



2020-2021 ASU Home School Physical Education Program

Dear Home School Families,

In the midst of the COVID-19 pandemic, the ASU Health and Physical Education Program is pleased to continue our commitment to offering a Home School Physical Education Program for the 2020-2021 academic year.

Program Details for the ASU Home School PE Program

(5 – 12 year old; must turn 5 by September 8, 2020)

Dates:

- September 8 – November 13 (online)
- February 9 - April 15 (tentative for Spring 2021)

Meets:

- Tuesdays synchronously via Zoom from 1:00 p.m. - 1:50 p.m.
- Thursdays asynchronously via a Fundamental Motor Skill & Family Physical Activity Challenge

Location:

- Online for Fall 2020
- Varsity Gym on ASU Campus (tentatively for Spring 2021)

Cost:

- Fall 2020 \$0 per child
- Spring 2021 \$ 30 (or less TBD) per child

Program Structure:

The ASU Home School PE Program is a part of the ASU Health and Physical Education (HPE) Program. Dr. Brooke Towner will oversee the program. Dr. Towner is an assistant professor in the ASU HPE program, is a Certified Physical Education Teacher, and has physical education experience in both public school and recreational settings.

Classes are taught by junior-level physical education majors in Appalachian's PETE program in conjunction with a university course in elementary physical education teaching methods. All lesson planning and instruction is supervised by Dr. Towner. 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>.

The Fall 2020 ASU Home School PE Program Plan:

- The ASU Homeschool PE Program will be held in an online format.
- On Tuesdays, all age groups will meet on Zoom (an online video conferencing tool) for a 20 - 25 minute lesson instructed by an ASU student or teaching pair.
 - Dr. Towner will attend all Zoom lessons.
- On Thursdays, the ASU student or teaching pair will post an optional online Fundamental Motor Skill and Family Challenge PE activity using FlipGrid (an online tool for posting video responses).

- FlipGrid will be used for the homeschool students to record a short video demonstrating their skill or respond to a prompt about physical activity, sport, or a quality character trait.
- The ASU student or partner pair will provide feedback to the students that chose to participate. The FlipGrid will be moderated so only Dr. Towner and the ASU students or teaching pairs have access to the FlipGrid.
- Dr. Towner will monitor all Flipgrids.

For Fall 2020 the Home School PE Program, will not offer the Play Pen or Parent Walking Group. We tentatively plan to offer the two additional programs in Spring 2021.

Registration:

Go to: https://appstate.az1.qualtrics.com/jfe/form/SV_1zEb2hHYa1R475j

Or visit: <https://pehomeschool.appstate.edu/> and select the REGISTER ONLINE NOW!

Registration DEADLINE: September 7th, 2020 (late registrations will be accepted as long as slots are still available)

For more information, go to <https://pehomeschool.appstate.edu/> or contact Dr. Brooke Towner at 828-262-8558, townerbc@appstate.edu .

ASU Home School Physical Education Program Schedule

Fall 2020 Program

Tuesday (Zoom)	Thursday (FlipGrid)
September	
8 – 1st Day of Class	9
15	16
22	24
29	--
October	
--	1
6	8
13	15
20	22
27	29
November	
3	5
10	12 – Last Day of Class

Tentative Face-to-Face Spring 2021 Program

Tuesday	Thursday
February	
9 – 1st Day of Class	11
16	18
23	25
March	
2	4
9	11
16	18
23	25
30	--
April	
--	1
6	8
13	15 – Last Day of Class

Online Policies and Procedures
ASU Home School Physical Education Program

Zoom Program Operation Times	
Zoom Waiting Room Opens:	12:50 on Tuesdays
Location:	Zoom (private link will be sent to families enrolled)
Class Starting Time:	1:00 pm
Class Activity Ending Time:	1:30 pm

Technology Tool Access:

In order for families to set up Zoom and FlipGrid, directions will be shared a week before the first day of class. Prior class on Tuesdays, a Zoom PE class link, any basic equipment needs, and FlipGrid link will be shared on Mondays each week via email.

Preparing to Use Zoom:

Please ensure you have an internet capable device with a working camera and microphone. Check your internet connectivity. In Zoom setting, consider lower the quality of your video to help with connectivity. Test out the video angle so your child(ren) can be seen during class.

Get Ready for PE Class:

Safety first! Clear an area where your child(ren) can be physical activity. Get dressed for activity. Please no flip-flops, sandals, boots or bare feet.

Join the Zoom PE Class:

You will be placed in a waiting room and the host (ASU student or Dr. Towner) will let you into the meeting. This ensures outside parties cannot enter. Please join the Zoom classroom meeting before 1:00 pm. This ensures we are able to take attendance, set up break out rooms for specific age group practice, and get started on time.

