Program project.

Palmyra-Macedon Central School District and the Town of Palmyra provide cooperative sharing of facilities. Recreational programs of the Town of Palmyra are provided use of the physical education facilities of the Palmyra-Macedon Central School District after proper coordination.

This agreement is in support of Palmyra-Macedon CSD Physical Education Program project and was developed after timely and meaningful consultation between the required partners.

(b)(6)

Kenneth Miller, Town Supervisor

3-28-13

Date



PALMYRA-MACEDON
CENTRAL SCHOOL DISTRICT
The Pal-Mac Way is Every Day

Palmyra-Macedon Central School District (DUNS Number: 079680740)
Partner Agreement with Head of Local Government

Village of Macedon, New York

Head of Local Government Name: Marie Cramer, Mayor, Village of Macedon

Roles and Responsibilities:

The Village of Macedon and the Palmyra-Macedon Central School District will continue to be partners on behalf of the children in our communities. The Village makes available the use of its fields and parks to the Palmyra-Macedon Central School District for their physical education classes, scholastic athletics, and intramural sports, upon proper coordination with Village Officials to avoid conflicting usage. The School District provides use of district facilities to the Village.

Contribution to the Project:

Palmyra-Macedon Central School District and the Village of Macedon provide cooperative sharing of facilities. Palmyra-Macedon Central School District physical education classes, scholastic athletic practices, and intramural sports are provided the use of the community parks and fields, including but not limited to the new Butterfly Trail, after proper coordination. Village programs are provided use of the physical education facilities of the Palmyra-Macedon Central School District after proper coordination.

This agreement is in support of Palmyra-Macedon CSD Physical Education Program project and was developed after timely and meaningful consultation between the required partners.

M. Cramer, Village Mayor 3-13-13
Marie Cramer, Village Mayor

March 13-2013
Date



PALMYRA-MACEDON
CENTRAL SCHOOL DISTRICT
The Pal-Mac Way is Every Day

**Palmyra-Macedon Central School District (DUNS Number: 079680740)
Partner Agreement with Head of Local Government**

Town of Macedon

Head of Local Government Name: William Hammond, Supervisor, Town of Macedon

Roles and Responsibilities:

The Town of Macedon and the Palmyra-Macedon Central School District will continue to be partners on behalf of the children in our communities. The Town makes available the use of town fields and parks to the Palmyra-Macedon Central School District for their physical education classes, scholastic athletics, and intramural sports, upon proper coordination with the Recreation Director to avoid conflicting usage. The School District provides use of district facilities to the Town.

Contribution to the Project:

The Palmyra-Macedon Central School District and the Town of Macedon have a historic partnership of collaboration and sharing of services. From emergency services to maintenance, cooperation exists. Included in this partnership is cooperative support for healthy students. This successful, existing partnership enhances opportunities for continued and further collaboration through the Physical Education Program project.

Palmyra-Macedon Central School District and the Town of Macedon provide cooperative sharing of facilities and in some cases, equipment. Palmyra-Macedon Central School District physical education classes, scholastic athletic practices, and intramural sports are provided the use of the town parks and fields, after proper coordination. Recreational programs of the Town of Macedon are provided use of the physical education facilities of the Palmyra-Macedon Central School District after proper coordination. The Recreation Director for the Town of Macedon is invited to participate on the District's Health and Wellness Committee.

This agreement is in support of Palmyra-Macedon CSD Physical Education Program project and was developed after timely and meaningful consultation between the required partners.

