

CARA GRANT - BIO

Cara Grant (she/her) is currently the PreK-12 supervisor for adapted physical education, health, and physical education in Montgomery County Public Schools Maryland, the 14th largest school district in the nation with 210 schools. She coordinates the masters degree with certification in physical education (MCERT) program at University of Maryland College Park. She has an Ed.D. in educational leadership with a focus on curriculum and instruction; masters degree in curriculum and instruction; and undergraduate degree in kinesiology. She started her career in middle school APE, health and physical education following the footsteps of her dad. Cara has served and supported SHAPE Maryland, district and national organization goals through service, providing training, Twitter Chats (@CaraGrant11), coaching, mentoring, and as a contributing author in various resources. Her passion for APE, Health, and PE have caused her to focus on equity enabling her to serve on the EDI podcast. She lives in Maryland with her spouse and four sons where she enjoys volunteering with local organizations aimed at helping youth, reading, and playing with her family including cats, dogs, and turtles.