



FUNDING PROPOSAL

To transform our Schools gym space into a new age functional fitness suite



Introduction

This proposal outlines the need for new and updated fitness equipment at ST Mungos Academy. We are seeking funding to purchase essential equipment that will enhance the physical education program, Flagship Extra-curricular fitness programmes and promote a healthier lifestyle for our students. This initiative aims to combat rising rates of childhood obesity and inactivity, while fostering a lifelong appreciation for fitness. We are also at the forefront of functional fitness in schools with hosting the first ever schools Hyrox comp in November 2024. I have now just booked the full indoor centre at Toryglen to run a huge City wide Hyrox style event, which is the first of its kind and ideal for promotion of partners.

Objectives

The primary objectives of this project are to:

- **Improve** student physical fitness levels.
- **Increase** participation in physical education classes and extracurricular sports.
- **Promote** healthy habits and reduce childhood obesity.
- **Provide** a safe and engaging environment for physical activity.
- **Enhance** the overall well-being of students and staff.
- **Develop** a pathway to personal training for our students
- **Promote** functional fitness and train towards City wide school comps that have been confirmed.

Justification for Need

Currently, the fitness equipment at St Mungos Academy is outdated, insufficient, and in some cases, unsafe. Many items are broken or require frequent repairs, limiting their usability. This lack of adequate equipment restricts the scope of our physical education program and hinders our ability to provide students with a comprehensive fitness experience. Furthermore, studies show that regular physical activity improves academic performance, reduces stress, and enhances mental health. Investing in fitness equipment is an investment in our students' future.

I transformed the space 2 years ago where it was merely a store cupboard for P.E equipment. The school is very unique in that they do not have their own fitness suite when most schools are built with them. I made the space as best as i could with putting out a plea for anyone with old equipment they did not need. The space has served a purpose, but we are growing from strength to strength with our fitness blocks in P.E as well as extracurricular programmes including our flagship EMPOW-HER programme which has seen 18 Senior Girls attend weekly.

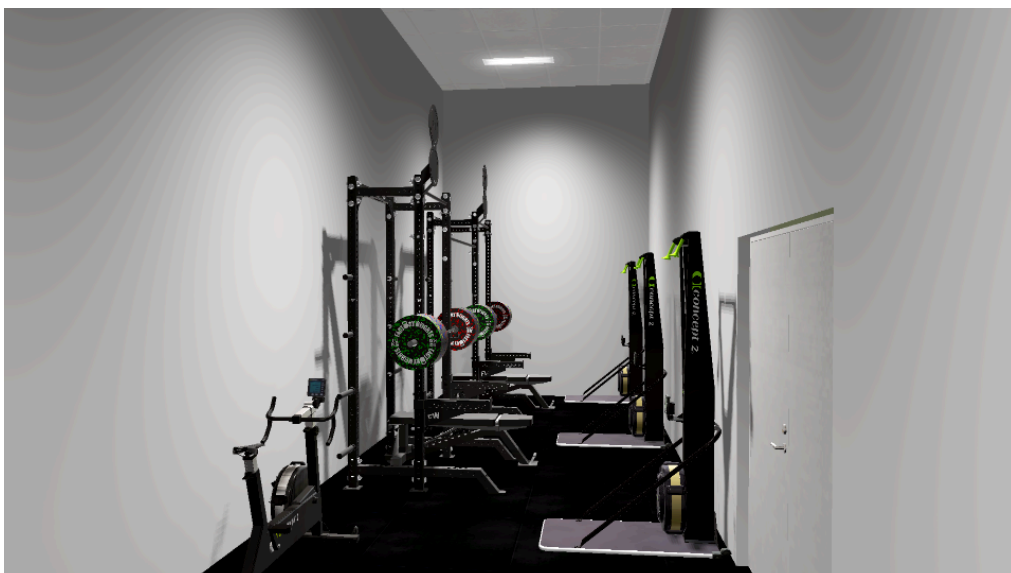
In appreciation of your generous funding for our school's gym equipment, we plan to actively promote your business across our various social media platforms and at Citywide events. Our school's social media accounts have a wide reach, with a combined following of over 10,000 parents, students, and community members. I am also a content creator for Active Schools in which i create amazing video's to promote our work with the best of videoing kit including drone footage.

We will regularly feature posts highlighting your contribution, showcasing the new gym equipment, and tagging your business. This will not only increase your visibility but also associate your brand with health, fitness, and community support. Additionally, at our school events, we will ensure your business is recognized. This could include banners displaying your logo in our gym, mentions in our event programs, and verbal acknowledgments during event speeches. We believe this partnership will create a positive impact on our students' health and fitness, while also providing valuable exposure for your business within our community.

Required Equipment

The proposed equipment list includes a variety of items to cater to different fitness levels and interests:

- **Ski Erg (2):** For cardiovascular training and endurance building.
- **Watt bike (1):** Low-impact cardio option suitable for all fitness levels.
- **Weight Training Set (barbells, plates and rack (1):** barbells, and weight plates for strength training.
- **Adjustable Weight Benches (2):** For safe and effective weightlifting.
- **Pull up bar (1):** Building upper body and grip strength. This is also used to stabilise the racks



Expected Benefits for Students

The implementation of this project will provide numerous benefits for our students:

- **Improved Physical Health:** Enhanced cardiovascular fitness, strength, and endurance.
- **Reduced Risk of Obesity and Related Diseases:** Promoting healthy habits and combating sedentary lifestyles.
- **Enhanced Mental Well-being:** Reduced stress, improved mood, and increased self-esteem.
- **Improved Academic Performance:** Increased focus, concentration, and cognitive function.
- **Development of Lifelong Fitness Habits:** Fostering a positive attitude towards physical activity.

Budget Estimate

The estimated cost for the proposed fitness equipment is as follows:

- **Concept 2 SkiErg (2):** £2,048.50
- **Concept 2 BikeErg (1):** £1,133.00
- **Regular Half Rack (2):** £1,519.00
- **Mens Blackout Barbell (1):** £190.40
- **Woman's Blackout Barbell (1):** £176.00
- **100kg Fleck Bumper plate set (2):** £668.80
- **Long Pull up Bar (1):** £60.00
- **Installation and Delivery:** £800.00
- **Contingency (5%):** £329.83

Total Estimated Cost: £6,926.43

Call to Action

We believe that investing in the physical health and well-being of our students is an investment in their future. We urge you to consider supporting this vital project by providing the necessary funding to purchase the requested fitness equipment. Your contribution will make a significant difference in the lives of our young people and help us create a healthier, more active school community. Please contact Richard Morgan (Active Schools Coordinator Glasgow City Council) at (GW18morganrichard@glow.ea.glasgow.sch.uk) or Give me a call on 07817425449 to to discuss how you can help us reach our goal. Together, we can empower our students to lead healthier and more fulfilling lives. Thank you for your consideration.

link to Empow-Her senior girls prog vid

<https://x.com/ASGstmungos/status/1892825810865967223>

link to our first Fitness comp which we held in the school in November involving 12 secondary schools. We are now aiming to target every Secondary in the City with this next huge event which is booked for November in Toryglen indoor football centre where your company's name can be branded for promotion as partner.

<https://x.com/ASGstmungos/status/1864395156096770198>

Summary

This proposal highlights the urgent need for updated fitness equipment at St Mungos Academy to improve student health, promote active lifestyles, and enhance academic performance. By investing in this project, you will directly contribute to the well-being and future success of our students as well as being a partner in the huge new movement within schools as a sponsor of the Huge city wide fitness games in November. We are confident that with your support, we can create a healthier and more vibrant school community.