(b)(6)

William Hammond, Town Supervisor

Date

3/11/13



PALMYRA-MACEDON
CENTRAL SCHOOL DISTRICT
The Pal-Mac Way is Every Day

Palmyra-Macedon Central School District (DUNS Number: 079680740)
Partner Agreement with Head of Local Government

Village of Palmyra, New York

Head of Local Government Name: Christopher Piccola, Mayor, Village of Palmyra

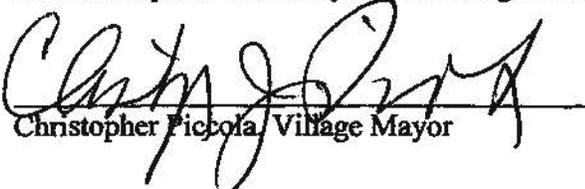
Roles and Responsibilities:

The Village of Palmyra and the Palmyra-Macedon Central School District will continue to be partners on behalf of the children in our communities. The Village makes available the use of its fields and parks to the Palmyra-Macedon Central School District for their physical education classes, scholastic athletics, and intramural sports, upon proper coordination with Village Officials to avoid conflicting usage. The School District provides use of district facilities to the Village.

Contribution to the Project:

Palmyra-Macedon Central School District and the Village of Palmyra provide cooperative sharing of facilities. Palmyra-Macedon Central School District physical education classes, scholastic athletic practices, and intramural sports are provided the use of the community parks and fields, after proper coordination. Village programs are provided use of the physical education facilities of the Palmyra-Macedon Central School District after proper coordination.

This agreement is in support of Palmyra-Macedon CSD Physical Education Program project and was developed after timely and meaningful consultation between the required partners.


Christopher Piccola, Village Mayor


Date

Budget Narrative File(s)

* **Mandatory Budget Narrative Filename:**

[Add Mandatory Budget Narrative](#)

[Delete Mandatory Budget Narrative](#)

[View Mandatory Budget Narrative](#)

To add more Budget Narrative attachments, please use the attachment buttons below.

[Add Optional Budget Narrative](#)

[Delete Optional Budget Narrative](#)

[View Optional Budget Narrative](#)

**Palmyra-Macedon Central School District
Physical Education Program Grant Budget**

Budget Narrative								
1. Personnel	Year One Federal Funds	Year One Match	Year Two Federal Funds	Year Two Match	Year Three Federal Funds	Year Three Match	Total Federal Funds	Total Match
Program Director. 0.75 FTE Project Director is responsible and accountable for the proper management of the project. Provides management and coordination of curriculum development, purchasing, professional development, policy improvement, environmental improvements, and report to the district, partners, and the US Department of Education. The project director will oversee the program in each of the schools within the district. The project director will ensure the fidelity of implementation of the grant activities as proposed in this application. The project director will provide all required reports to the US Department of Education in a timely and accurate manner. Supports state standards 1, 2, and 3, supports absolute priority 1, 2a, c, and e.								
	9,207	(b)(6)	14,786	(b)(6)	17,592	(b)(6)		
Substitutes to provide teachers with release time to write Physical Education Curriculum in accordance with NYS Learning Standards and to attend professional development related to healthy eating, nutrition, or physical education. We will provide 11 days of substitutes each year. Supports absolute priority 1, 2a, 2c, and 2e.								
	1,177		1,177	(b)(6)	1,177	(b)(6)		(b)(6)
Subtotal Personnel	10,384	(b)(6)	15,963		18,769		45,116	
2. Fringe Benefits	Year One Federal Funds	Year One Match	Year Two Federal Funds	Year Two Match	Year Three Federal Funds	Year Three Match	Total Federal	Total Match
Fringe Benefits: By federal law for full-time employees, we will pay the employer share of FICA at 7.65%; and Worker Compensation at 0.8%. Health Care insurance is paid to employees at \$13,461 for a full-time employee. Retirement of 16% is paid to all employees. Substitutes and Teacher Stipends will receive 7.65% contribution to FICA as mandated by federal law.								
	6,008	(b)(6)	6,690	(b)(6)	6,230	(b)(6)	(b)(6)	(b)(6)
Subtotal Fringe Benefits	6,008		6,690		6,230			
3. Travel	Year One Federal Funds	Year One Match	Year Two Federal Funds	Year Two Match	Year Three Federal Funds	Year Three Match	Total Federal	Total Match
Travel for project director to coordinate project. Total travel is 600 per year, using IRS rate of \$0.55 per mile is \$495/year. Supports absolute priority 2e.								
		(b)(6)		(b)(6)		330		
Travel for project director and wellness coordinator to attend the US Department of Education Physical Education Program grant meeting. The two-day meeting occurs in the first year and is mandatory for all awardees. Cost includes air travel at \$279 each, hotel room at \$149 each, per diem at \$65 each, and cab fare for \$45 a day. Total cost is \$797 each. Supports absolute priority 1, 2a, 2c, and 2e.								
	1,594						(b)(6)	(b)(6)
Subtotal Travel	1,594	(b)(6)	-	(b)(6)	-	330		

