



**WACO ISD EDUCATION FOUNDATION
COVER SHEET – PART II
Application for Grant:
2025-2026 Funding Cycle**

Assigned Grant Proposal #: _____

Project Title: _____

Grade Level(s): _____ **# of Students DIRECTLY involved:** _____

Subject Area(s): _____

Amount Requested: \$ _____

Grant Focus Area(s): In order to be considered, Waco Education Foundation Innovation Grant proposals must fall under one or more of the E4 focus areas: early childhood development, enhanced programming for advanced students, extended education for staff, and emphasis on student performance. NOTE: In addition to meeting one of the E4 focus areas above, grant readers are especially interested in creative and innovative grant requests that target fine arts, STEM, literacy, or enrichment.

(check all that apply)

Early Childhood Development

Enhanced Programming for Advanced Students

Fine Arts

Literacy

Extended Education for Staff

Emphasis on Student Performance

STEM

Enrichment



**WACO ISD EDUCATION FOUNDATION
COVER SHEET – PART I
Application for Innovative Grant: 2025-2026 Funding Cycle**

School: Waco High School

Lead Applicant: David Hurtado

This person is responsible to the Waco Education Foundation for reporting purposes.

**Additional
Applicant(s):**

Cell phone and/or
direct classroom line
(for questions):

(254) 230-3779

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(check all that apply)

- | | |
|---|---|
| <input type="checkbox"/> Early Childhood Development | <input type="checkbox"/> Extended Education for Staff |
| <input type="checkbox"/> Enhanced Programming for Advanced Students | <input checked="" type="checkbox"/> Emphasis on Student Performance |
| <input type="checkbox"/> Fine Arts | <input type="checkbox"/> STEM |
| <input type="checkbox"/> Literacy | <input type="checkbox"/> Enrichment |

Project Title: iFIT 4 LIFE

Grade Level: 9 - 12 **# of Students DIRECTLY involved:** 370

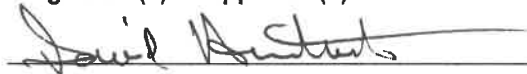
Subject Area: Physical Education

Amount Requested: \$ 8196.40

Has this proposal been submitted in previous years? Check one: ☐ YES ☒ NO

I/we have read and understand the selection process and criteria for the Waco Education Foundation grants. It is my/our intention to implement the project described herein as specified. I/we also agree to provide all data and information necessary to evaluate this project.

Signature(s) of Applicant(s):



The project, as described, is consistent with the goals and objectives of our campus improvement plan and/or department.

Signature of CDMC Chair: _____

**Only required for campus-wide grants.*

Department Head Signature: _____

**Only required for proposals involving technology, curriculum, professional development, CTE or fine arts*

Principal's Signature:

**Required for ALL.*



All documents must be submitted online at wacoisd.org/ef-apply by
March 16th at 10 p.m. Late applications will not be considered.



**WACO ISD EDUCATION FOUNDATION
COVER SHEET – PART II
Application for Grant:
2025-2026 Funding Cycle**

Assigned Grant Proposal #: _____

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(check all that apply)

Early Childhood Development

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iFIT 4 LIFE

8. Budget Narrative

Total estimated cost of project is \$8,246.40. This total is different from the Cover sheet because the estimated shipping of \$50 was not included. The purchase of iPADS was also taken off the budget.

1 Polar GoFit License – This is the site license for the Software package for the Heart Rate Monitors. Total Cost \$350

3 PolarGoFit License – \$150 each for total of \$450. This is the license for each Physical Education Teacher. The license will enable each teacher to create their class roster. Teachers will be able to record data and extract for reporting purposes

1 Polar Virtual Training -- \$745. This a 3 hour mandatory virtual Training for the lead staff

6 Polar Verity Sense OHR BLK 10-Kit – 4,829.70. These are the Heart Rate Monitors. 6 packs with 10 in each kit.

6 Polar Verity Sense ARMB BLK 10-Kit M-XXL – 1,121.70. These are extra arm bands. The arm bands will be used to rotate each new period.

