

App State Homeschool Physical Education Program (2024 - 2025)

The App State Health, Physical Education, and Coaching Program is pleased to continue our commitment to a Homeschool Physical Education Program for the 2024-2025 academic year.

App State Home School PE Program

Age	5 – 12 years old; must turn 5 by September 17, 2024
Instruction Days	Tuesdays and Thursdays ● Fall September 17 – November 14 (<i>No program on 10/15</i>) ● Spring February 11 - April 17 (<i>No program on 3/11 & 3/13</i>)
Meeting Time	1:00 p.m. - 1:50 p.m.
Location	Varsity Gym on App State Campus (see map below)
Cost	\$30 per child for the full academic year (includes t-shirt)

Program Structure:

The App State Home School PE Program is a part of the App State Health, Physical Education, and Coaching (HPEC) Program. Dr. Brooke Towner will oversee the program during the academic year. Dr. Towner is an Assistant Professor in the App State HPEC program, is a certified K-12 Physical Education Teacher, and has numerous years of experience working with children in public school, university, and recreational settings.

Classes are taught by junior-level physical education majors in the App State HPEC program in conjunction with a university course in elementary physical education teaching methods. All lesson planning and instruction are 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 age and developmental level.

We use the innovative SPARK physical education curriculum in the Home School PE program. In various research studies, the SPARK curriculum has been shown to improve students' motor skills and fitness and be enjoyable for them. For more information on the SPARK curriculum, check out their website at <http://www.sparkpe.org>.

This year, as part of the physical education curriculum, we will also include fitness tracking and fitness and fundamental motor skills testing. Fitness tracking will occur through the use of a pedometer worn on the waistband during each class. Fitness and fundamental motor skills testing will occur at various points throughout the academic year. Parents will receive a written report with their child's results.

In addition to the Home School PE Program, we offer two additional physical activity programs for the family:

Play Pen (3 - 4-year-olds):

Age	3 - 4-year-olds must turn 3 by September 17 * First priority will be given to those with siblings enrolled in the Homeschool PE Program * Enrollment will vary and be capped based on the number of App State teacher candidates * Play Pen group may be combined with the 5 – 6-year-old group (dependent on enrollment and App State student numbers)
Instruction Days/Times	Tuesdays and Thursdays; same days/times at the Homeschool PE Program
Location	Varsity Gym on App State Campus (see map below)
Cost	\$30 per child for the full academic year (includes t-shirt)
Curriculum	Activities will be structured using the SPARK early childhood (EC) and K-2 curriculums. The SPARK curriculum is designed to provide children with high-activity, academically integrated, enjoyable movement opportunities that foster social and motor development.

Parent Walking Program:

While your children are engaged in the Home School PE program or Play Pen, get active, too. Parents are encouraged to get some steps in while their children are engaged in class. Stay in Varsity Gym and walk the perimeter of the gym, do an outback around campus, or walk a couple of loops in Durham Park.

Visitation:

Parents are welcome to stay and observe the class as often as they wish.

Registration:

Go to: [App State Home School Physical Education Program Registration](https://pehomeschool.appstate.edu/) or scan this QR code:



Or visit: <https://pehomeschool.appstate.edu/> and select the ONLINE REGISTRATION link.

DEADLINE: September 16th, 2024 (late registrations will be accepted as long as slots are still available; however, there will be a delay in your child receiving a T-shirt (if enrolled after the first two weeks of the program)).

Payments:

Cash or a check for \$30 per child. Make checks out to Appalachian State University.

Mail to:

Sharon Lawrence

Re: Home School PE

Dept. of RMPE

ASU Box 32181

Boone, NC 28608

OR bring your payment with you on the first day of the Homeschool PE Program.

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

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

Fall 2024 Program	
Tuesday	Thursday
September	
17 – 1 st Day of Class	19
24	26
October	
1	3
8	10
15 – No Class, University Fall Break	17
22	24
29	31 – Halloween / Dress Up Day
November	
5	7
12	14 - Winter Celebration Last Day of Class

Spring 2025 Program

Tuesday	Thursday
February	
11 – 1 st Day of Class	13
18	20
25	27
March	
4	6
11 - No Class, University Spring Break	13 - No Class, University Spring Break
18	20
25	27
April	
1	3
8	10
15	17 – <i>Spring Celebration Last Day of Class</i>

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

- Stop, Look, and Listen whenever you hear the whistle. Following directions is important for safety and for everyone in the class to succeed.