During the Zoom PE Class:

Please come into the session with the microphone on mute. Follow class rules listed below.

1st Day of Class:

Attendance is highly encouraged for all student on this day. Dr. Towner will lead the PE Class. We will cover our rules and Zoom PE procedures for the ASU Home School PE Program during this class. If you cannot attend, please contact Dr. Towner to make alternate arrangements.

Face to Face Policies and Procedures
ASU Home School Physical Education Program

Face to Face 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

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. Towner on her cell phone at 419-789-2119.**

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.

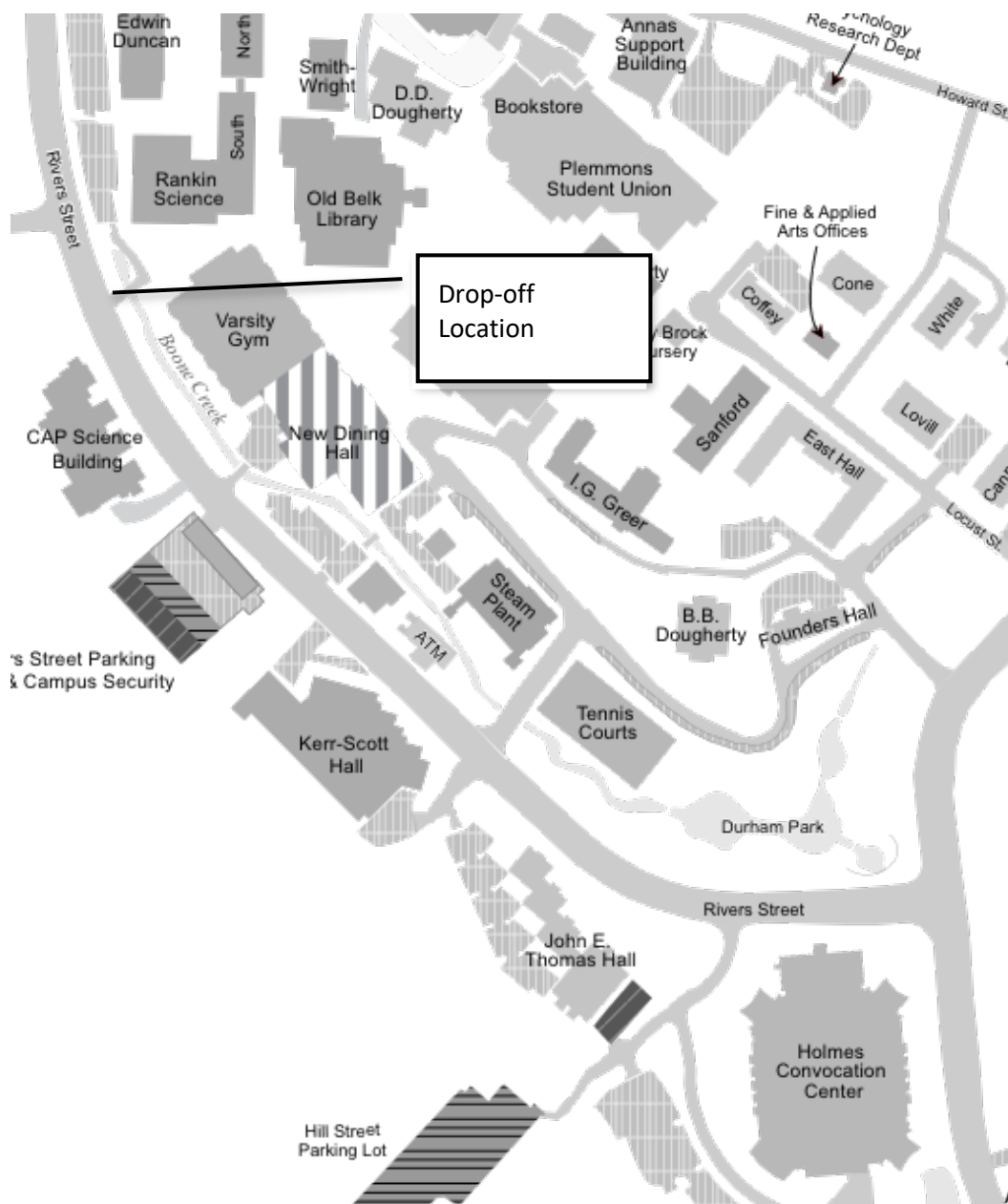
Dress Code

- 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

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.

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!

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 are cancelled, you can call my office phone at 828-262-8558, or my cell phone at 419-789-2119.

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>.