1 Estimated Shipping -- \$50

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7. Key Personnel

David Hurtado

Physical Education Teacher and Coach

TEA EC-12 Certified

OPEN Certified Teacher

1. Order and purchase equipment from POLAR
2. Responsible communicating with POLAR to set up the Virtual Training
3. Set training date for Campus PE Teachers
4. Demonstrate proper usage of Monitors to students
5. Create videos and pictures for presentation for Foundation, Parents, and other community organizations
6. Oversee implementation of Heart Rate Monitors in Lesson Plans
7. Publish individual student reports as well as class reports pertaining to various activities such as Warm-up, Static / Dynamic Stretching, Sport Games / Activities, Cardio Exercises, and Circuit Training

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iFIT 4 LIFE

Project Description

iFIT 4 LIFE will provide a classroom set of Heart Rate Monitors for the Lifetime Fitness and Wellness Pursuits class. Heart rate monitors can benefit high school PE students by allowing them to objectively track their exercise intensity as well as to understand how their effort translates to healthier individuals.

As students are able to see their heart rate data in real-time can motivate students to push themselves harder and stay within their target zones, leading to increased participation and enjoyment of PE classes. Ultimately, Students begin taking ownership of their own Fitness goals.

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3. Plan of Operation

The primary objective of implementing heart rate monitors in a PE class is to provide students with a tangible way to monitor and regulate their exercise intensity. This process will allow for more personalized and effective workouts by enabling teachers to assess individual effort objectively and guide students towards achieving their target heart rate zones during physical activity, ultimately promoting improved fitness levels and overall health.

Additional benefits shall include the following:

- Increased student engagement:
 - Provides real-time feedback on effort, making exercise more engaging and motivating for students.
- Improved fitness outcomes:
 - Allows students to train at the optimal intensity for their fitness level, leading to better overall fitness.
- Personalized learning:
 - Enables teachers to tailor exercise programs to individual needs and abilities.
- Promotes self-awareness:
 - Helps students understand how their body responds to different activity levels.
- Objective assessment:
 - Provides a quantifiable measure of effort, allowing for accurate evaluation of student progress.

A timeline for implementing heart rate monitors in Physical Education class:

Phase 1: Planning and Preparation

- Project Coordinator Training:
 - Polar 3-hour Virtual Training
- Curriculum Development:
 - Modify PE lesson plans to incorporate heart rate zones and target activities to specific zones.
- Teacher Training:
 - Educate teachers on using the heart rate monitors, data interpretation, and how to effectively incorporate them into lessons.

3. Plan of Operation (page 2)

Phase 2: Initial Implementation (First Few Weeks)

- Introduction to Students:
 - Student begin to learn what Heart Rate is and how to manually find and measure.
 - Explaining the concept of heart rate zones (e.g., resting, moderate, vigorous) and how they relate to exercise intensity, ensuring students understand the importance of staying within their target zone for optimal fitness gains.
 - Introduction to the Heart Rate Monitors with its features and capabilities.
 - Teach students how to correctly wear and use the heart rate monitors, ensuring a snug fit for accurate readings.
- Basic Data Collection:
 - Start with simple activities to familiarize students with using the monitors and collecting basic heart rate data.
- Feedback and Adjustment:
 - Monitor student understanding and engagement, adjust teaching strategies as needed, and address any concerns about using the technology. Staff continue to utilize on support from Polar.

Phase 3: Full Integration (Ongoing)

- Regular Use in Lessons:
 - Incorporate heart rate monitoring into various PE activities such as the following: warm-up, dynamic & static stretching, cardio exercises, team games | activities, and fitness circuits.
- Personalized Goals:
 - Allow students to set individual target heart rate zones based on their fitness level.
- Data Analysis and Feedback:
 - Regularly review collected data with students to discuss progress and encourage self-improvement.
- Student Ownership:
 - Empower students to take responsibility for managing their own heart rate during activities. By incorporating heart rate monitoring, such as setting challenges to reach specific heart rate zones during games, exercises, or intervals, allowing students to adjust their effort based on real-time feedback.
- Differentiation for diverse abilities:
 - Adapt activities based on individual heart rate data, allowing students of varying fitness levels to participate at their appropriate intensity.
- Self-assessment and reflection:
 - Incorporate time for students to analyze their heart rate data after activities, encouraging them to reflect on their effort and identify areas for improvement.