**Palmyra-Macedon Central School District
Physical Education Program Grant Budget**

Budget Narrative								
4. Equipment	Year One Federal Funds	Year One Match	Year Two Federal Funds	Year Two Match	Year Three Federal Funds	Year Three Match	Total Federal	Total Match
Pedometers. Provides pedometers for each of 1,980 students in the PMCS D at a cost of \$10 each. The pedometers will be used to measure the amount of time each student spend in moderate to heavy physical activity. Supports PMCS D's evaluation of the program and enables PMCS D to report on the US Department of Educations GPRA. Supports absolute priority 2a and 2c.	19,800				-			
Pedometer Batteries. Provides for two batteries for each pedometers for each of 1,980 students in the PMCS D at a cost of \$2 each. The pedometers will be used to measure the amount of time each student spend in moderate to heavy physical activity. Supports PMCS D's evaluation of the program and enables PMCS D to report on the US Department of Educations GPRA. Supports absolute priority 2a and 2c.			3,960		3,960			
Buddy walkers. Provides aerobic cardio-vascular exercise for students. PMCS D will purchase 10 Buddy Walkers at \$70 each. Supports absolute priority 2a and 2c.	700							
Fitness Trial System. Multistation system features step-by-step instructional signs that guide users through three different exercises at each station, each with options for beginner and advanced levels. The course combines cardiovascular conditioning with muscle strengthening and flexibility for comprehensive physical development. Each station costs \$1,100. PMCS D will purchase 15 stations. Supports absolute priority 2a and 2c.	16,500							
Create-A-Beam. Provides students with cardio-vascular exercise and provides physical education on balance. Each set costs \$115, PMCS D will purchase 3 sets.	445							
Climbing Wall Obstacle Course. Provides students with cardio-vascular and strength exercise. Provides students with skill training in climbing. Supports absolute priority 2a and 2c.	389							
Resistance Tubing Station. Provides elementary students with resistance training to build strength. Supports absolute priority 2a. And 2c.	499							
Yoga Mats. Provides students with yoga mat to enable instruction in yoga. Includes stabilizing blocks and storage rack. Set of 24 costs \$1,279. Supports a more diversified physical education program. Supports absolute priority 2a and 2c.	1,279							

