

2017-18 ASU Home School Physical Education Program

Dear Parents,

The ASU Health and Physical Education Program is pleased to continue our commitment to a Home School Physical Education Program for the 2017-18 academic year.

Program Details:

PE Instruction Days:	Tuesdays and Thursdays (full schedule enclosed)
PE Class Meeting Time:	1:00-1:50 pm
Location:	Varsity Gym on ASU Campus (see enclosed map)
Fee:	\$30 per student for the full academic year (ASU PE T-shirt included in price)
Ages:	5-12 years (must turn 5 by Oct. 31, 2017)

Program Structure:

The ASU Home School PE Program is a part of the ASU Health and Physical Education (HPE) Program. It is overseen by Dr. Benjamin Sibley. Dr. Sibley is a licensed K-12 physical education teacher and a professor in the ASU PETE program, and has many years of experience working with children in both academic and recreational settings.

Classes are taught by junior-level physical education majors in the ASU HPE program in conjunction with a university course in elementary physical education teaching methods. All lesson planning and instruction is supervised by Dr. Sibley. We offer classes at three developmental levels: Cadets (5-6 years), Juniors (7-8 years), and Seniors (9+ years). These age cut points are approximate – class placement is based on both age and developmental level.

We use the innovative SPARK physical education curriculum in our PE program. The SPARK curriculum has been shown to improve students' motor skills, to improve students' fitness, and to be enjoyable for students in a variety of research studies. For more information on the SPARK curriculum, check out their website at <http://www.sparkpe.org>. This year, our Seniors group will also be participating in a new fitness curriculum based on CrossFit Kids methodology.

Visitation:

Parents are welcome to attend class as often as they wish. Free parking is available in the ASU parking deck on Rivers Street. Just see Dr. Sibley after you arrive to get a parking pass.

Registration:

Enclosed you will find a registration form, a program schedule, program policies and procedures, and other general information. If you have any questions or need additional information, please do not hesitate to call Dr. Ben Sibley at 828-262-6300.

Policies and Procedures
ASU Home School Physical Education Program

Student Drop Off and Pick Up:

Please see the attached map for specific location and drop off and pick up instructions. Please try to be on time for both drop off and pick up, as the ASU students participating in the program have other school commitments throughout the day. **If you are going to be late for pick up (after 2:00 pm), please call Dr. Sibley on his cell phone at 828-773-3912.**

Late Drop Off Procedure:

The ASU students responsible for escorting the children from the curb to the gym will come inside at 1:00 pm sharp. Therefore, for safety purposes, participants arriving late will need to park on campus and the parent/guardian will need to physically escort the child/children into the gym. Parking is available in the ASU parking deck on Rivers Street. See Dr. Sibley for a parking pass after parking.

Class Rules

All students *and teachers* will be expected to follow these rules during, before, and after PE class:

Support Others and Be a Good Sport

- Students are expected to be polite, respectful, and supportive of their fellow students and their teachers.

Participate – Give 100%

- We want every student to learn and have fun in PE class. The best way to do this is to give your best effort in every activity.

Always Think Safety

- Safety is our #1 priority. Think before you act. Is what you are about to do safe for yourself? For others?

Remember to Listen & Follow Directions

- Whenever you hear the whistle, Stop, Look, and Listen. Following directions is important for both safety and so everyone in class can be successful.

Kindness Given will be Kindness Returned

- Treat others as you would like to be treated.

Consequences for breaking class rules

1st offense – Quiet warning from your teacher.

2nd offense – Time out until the student is ready to follow the class rules.

3rd offense – Time out for the remainder of the class period.

Ongoing/repeated behavior issues will be handled on an individual basis by Dr. Sibley.