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3. Plan of Operation (page 3)

Phase 4: Advanced Applications

- **Competition and Challenges:**
 - Develop fun competitions based on heart rate data to further engage students.
- **Data Visualization:**
 - Utilize software to present heart rate data in engaging ways, such as graphs and charts. During class, the live data will be displayed on the wall for students viewing.
- **Parent Engagement:**
 - Share student data with parent/guardian to promote family involvement in fitness activities.
 - Ensure students understand that their heart rate data will be used solely for their individual fitness improvement and maintain confidentiality when sharing information.
- **Privacy Concerns:**
 - Address student privacy by implementing clear data collection and usage policies.
- **Technical Support:**
 - Plan for technical support from Polar in case of issues with the heart rate monitors.
- **Student Ability Levels:**
 - Differentiate activities and target heart rate zones based on individual fitness levels.

Students vary in size, medical conditions, body fat percentages, fitness levels, and attention spans. Heart rate monitors are like personal fitness trainers that give immediate feedback to students and teachers. Everyone, students and adults alike, can benefit from exercising with knowledge of his/her heart rate. Technology has entered every facet of our lives. Now let it enter the preventive heart health of our children.

The primary objective of implementing heart rate monitors in a PE class is to provide students with a tangible way to monitor and regulate their exercise intensity, allowing for more personalized and effective workouts by enabling teachers to assess individual effort objectively and guide students towards achieving their target heart rate zones during physical activity, ultimately promoting improved fitness levels and overall health.

Key strategies for implementing heart rate monitors in PE class:

Educate students on heart rate zones:

Begin by explaining the concept of heart rate zones (e.g., resting, moderate, vigorous) and how they relate to exercise intensity, ensuring students understand the importance of staying within their target zone for optimal fitness gains.

Proper fitting and usage demonstration:

Teach students how to correctly wear and use the heart rate monitors, including chest strap placement and ensuring a snug fit for accurate readings.

Integrate heart rate data into activities:

Design lessons that incorporate heart rate monitoring, such as setting challenges to reach specific heart rate zones during games, exercises, or intervals, allowing students to adjust their effort based on real-time feedback.

Visual feedback and displays:

Utilize technology that provides clear visual cues on the monitor, like color-coded zones, to help students quickly understand their current exertion level.

Individualized goal setting:

Encourage students to set personal fitness goals based on their heart rate data, allowing them to track progress and work towards individual achievements.

Regular monitoring and feedback:

Monitor student heart rates during activities and provide regular feedback, both verbally and through displays, to help them stay within their target zones.

Differentiation for diverse abilities:

Adapt activities based on individual heart rate data, allowing students of varying fitness levels to participate at their appropriate intensity.

Self-assessment and reflection:

Incorporate time for students to analyze their heart rate data after activities, encouraging them to reflect on their effort and identify areas for improvement.

Integrate with other fitness assessments:

Use heart rate data alongside other fitness measures like VO2 max or body composition to create a comprehensive picture of student health.

Address privacy concerns:

Ensure students understand that their heart rate data will be used solely for their individual fitness improvement and maintain confidentiality when sharing information.

Benefits of using heart rate monitors in PE:

Increased student engagement:

Provides real-time feedback on effort, making exercise more engaging and motivating for students.

Improved fitness outcomes:

Allows students to train at the optimal intensity for their fitness level, leading to better overall fitness.

Personalized learning:

Enables teachers to tailor exercise programs to individual needs and abilities.

Promotes self-awareness:

Helps students understand how their body responds to different activity levels.