**Palmyra-Macedon Central School District
Physical Education Program Grant Budget**

Budget Narrative							
Step Pack. Provides step equipment with storage cart to enable a variety of cardio-respiratory exercise. (GOPHER) w/ cart = \$1110							
	1,110						
Weighted balls with magnus rack. Provides students with a variety of strength training. Supports absolute priority 2a and 2c. A set contains 5 weighted balls. PMCS D will purchase 2 sets at \$179/set.							
	358						
Computer Tablets. Provide teachers with interactive devices for demonstration of exercises, video for student feedback, presentation of on-line examples and lessons. PMCS D will purchase 2 for the primary school, 2 for the Intermediate School, 2 for the Middle School, and 3 for High School teachers. Each tablet costs \$499. Supports absolute priority 2a, 2c, and 2e.							
	4,491						
Audio-Visual Cart with Projector. Provides teachers with interactive devices for demonstration of exercises, video projection of examples and on-line lessons. Each set costs \$599, PMCS D will purchase 1 set each for the intermediate, middle school, and high school. Supports absolute priority 2a, 2c, and 2e.							
	1,797						
Power Color Balls. Provides elementary and intermediate students with strength exercises. Provides various weights 4-18 pounds. Supports absolute priority 2a and 2c.							
	580						
Battle Ropes. Provides students with a variety of strength exercises. Supports absolute priority 2a and 2c. Cost is \$119 each, PMCS D will purchase 4 sets.							
	476						
Indoor Climbing Wall. Provides students with a variety of strength exercises. Includes safety equipment, safety and risk management protocols. Supports absolute priority 2a and 2c. Cost is 14,900 for one system.							
	14,900						
Fitness Room Equipment. Provides students with strength exercising equipment. PMCS D will purchase 1 set of 13 stations for the middle school and 1 set of 13 stations for the high school. Cost of one station is \$1,100, total cost of one set is \$1,430. Supports absolute priority 2a and 2c.							
	28,600						

**Palmyra-Macedon Central School District
Physical Education Program Grant Budget**

Budget Narrative									
In Line Skates. Provides students with a variety of cardio-respiratory exercise. PMCS D will purchase 2 sets of 24 class sets, one small sizes for the elementary and intermediate school and one with larger sizes for middle and high school classes. Each class set includes safety gear. Each set costs \$6000.									
	12,000								
Outdoor High and Low Element Challenge Course. Provides students with lifetime fitness equipment and cardiovascular fitness equipment. The course will allow students to engage in moderate to vigorous physical activity that improves flexibility, muscular strength and endurance and body composition. The course will also incorporate both muscular strength endurance as well as cardiovascular conditioning. Lessons also point to out-of-school time activities to better ensure greater overall fitness results. This course will provide Supports absolute priority 2a and 2c.									
	100,000								
Aquatics portable wall for the pool. Provides greater safety for students who are learning to swim and those students with disabilities to facilitate cardio-respiratory exercise and instruction in how to swim. The portable wall enables smaller students to learn to swim. Which can be a lifelong habit of a most effective cardio-respiratory exercise. Supports absolute priority 2a and 2c.									
	15,000								15,000
Mountain Bikes. Provides students with cardio-respiratory exercise. Bikes will perform in rugged off road terrain such as the canal paths which run through Palmyra and Macedon. Each bike cost 370. PMCS D will purchase 24 bicycles to allow a whole physical education class to participate. Supports absolute priority 2a and 2c.									
	8,800								8,800
Bicycle Helmets. High quality and high ratings for safety helmets to provide for student safety while cycling. Each helmet costs 39.99, PMCS D will purchase 24 helmets. Supports absolute priority 2a and 2c.									
	960								960
Hula Hoops. Provides aerobic cardio-vascular exercise for students. PMCS D will purchase 2 sets of 12 hula hoops for \$35 each set. Supports absolute priority 2a and 2c.									
	70								
Buddy walkers. Provides aerobic cardio-vascular exercise for students. PMCS D will purchase 10 Buddy Walkers at \$70 each. Supports absolute priority 2a and 2c.									
	700								
Subtotal Equipment	229,454	-	3,960	-	3,960	-	237,374	-	-

