

Homeschool PE Proposal – christine.sims@oxfordnc.org

Oxford Parks & Recreation – 919-603-1135

Objective: The staff of Oxford Parks & Recreation will provide a structured program offering both physical education and health/ nutrition education sessions for homeschool children from Granville County and the surrounding areas. We will begin with a Winter semester in January 2017 and also plan to offer a Fall semester. This program is designed for students to be ACTIVE while learning about athletics and team sports. Each class begins with a dynamic warm-up and stretch. Next, we rotate through agility stations and drills. Units of study include sport specific drills and games, including rules of the game, strategy and the fundamentals required to play. We also enjoy fun classic games like kickball, dodgeball, wiffleball, and capture the flag.

Staff: The staff of the department has Bachelor degrees and experience in a variety of sports and games which make them very qualified to administer the program. They do NOT have any training as educators, more so as coaches.

Format:

- Homeschool PE will be administered by 5 instructors with each instructor directing a 2-3 week specified program.
- It will incorporate both academic and practical components.
- It will be age appropriate and groups will be divided as Elementary, Middle, and High School.
- Classes will be 1.5 hours each twice a week. Session runs for 14 weeks. This equals 42 hours per semester towards the NCHE requirement.
 - Classes can run consecutively on same days: Elementary – Middle – High
 - Classes can run concurrently (numbers permitting) on same days
 - Classes can run on different days
- We will have four activity sessions and one health/nutrition session per semester.
- Students are permitted 4 planned absences per semester.
- Grades will be recorded and given to parents at the end of the semester.

Topics of Instruction:

- Sports – Baseball/Softball, Basketball, Golf, Flag Football, Soccer, Tennis, Volleyball
- Games – Elementary will be more games and recess based activities – kickball, wiffle ball, dodge ball, playground games, and playground time.
- Health & Nutrition – primarily academic but some hands on activities

Cost of Program: Proposal below

- Students will get 42 contact hours per semester
- First 3 students in a household will cost \$40 per semester
- Next 2 students in a household will cost \$25 per semester
- Additional students in a household will be \$14 per semester
- Payment plan will be available. Two payments – one at the start and one at halfway point.
- Cost: 1=\$40 2=\$80 3=\$120 4=\$145 5=\$170 6=\$184 7=\$198 8=\$212 9=\$226 10=\$240

OXFORD PARKS & RECREATION HOMESCHOOL PE REGISTRATION

YOUR NAME (not child): _____ Are you in RecDesk? _____

ADDRESS: _____ YOUR BIRTHDATE: _____

EMAIL: _____ PHONES: DAY _____ CELL _____

PARTICIPANT INFO:

Participant(s) First and Last Name	Birthdate	Age	Sex	Allergies	Program & Grade (Elem/Middle/High)	Fee

EMERGENCY CONTACT:

In the event of emergency, please list an ALTERNATE contact: NAME: _____

RELATIONSHIP: _____ PHONES: DAY _____ CELL _____

WAIVER AND RELEASE:

In consideration of my or my child's participation as a participant or volunteer for events and activities organized by the City of Oxford or through its Parks and Recreation Department, I hereby agree for myself, my child, my heirs, executors and administrators to assume all risks incidental to such participation including transportation to and from the activities. I further release and agree to hold harmless, the City of Oxford, its Parks and Recreation Department, its employees and agents, officers, directors, organizers, sponsors, supervisors, EMS, coaches, and participants from any claim arising out of injury which occurs during participation in the activity. I further agree to forever discharge the aforementioned parties of and from all liabilities, claims, actions, damages, costs or expenses of any nature arising out of or in any way connected with my or my child's participation in such activity. I further agree to indemnify and hold each of the released parties harmless against any and all such liabilities, claims, actions, damages, costs, or expenses. I fully understand that this release and indemnification agreement includes any claims based on the negligence, action or inaction of any of the above released parties and covers bodily injury (which may include, among other things, muscle injuries, broken bones or death) and property damage suffered by me or my child, before, during or after such participation. I declare I am or my child is physically fit and has the skill level required to participate in these activities.

I also grant permission to supervising, managing personnel or other City of Oxford Parks and Recreation representatives to authorize and obtain medical care from any licensed physician, hospital or medical clinic should I or my child become ill or injured while participating in activities when I am unable to grant authorization for emergency treatment which treatment shall be at my expense. This form shall be considered valid until cancelled or changed in writing by the undersigned.

Parent Signature

Print Name

Date