Objective assessment:

Provides a quantifiable measure of effort, allowing for accurate evaluation of student progress.

Students vary in size, medical conditions, body fat percentages, fitness levels, and attention spans. Heart rate monitors are like personal fitness trainers that give immediate feedback to students and teachers. Everyone, students and adults alike, can benefit from exercising with knowledge of his/her heart rate. Technology has entered every facet of our lives. Now let it enter the preventive heart health of our children.

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4. Communication & Dissemination

When implementing heart rate monitors in PE classes, information will be communicated to parents through detailed reports sent directly to them via email or through the school's online platform, which may include but not limited to the following:

- A breakdown of their child's heart rate data
- Time spent in different activity zones
- Overall performance during the PE class

Reports can be compared from one 6 weeks to next as well as Fall to Spring Semester. By keeping parent/guardians informed about their child's physical activity level in class, we are hopeful that conversations continue at home about striving for healthier and fit individuals.

Once again, benefits of sharing heart rate data with parents include:

- Increased engagement
 - Parents can see concrete evidence of their child's effort during PE class, potentially increasing their involvement and support for physical activity.
- Personalized feedback
 - Data can be used to tailor exercise recommendations for individual students based on their fitness level.
- Improved communication
 - Regular updates on student activity levels can open up communication between teachers and parents about their child's physical health.

During the inaugural year for Heart Monitors at Waco High, photographs and video will be collected throughout the year and made available for presentation at the Foundation meeting, School Board meeting and Parent nights at the school.

Parent / Guardian and members of the Foundation are all welcome to observe the classroom and see the students with the Heart Rate Monitors in action.

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1. Rationale

Waco High School is committed to providing a world class education to our students, which includes physical education and health. Coupled with our district aim to provide an educational foundation that empowers and values all, our goal is to inspire a passion for learning and self-empowerment for all students.

We have taken to heart the ongoing brain-body research that has revealed that heart rate is the most effective and accurate biomarker for both physical and emotional experiences.

Cardiovascular disease is the number one cause of death in America. Research has shown that 90% of children who live a sedentary lifestyle during their teenage years also fail to exercise adequately when they become adults (Corbin, 2001). Because of this statistic, it has become more important than ever to teach children about how they can participate in health-related fitness for a healthier lifetime.

Heart rate monitors help specifically to assess whether students in physical education classes have exercised in the appropriate heart rate zones in order to achieve a training effect for cardiovascular endurance, one of the components of health-related fitness. Heart rate monitors allow a student to choose an activity and as long as there is a predetermined amount of time in the target heart rate zone, the activity session can be considered a success. Giving students more responsibility for their own learning increases their motivation to exercise. In addition, teachers are able to measure the effort of students more easily with heart rate monitors in order to hold students accountable for their own learning. This accountability is also valuable for program assessment and documenting program quality.

In our efforts to align to our campus and district improvement plans, we would like to expand our practices and utilize heart rate technology which can provide direct, real-time data to students to link their physical effort to a visual display on the heart rate monitor.

The software can then link this data to our PE measurers, collect and record daily reports. Reports can be emailed to parents to strengthen our parent engagement. The software collects our fitness testing data and can send a daily summary report and journaling prompt to students as well.

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6. Long Term Implications

It will be a goal of ours to keep utilizing the Heart Rate Monitors for subsequent years. There will be an Annual Site license of \$350 and a \$150 Registration fee for each additional teacher. We will submit a request to add the fees to the class budget.

Continuation of the Heart Rate Monitors will enable the program to track students as they return the following year for an additional PE class. For these students, it creates a deeper understanding of their own fitness levels, encouraging self-monitoring of exercise intensity. With all this, students develop a motivation to stay active, and potentially leading to healthier lifestyle choices later in life.