**Palmyra-Macedon Central School District
Physical Education Program Grant Budget**

Budget Narrative								
5. Supplies	Year One Federal Funds	Year One Match	Year Two Federal Funds	Year Two Match	Year Three Federal Funds	Year Three Match	Total Federal	Total Match
Printing/Copying: Printing and copying of handouts, booklets, and brochures to support dissemination, training, and curriculum development.								
		(b)(6)		(b)(6)		(b)(6)	-	(b)(6)
General Office Supplies: General office supplies necessary for the day to day business of providing telehealth and maintaining necessary documentation for Grant Agreement and evaluation.								
		(b)(6)		(b)(6)		(b)(6)		(b)(6)
Subtotal Supplies	-		-		-		-	
6. Contractual	Year One Federal Funds	Year One Match	Year Two Federal Funds	Year Two Match	Year Three Federal Funds	Year Three Match	Total Federal	Total Match
The Palmyra Community Center will provide PMCS D with students with before and after school physical education and fitness activities, recreation, intramurals, youth sports, dance and other activities to provide each student with an opportunity for additional physical activity to meet the programs GPRA and support absolute priority 2a and 2c. PCC will provide the use of facilities and program which provide opportunity for instruction in a variety of motor skills and physical activities designed to enhance the physical, mental and social and emotional development of every student, and opportunities to develop positive social and cooperative skills through physical activity participation.								
	28,000		28,000		28,000			
Cornell Cooperative Extension-Wayne County (CCE). Cornell Cooperative Extension will provide advisement and professional development in health eating and nutrition. CCE will provide Choose Health: Food, Fun and Fitness which provides six skill building, hands-on and interactive lessons designed to adopt healthy eating and physical activity habits, tasting and physical activity in each lesson, includes parent newsletter for each grade 3-5 classroom. The cost of this program is 1,309 per day and will be provided for 7 days through-out the year to ensure each grade 3-5 classroom has one class. A CCE nutritionist will also provide "train the trainer" training to help 20 K-2 teachers to integrate healthy eating and nutrition interactive lessons into the State Standards Common Core curricula for each K-2 classroom. The cost of these programs are \$2,968 for the training of 20 teachers. These activities support absolute priority 1.								
	12,131		12,131		12,131			
Professional Development. PMCS D will contract with various entities to provide professional development for physical education teachers in physical education curriculum development in alignment with NYS Learning Standards, Project Adventure, climbing safety, in-line skating safety, biking safety, and various other topics.								
	6,000							
External Evaluator. The external evaluator will develop the evaluation plan, data collection plan, fidelity of implementation measures, local data collection tools, conduct an initial baseline, submit semi-annual reports, and conduct the program evaluation as per the evaluation plan and per guidance from the US								
	8,200		6,800		6,800			
Subtotal Contractual	54,331	-	46,931	-	46,931	-	148,193	-

**Palmyra-Macedon Central School District
Physical Education Program Grant Budget**

Budget Narrative								
7. Construction	Year One Federal Funds	Year One Match	Year Two Federal Funds	Year Two Match	Year Three Federal Funds	Year Three Match	Total Federal	Total Match
No Construction Costs								
Subtotal Construction	-	-	-	-	-	-	-	-
8. Other	Year One Federal Funds	Year One Match	Year Two Federal Funds	Year Two Match	Year Three Federal Funds	Year Three Match	Total Federal	Total Match
No Other Costs								
Subtotal Other	-	(b)(6)	-	(b)(6)	-	(b)(6)	-	(b)(6)
9. Total Direct Costs	301,771		73,544		75,890		451,204	
10. Indirect Costs	Year One Federal Funds	Year One Match	Year Two Federal Funds	Year Two Match	Year Three Federal Funds	Year Three Match	Total Federal	Total Match
Subtotal Indirect Costs	7,846	(b)(6)	1,912	(b)(6)	1,973	(b)(6)	11,731	2,466
11. Stipends	Year One Federal Funds	Year One Match	Year Two Federal Funds	Year Two Match	Year Three Federal Funds	Year Three Match	Total Federal	Total Match
Stipends for teachers to develop physical education and health curriculum related to the NYS Learning Standards. PMCS D will provide stipends for 1 teacher at each grade level K-2, 3-5, 6-8, and 9-12 to develop curriculum in alignment of NYS Learning Standards. Provides 75 hours of stipend for each of 4 teachers. A stipend for curriculum writing is \$35/hour. The total stipend for each teacher is \$2,625. . Supports absolute priority 1, 2a and 2c. The curriculum redesign will occur in the first and second year of the project.								
	10,500		10,500					
PMCS D will provide professional development for 11 physical education teachers. Each physical education teacher will receive 12 hours of professional develop outside of the regular school day. The stipend for professional development is \$25/hour. The total cost each year is 3,300. This activity supports absolute priority 2c.								
	3,300		3,300		3,300			
Wellness Coordinator. PMCS D will provide a stipend of \$25/hour for 200 hours a year to liaison for health, physical education and food service personnel for design and implementation of health, fitness and nutritional programs. Coordinate with Wayne County Public Health. Coordinate the revision and								
	5,000		5,000		5,000			
Subtotal Stipends	18,800	(b)(6)	18,800	(b)(6)	8,300	(b)(6)	45,900	(b)(6)
12. Total Costs	328,417		94,256		86,163		508,836	



