Program Details:

<table>
<thead>
<tr>
<th>PE Instruction Days:</th>
<th>Tuesdays and Thursdays (full schedule enclosed)</th>
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</thead>
<tbody>
<tr>
<td>PE Class Meeting Time:</td>
<td>1:00-1:50 pm</td>
</tr>
<tr>
<td>Location:</td>
<td>Varsity Gym on ASU Campus (see enclosed map)</td>
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<tr>
<td>Fee:</td>
<td>$30 per student for the full academic year (ASU PE T-shirt included in price)</td>
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<tr>
<td>Ages:</td>
<td>5-12 years (must turn 5 by Sept. 11, 2018)</td>
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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. Brooke Towner. Dr. Towner is a professor in the ASU HPE program, and has many years of experience working with children in both academic and recreational settings.

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](http://www.sparkpe.org).

This year you will have the opportunity to enroll in two additional physical activity programs:

The Play Pen (3 - 4 year olds)

Play Pen activities will be structured using the SPARK early childhood (EC) curriculum. The SPARK EC curriculum is designed to provide children with high activity, academically integrated, enjoyable movement opportunities that foster social and motor development.

The Parent Pack: Parents Walking Program

While your children are engaged in the Home School PE program, get active too. This parent-centered physical activity program will consist of an App State student-led structured walking program. During the walks there will be an opportunity to discuss various physical activity and health topics.

To Register:

Go to: [https://goo.gl/forms/uglKTKgnUgf4dEjU2](https://goo.gl/forms/uglKTKgnUgf4dEjU2)

Or scan this QR code:

For more information, go to [https://pehomeschool.appstate.edu/](https://pehomeschool.appstate.edu/), or contact Dr. Benjamin Sibley at 828-262-6300, sibleyba@appstate.edu or Dr. Brooke Towner, townercb@appstate.edu.
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.

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. Towner 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. Towner.

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 11th. 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. Towner for your children to go over our rules and expectations.
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!