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5. Evaluation

Primary indicators to determine success of Heart Rate Monitors in the Lifetime Fitness and Wellness Pursuits classes may include but not limited to the following:

- Increased student engagement and motivation to reach their personal fitness goals
- Leading to improved fitness levels
- Positive attitudes towards class
- Ability for teachers to personalize instruction based on individual data
- Success often measured by increased time spent in target heart rate zones
- Positive student feedback

Utilizing the Data from the Heart Rate Monitors we are now able to Objectively evaluate vs Subjective analysis – grading

- Compare aerobic conditioning progression rates per student from one 6 weeks to the next
- Fall to Spring semester progress
- Accurate comparisons for individuals year to year
- Compare and analyze specific segments of lesson, such as flexibility, aerobic and activity times
- Diagram effectiveness of class time usage

Documented improvements from the FITNESS GRAM Beginning of the Year Testing compared to the End of the Year Testing in the following areas:

- Aerobic Capacity
 - One Mile Walk
- Muscular Strength
 - Push up Test
- Muscular Endurance
 - Curl Up Test
- Flexibility
 - Sit and Reach Test
- Body Composition (BMI)
 - Height and Body Weight
- Power
 - The Vertical Jump

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2. Goals

The Primary goals of implementing heart rate monitors in the Lifetime Fitness and Wellness Pursuits class are to enable students to understand and monitor their individual exertion levels during exercise, allowing for personalized fitness goals, improved accountability, and a better understanding of their body's response to activity, ultimately promoting healthier exercise habits and increased motivation to reach their target heart rate zones throughout the class.

Furthermore, below are additional goals to strive for in our class utilizing heart rate monitors:

Visual feedback on heart rate can motivate students to push themselves to reach their goals and see tangible progress over time.

Teachers can objectively assess student effort and participation based on heart rate data, providing more accurate feedback and grading.

Using heart rate monitors can be a teaching tool to discuss the importance of heart rate, resting heart rate, and the relationship between exercise intensity and heart rate.

Heart rate monitors allow for differentiation in activities, as students can be challenged to reach their own target heart rate zones regardless of their overall fitness level.

Student can learn to self-regulate their activity level by monitoring their heart rate and adjusting as needed.

Waco Education Foundation

Grant Budget Form

Assigned Proposal #	58
Project Title:	I Fit 4 Life
Number of Students Served by Grant:	350

Qty	Budget Item	Verify Vendor (Y or N)	\$ Requested from the WISD Foundation	Other Secured Source	\$ from Other Source (if applicable)	Total Amount
Consumable Supplies						
1	PolarGoFit.com License	Y	\$ 350.00			\$ 350.00
3	PolarGoFit.com License	Y	\$ 450.00			\$ 450.00
1	Polar Virtual Training	Y	\$ 745.00			\$ 745.00
						\$ -
						\$ -
						\$ -
total Consumable Supplies			\$ 1,545.00		\$ -	\$ 1,545.00
Technology						
6	Polar Verity Sense OHR BLK 10-Kit	Y	\$ 4,829.70			\$ 4,829.70
2	IPAD	Y	\$ 700.00			\$ 700.00
total Technology			\$ 5,529.70		\$ -	\$ 5,529.70
Long-Term Supplies / Equipment (items that will last beyond the grant year)						
6	Polar Verity Sense ARMB BLK 10-Kit M-XXL	Y	\$ 1,121.70			\$ 1,121.70
						\$ -
						\$ -
						\$ -
						\$ -
						\$ -
total Long-Term Supplies			\$ 1,121.70		\$ -	\$ 1,121.70

Contracted Services						
						\$ -
						\$ -
total Contracted Services			\$ -		\$ -	\$ -
Personnel						
						\$ -
						\$ -
total Personnel			\$ -		\$ -	\$ -
Travel / Other						
1	Estimated Shipping	Y	\$ 50.00			\$ 50.00
						\$ -
						\$ -
						\$ -
total Other			\$ 50.00		\$ -	\$ 50.00
Totals		Total Requested from the WISD Foundation		Foundation Cost Per Student	Total from Other Sources	Total Cost of Project
		\$ 8,246.40		23.56114286	\$ -	\$ 8,246.40