THE STATE EDUCATION DEPARTMENT / THE UNIVERSITY OF THE STATE OF NEW YORK / ALBANY, NY 12234

GRANTS FINANCE
 Room 510W, Education Building
 Tel. (518) 474-4815
 Fax (518) 486-4899
 E-mail: GRANTSWEB@MAIL.NYSED.GOV

June 2012

650901060000
 Palmyra-Macedon Csd
 151 Hyde Pky
 Palmyra, NY 14522-1297

Dear Chief Administrative Officer:

The State Education Department has calculated indirect cost rates for the 2012-2013 program year in accordance with the regulations found in United States Education Department General Administrative Regulations (EDGAR) 34 CFR parts 75.560-75.564 and 76.560-76.569 and United States Department of Education guidance.

Federal regulations require the use of restricted indirect cost rates for grant programs that prohibit supplanting. The rates for your school district are as follows:

RESTRICTED RATE: 2.6% UNRESTRICTED RATE: 13.9%

Consistent with Department policy, the restricted rates will be used for all categorical grant programs allowing indirect costs. Program specific requirements may further limit indirect cost recovery. The unrestricted rate is used for school food service programs and certain direct funded Federal programs.

These rates are established for a one-year period for 2012-2013. Using the data submitted by your agency on its ST-3 Annual Financial Report for Fiscal Year Ending June 30, 2011, the new rates were calculated according to the methodology approved by the US Department of Education - Indirect Cost Group.

Costs considered to be indirect for purposes of calculating your restricted rate are limited to the following ST-3 account codes:

- A1310 Business Administrator
- A1325 Treasurer
- A1420 Legal
- A1460 Records Management
- A1670 Central Printing and Mailing
- A1620 Pro rata share of Operation of Plant
- A5530 Pro rata share of Garage Building
- A1621 Pro rata share of Maintenance of Plant
- A1320 Auditing
- A1345 Purchasing
- A1430 Personnel
- A1660 Central Storeroom
- A1680 Central Data Processing

The maximum dollar amount of indirect costs allowable under a grant can be determined by multiplying the restricted indirect cost rate by the modified total direct cost base (MTDC) of the grant. MTDC is computed as total direct costs less equipment, alterations and renovations, the portion of each subcontract exceeding \$25,000 and any flow through funds.

(OVER)

**U.S. DEPARTMENT OF EDUCATION
BUDGET INFORMATION
NON-CONSTRUCTION PROGRAMS**

OMB Number: 1894-0008
Expiration Date: 04/30/2014

Name of Institution/Organization

Palmyra-Macedon Central School District

Applicants requesting funding for only one year should complete the column under "Project Year 1." Applicants requesting funding for multi-year grants should complete all applicable columns. Please read all instructions before completing form.

