



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BRAD AKINS YMCA HOMESCHOOL P.E. PARENT HANDBOOK 2019-2020



To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Welcome to the 2019–2020 school year! We are excited to offer Homeschool P.E. classes for K–12 here at the Brad Akins YMCA. We are looking forward to getting to know you and your child, and are thankful for the opportunity to help kids live healthy and active lifestyles through this program. YMCA Homeschool P.E. will be centered around the YMCA’s areas of focus: Youth Development, Healthy Living and Social Responsibility. Together, we will explore multiple areas of athletics, including active games, new sports and much more.

Included, you will find information regarding the yearly calendar, curriculum guide and code of conduct. Please feel free to reach out with any questions by calling the YMCA at (770) 868–2917 or visiting our website at gapiedmontymca.org

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BRAD AKINS YMCA YOUTH SPORTS

Code of Conduct

Brad Akins YMCA seeks to instill positive character-building traits in our communities' youth through the demonstration of good sportsmanship, respect for others, responsibility, fairness, caring and good citizenship. We ask that parents and their guests attending YMCA sponsored events help us by reflecting these character traits at games.

When attending YMCA sponsored events, I therefore agree:

- **I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.**
- **I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing, taunting or using profane language or gestures, etc.**
- **I will not encourage any behaviors or practices that would endanger the health and wellbeing of the participants.**
- **I will teach my child to play by the spirit of the rules and to resolve conflicts without resorting to hostility or violence.**
- **I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, sex, or ability.**
- **I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.**
- **I will respect the officials and their authority during games and will never question, discuss, or confront coaches or referees at the game field, and will take time to speak with coaches at an agreed upon time and place.**
- **I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.**
- **I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.**

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- **Verbal warning by official, head coach, and/or member of league organization**
- **Written warning**
- **Parental suspension with written documentation of incident**
- **Parental semester suspension**

Attire & Equipment

Please send your child to P.E. class each week with the following:

- **Water bottle**
- **Tennis shoes**
- **Athletic clothing**
- **Sunscreen & bug spray (during outdoor units)**
- **Jacket**

Check-in/Drop-off/Pick-up

Children can be dropped off at the front desk of the YMCA as early as 10 minutes before their class time. YMCA sports staff will escort the child to the gym, field, etc. Parents who are YMCA members are welcome to use the facility during their child's class. Parents who are not YMCA members may wait in the lobby/café area. Parents are not required to stay at the YMCA during their child's class, but must be available in case of emergency. Pick-up will be conducted at the front desk at the end of class.

Volunteering

Volunteers are always welcome here at the Y! If you would like to volunteer in the Homeschool P.E. program, please contact us. We would love to have volunteer assistant coaches and field day coordinators.

BRAD AKINS YMCA

HOMESCHOOL P.E. ELEMENTARY CURRICULUM GUIDE

2019-2020

The Brad Akins YMCA Homeschool P.E. Program provides a quality Christian-based course that is convenient and creative. The program offers age-appropriate opportunities and experiences to enhance the child's spiritual, physical, social, intellectual and emotional growth.

Semester 1: August 2 – December 20

Semester 2: January 10 – May 15

Elementary Session Times: Fridays 1pm-2pm

Lesson Outline for Semester 1

Traditional P.E. Games

Soccer

Kickball

Tennis

Basketball

Lesson Outline for Semester 2

Volleyball

Track & Field

Olympics

Nature/Outdoors

Flag Football

August: Unit 1

Traditional P.E. Games

Week 1: Get to Know You

Week 2: Mouse Trap, Jet Ball, Team Memory

Week 3: Capture the Flag, Sharks & Minnows, Secret Agent Tag

Week 4: Team Building Games

September: Unit 2

Soccer

Week 1: Introduction to game and rules, individual skills

Week 2: Passing and shooting techniques, drills

Week 3: Defending, passing, dribbling

Week 4: Small-sided games and competitions

October: Unit 3

Kickball

Week 1: Introduction to game and rules

Week 2: Kicking, pitching, catching, throwing, positioning

Week 3: Games and competitions

November: Unit 4

Tennis

Week 1: Introduction to game and rules

Week 2: Individual skills, partner drills

Week 3: Drills & games, Tennis 4-Square

Week 4: Drills & games, Tennis jail

December: Unit 5

Basketball

Week 1: Introduction to game and rules, individual skills

Week 2: Dribbling, passing, defending

Week 3: Games and competitions

January: Unit 6

Volleyball

Week 1: Introduction to game and rules, techniques

Week 2: Serving, hitting, setting

Week 3: Bumping, digging

Week 4: Game and competitions

February: Unit 7

Track & Field

Week 1: Speed & agility practice

Week 2: Running technique, long distance and short distance

Week 3: Field events, jumps and relays

Week 4: Races, relays and competitions

March: Unit 8

Olympics

Week 1: Egg race, balloon races, bean bag toss

Week 2: Discus throw, javelin toss, obstacle course

Week 3: high jump, long jump, water balloons

April: Unit 9

Flag Football

Week 1: Introduction to game, rules

Week 2: Offense, defense drills, punting

Week 3: Throwing, catching, defending

Week 4: Drills, games

May: Unit 10

Nature/Outdoors

Week 1: Outdoor Scavenger Hunt

Week 2: Fort Yargo hike

Week 3: Field Day—May 15th