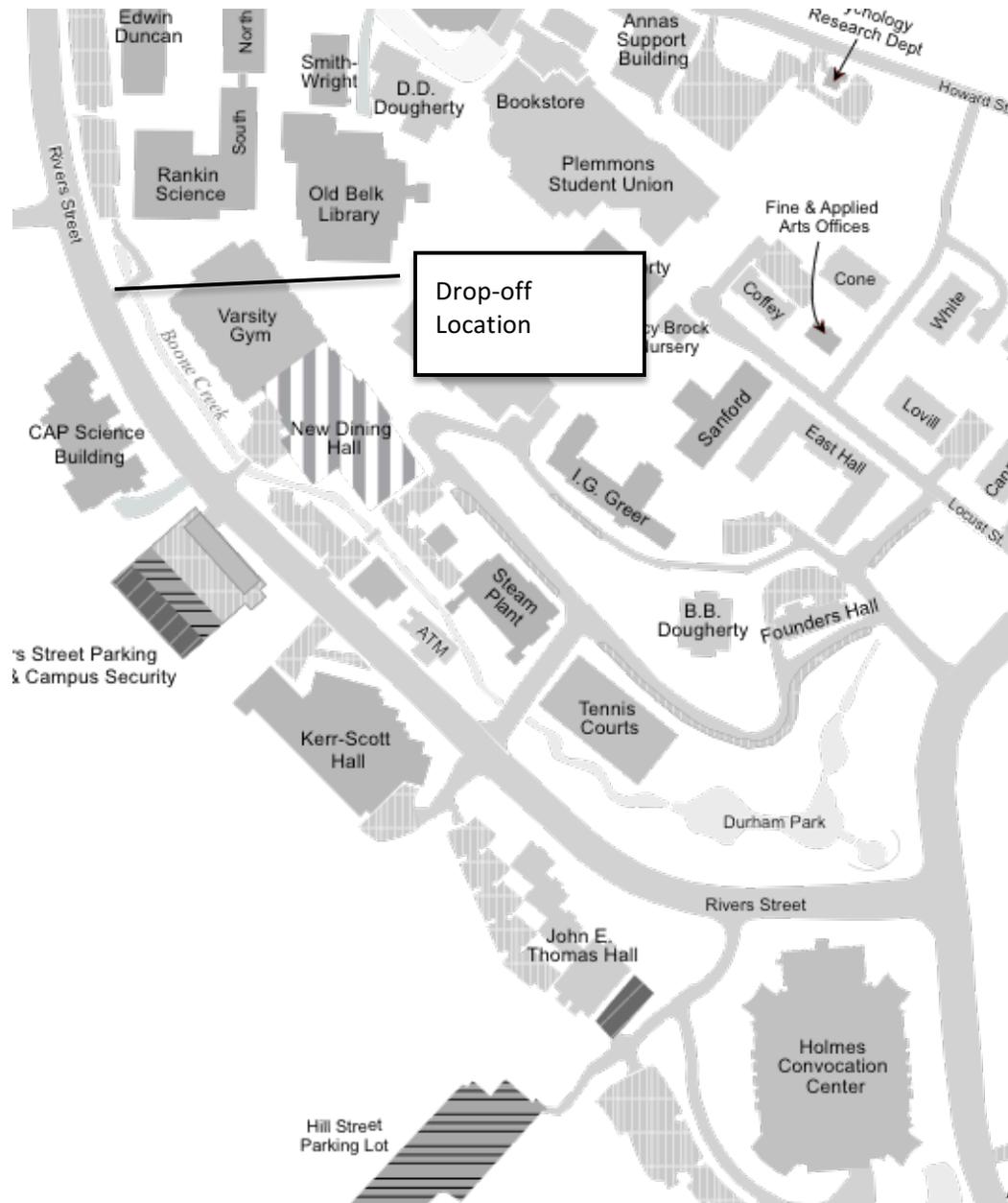
Dress Code

- ASU policy requires athletic shoes only for students attending class. Please, **no flip-flops, sandals, or boots.**
- All students must wear their ASU Home School PE tee shirt (included in registration fee, will be passed out during 2nd or 3rd week). Students should wear a plain gray tee shirt if they cannot wear their ASU PE shirt on a particular day.