**SECTION A - BUDGET SUMMARY
U.S. DEPARTMENT OF EDUCATION FUNDS**

Budget Categories	Project Year 1 (a)	Project Year 2 (b)	Project Year 3 (c)	Project Year 4 (d)	Project Year 5 (e)	Total (f)
1. Personnel	10,384.00	15,963.00	18,769.00			45,116.00
2. Fringe Benefits	6,008.00	6,690.00	6,230.00			18,928.00
3. Travel	1,594.00	0.00	0.00			1,594.00
4. Equipment	229,454.00	3,960.00	3,960.00			237,374.00
5. Supplies	0.00	0.00	0.00			0.00
6. Contractual	54,331.00	46,931.00	46,931.00			148,193.00
7. Construction	0.00	0.00	0.00			0.00
8. Other	0.00	0.00	0.00			0.00
9. Total Direct Costs (lines 1-8)	301,771.00	73,544.00	75,890.00			451,205.00
10. Indirect Costs*	7,846.00	1,912.00	1,973.00			11,731.00
11. Training Stipends	18,800.00	18,800.00	8,300.00			45,900.00
12. Total Costs (lines 9-11)	328,417.00	94,256.00	86,163.00			508,836.00

***Indirect Cost Information (To Be Completed by Your Business Office):**

If you are requesting reimbursement for indirect costs on line 10, please answer the following questions:

(1) Do you have an Indirect Cost Rate Agreement approved by the Federal government? Yes No

(2) If yes, please provide the following information:

Period Covered by the Indirect Cost Rate Agreement: From: 07/01/2012 To: 06/30/2013 (mm/dd/yyyy)

Approving Federal agency: ED Other (please specify): NYS Department of Education

The Indirect Cost Rate is 2.60 %.

(3) For Restricted Rate Programs (check one) -- Are you using a restricted indirect cost rate that:

Is included in your approved Indirect Cost Rate Agreement? or, Complies with 34 CFR 76.564(c)(2)? The Restricted Indirect Cost Rate is %.

Name of Institution/Organization Palmyra Macedon Central School District	Applicants requesting funding for only one year should complete the column under "Project Year 1." Applicants requesting funding for multi-year grants should complete all applicable columns. Please read all instructions before completing form.	
---	---	--

**SECTION B - BUDGET SUMMARY
NON-FEDERAL FUNDS**

Budget Categories	Project Year 1 (a)	Project Year 2 (b)	Project Year 3 (c)	Project Year 4 (d)	Project Year 5 (e)	Total (f)
1. Personnel	(b)(6)					
2. Fringe Benefits						
3. Travel						
4. Equipment						
5. Supplies						
6. Contractual						
7. Construction						
8. Other						
9. Total Direct Costs (lines 1-8)						
10. Indirect Costs						
11. Training Stipends						
12. Total Costs (lines 9-11)						

SECTION C - BUDGET NARRATIVE (see instructions)

U.S. DEPARTMENT OF EDUCATION
SUPPLEMENTAL INFORMATION
FOR THE SF-424

1. Project Director:

Prefix:	First Name:	Middle Name:	Last Name:	Suffix:
	Thomas		Schmandt	

Address:

Street1:	151 Hyde Parkway
Street2:	
City:	Palmyra
County:	
State:	NY: New York
Zip Code:	14552
Country:	USA: UNITED STATES

Phone Number (give area code)	Fax Number (give area code)
315-597-3409	

Email Address:

thomas.schmandt@palmaccsd.org

2. Novice Applicant:

Are you a novice applicant as defined in the regulations in 34 CFR 75.225 (and included in the definitions page in the attached instructions)?

- Yes No Not applicable to this program

3. Human Subjects Research:

a. Are any research activities involving human subjects planned at any time during the proposed project Period?

- Yes No

b. Are ALL the research activities proposed designated to be exempt from the regulations?

Yes Provide Exemption(s) #:

--

No Provide Assurance #, if available:

--

c. If applicable, please attach your "Exempt Research" or "Nonexempt Research" narrative to this form as indicated in the definitions page in the attached instructions.

	Add Attachment	Delete Attachment	View Attachment
--	----------------	-------------------	-----------------