

# X-Factor Homeschool P.E. 2019 Spring Schedule

**Program Description:** increase the physical and social activity of home school age children ages 6 to 16. It offers a variety of recreation and sport activities that encourage health, nutrition, sportsmanship, sport fundamentals, and movement skills. Each semester is designed to expose youth to additional ways to stay healthy and active aligning with the YRCC's mission of shaping today's youth for tomorrow's challenges via recreational, educational, and social opportunities.

**Class Duration:** 14 weeks

**Class Days:** Tuesday or Thursday

**Times:** 9:30am-11am

**Class Activities:** Subject to change

**Class Capacity:** 35/Class

**Recommended wear:** Comfortable athletic wear and tennis shoes

**Ages:** 6-16years

**Potluck:** Tuesday, April 30; 10am-11:30am

## Themes & Locales

Week	Focus	Tuesday	Thursday
Week 1 <b>Introduction</b> YRCC	Start the semester with fun games, circuit warm ups, and getting to know you activities.	<b>Games Galore</b>  22 Jan	<b>Games Galore</b>  24 Jan
Week 2 <b>Cardio</b> YRCC	Get your heart pumping with jumprope stations, games, and activities!	<b>Cardio: Jump Rope</b>  29 Jan	<b>Cardio: Jump Rope</b>  31 Jan
Week 3 <b>YRCC</b>	TBD	<b>TBD</b>  5 Feb	<b>TBD</b>  7 Feb
Week 4 <b>Sport/Skills</b> YRCC	Volleyball: Intro to Digging; Serving; Setting	<b>Throwing and Catching I (K-3rd)</b> <b>Volleyball I (4th and up)</b> 12 Feb	<b>Throwing and Catching I (K-3rd)</b> <b>Volleyball I (4th and up)</b> 14 Feb
Week 5 <b>Sport/Skills</b> YRCC	Volleyball: Intro to Spiking; Developing Defense	<b>Throwing and Catching II (K-3rd)</b> <b>Volleyball II (4th and up)</b> 19 Feb	<b>Throwing and Catching II (K-3rd)</b> <b>Volleyball II (4th and up)</b> 21 Feb
Week 6 <b>Sport/Skills</b> YRCC	Volleyball: Progressing court awareness and attacking play	<b>Throwing and Catching III (K-3rd)</b> <b>Volleyball III (4th and up)</b> 26 Feb	<b>Throwing and Catching III (K-3rd)</b> <b>Volleyball III (4th and up)</b> 28 Feb
Week 7 <b>Kung Fu and Games</b> YRCC	Learn self awareness, balance, and body control with Kung Fu	<b>Kung Fu with Master Paul</b> 9:30am-10:15am <b>Group Games</b> 10:15am-11:00am  5 Mar	<b>Kung Fu with Master Paul</b> 9:30am-10:15am <b>Group Games</b> 10:15am-11:00am  7 Mar

Week 8	Focus	Tuesday	Thursday
Sport/Skills	Volleyball IV: Spiking Defense and Game Play	<b>Volleyball Basics (K-3rd)</b> <b>Volleyball IV (4th and up)</b>	<b>Volleyball Basics (K-3rd)</b> <b>Volleyball IV (4th and up)</b>
YRCC		12 Mar	14 Mar
Week 9	Focus	Tuesday	Thursday
Spring Break	Spring Break	<b>No Class (Spring Break)</b>	<b>No Class (Spring Break)</b>
YRCC		19 Mar	21 Mar
Week 10	Focus	Tuesday	Thursday
NUTRITION	Get creative with Natural Grocers about ways to eat healthy!	<b>Healthy Eating @ Natural Grocers 9:45am-11:00am</b>	<b>Healthy Eating @ Natural Grocers 9:45am-11:00am</b>
Natural Grocers		26 Mar	28 Mar
Week 11	Focus	Tuesday	Thursday
Walker Park	Enjoy the outdoors and a variety of recreation activities: kickball, volleyball, disc golf and basketball	<b>Walker Park Day</b> 10 W 15th St	<b>Walker Park Day</b> 10 W 15th St
YRCC		2 Apr	4 Apr
Week 12	Focus	Tuesday	Thursday
HIKE	In addition to staying active outdoors, Tuesday will learn about ecology and Thursday will learn about Leave No Trace.	<b>Hike @ NWA Land Trust</b> 1725 Smokehouse Trail; Fayetteville	<b>Hike @ Kessler Regional Park</b> Kessler Regional Park 2600 Wc 200; Fayetteville
		9 Apr	11 Apr
Week 13	Focus	Tuesday	Thursday
ULTIMATE FRISBEE	Ultimate Frisbee I fundamentals: Throwing, Catching and Game Rules	<b>Ultimate Frisbee I</b> Kessler Regional Park 2600 Wc 200; Fayetteville	<b>Ultimate Frisbee I</b> Kessler Regional Park 2600 Wc 200; Fayetteville
Kessler Regional Park		16 Apr	18 Apr
Week 9	Focus	Tuesday	Thursday
HIKE	Ultimate Frisbee II Fundamentals: Offense and Defense.	<b>Ultimate Frisbee II</b> Kessler Regional Park 2600 Wc 200; Fayetteville	<b>Ultimate Frisbee II</b> Kessler Regional Park 2600 Wc 200; Fayetteville
		23 Apr	25 Apr