1st Day of Class

The 1st day of class will be Tuesday, September 12th. Attendance is required for all students on this day. We will cover our rules and procedures for the ASU Home School PE program during this class. If you cannot attend class this day, please make alternative arrangements with Dr. Sibley for your children to go over our rules and expectations.

Drop Off / Pick Up Location



Arrival Time: 12:45-1:00 pm

Physical Education students will be dropped off on Rivers St at the east end of Varsity Gymnasium and on the same side of road as Varsity Gymnasium. Parent/Guardians should pull to the right shoulder into the pedestrian lane and turn on their hazard lights. Students should only exit to the right side of the vehicle to avoid on-coming traffic. Please do not leave children unattended.

Departure Time: 1:50-2:00 pm

Physical Education students will be picked up in the same location as they were dropped off. The same protocol exists in that parent/guardians should pull to the right shoulder into the pedestrian lane and turn on their hazard lights. Students will only enter the vehicle from the right side so as to avoid on-coming traffic. Please be prompt in that our University students have additional academic responsibilities at the two o'clock hour.

Please do not pull into the truck delivery area in front of the new dining hall. I realize this causes an inconvenience, but it is out of our control. Thanks!

Fall 2017 Schedule
ASU Home School Physical Education Program

Program Operation Times	
Drop Off Time:	12:45-1:00 pm on Tuesdays and Thursdays
Location:	Varsity Gym on ASU Campus
Class Starting Time:	1:00 pm
Class Activity Ending Time:	1:47 pm
Pick Up Time:	1:50-2:00 pm

Schedule of Classes

Tuesday	Thursday
September	
12 – 1st Day of Class	14
19	21
26	28
October	
3	5
10	12 – No Class, University Fall Break
17	19
24	26
31	
November	
	2
7	9
14	16
21	23 – No Class, Thanksgiving
28	29 – Winter Wonderland Festival Last Day of Class

Adverse Weather Policy

In the coming months, there is a significant likelihood that the weather will impact your ability to get to ASU. If we have to cancel, it will be posted on the following website:

<http://ncweatherclosings.com>

In general, if ASU cancels classes, we will be closed. There have been cases, though, when we have decided to cancel Home School PE even though the university remained open. Of course, attendance is always at your discretion, and there is no penalty for missing class if you feel the roads are unsafe (or for any other reason).

If you are unsure if classes have been cancelled, you can call my office phone at 828-262-6300, or my cell phone at 828-773-3912.

The **SPARK** Elementary Physical Education Program

A Healthy Beginning:

The **SPARK** (Sports, Play and Active Recreation for Kids) Programs began studying elementary physical education in 1989, and today, the name **SPARK** represents a collection of exemplary, research-based physical activity/nutrition programs. The original **SPARK** study was initially supported by the Heart, Lung and Blood Institute of the National Institutes of Health.



Results:

Numerous refereed publications (40 to date) have reported The **SPARK** Programs elementary physical education (PE) program effects, including papers showing evidence of achievement in the following variables:

- Physical activity
- Physical Fitness
- Lesson context and teacher behavior
- Academic Achievement
- Motor skill development
- Student enjoyment of the program
- Adiposity
- Long term effects/institutionalization
- Process measures (parent behavior, teacher acceptance of the program)

Honors:

SPARK elementary physical education has been selected as the intervention program in many important research studies and cited in the Surgeon General's Report as a "school-based solution to our nation's health care crisis." **SPARK** PE was validated by the National Diffusion Network of the U.S. Department of Education in 1993 and earned "Exemplary Program" status.

Sharing Good News and Growing:

Following the research phase, the elementary PE program was expanded to focus on dissemination. Over the years, additional research has led to the creation and development of:

- Early Childhood (ages 3-5)
- Middle School PE (grades 6-8)
- High School PE (grades 9-12)
- After School (ages 5-14)

For more information on **SPARK** Elementary PE, please visit our website at <http://www.sparkpe.org>.