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 (self-timed) 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

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

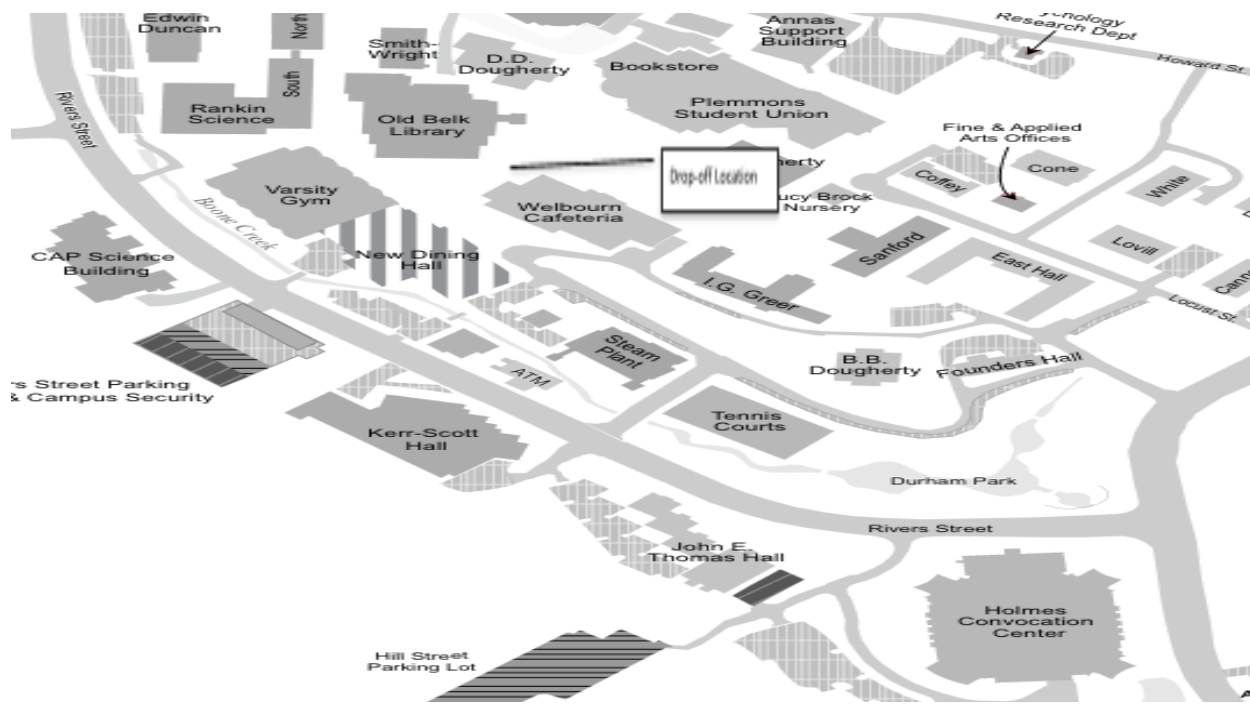
First Day of Class

Attendance is required for all students on the first day of the Home School PE Program. We will cover our rules and procedures for the program during this class. If you cannot attend class this day, please make alternative arrangements with Dr. Towner for your children to review our rules and expectations.

Student Drop-Off and Pick-Up

Please see the map (below) for the specific location and drop-off and pick-up instructions.

Please try to be on time for drop-off and pick-up, as the App State students participating in the program have other school commitments throughout the day.



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 the 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.

Late Drop Off: after 1:00 pm

The App State 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 escort the child/children into the gym.

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 parents/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 to avoid on-coming traffic. Please be prompt as our University students have additional academic responsibilities at 2 p.m. **If you are late for pick up (after 2:00 pm), please call Dr. Towner on her cell phone at 419-789-2119.**

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

Parking

Parking is available in the App State parking deck on Rivers Street. See Dr. Towner for a parking pass when you arrive at Varsity Gym.

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 canceled, you can call my office phone at 828-262-8558, my cell phone at 419-789-2119, or email (townerbc@appstate.edu).

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>.