

# NDSU Let's Move in Homeschool: Service-Learning Practicum

**NDSU** NORTH DAKOTA STATE UNIVERSITY

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## Seniors 2014



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## Overview

- ⦿ Service-Learning
- ⦿ Program Details and Logistics
- ⦿ Benefits, Challenges, & Suggestions
- ⦿ Future Directions
- ⦿ Q & A

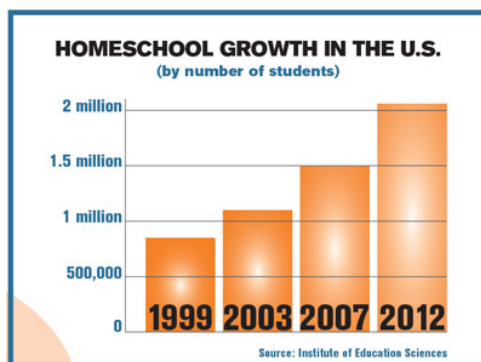
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## Service-Learning

- ⦿ Bringle and Hatcher's (2009) definition of service-learning:
  - ⦿ "Service-learning is a course-based, credit-bearing, educational experience in which students (a) participate in an organized service activity that meets identified community needs and (b) reflect on the service activity in such a way as to gain further understanding of course content, a broader appreciation of the discipline, and an enhanced sense of personal values and civic responsibility." (p. 38)

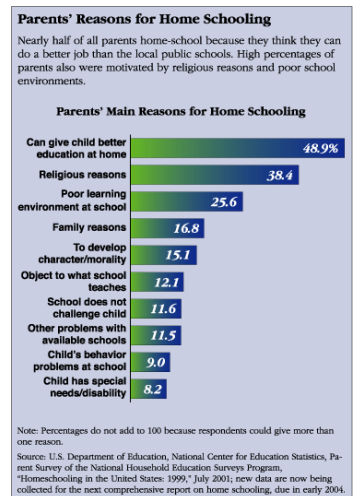
NDSU NORTH DAKOTA STATE UNIVERSITY Slide contents directly from North Dakota State University Service-learning Handbook available at <http://www.ndsu.edu/fileadmin/mu.ndsu.edu/14/VN/ServiceLearningHandbook.pdf>

## Homeschooling in the U.S.



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## Reasons for Homeschooling



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## NDSU Let's Move in Homeschool

### Goal

- Provide low-cost physical education lessons for Fargo-Moorhead homeschool students while providing authentic elementary teaching experiences for teacher candidates

## Program Details

- Children ages 5-12 years
- 10 lessons (1x/week); \$10/child with \$20/ max
- On-campus BBFH Gym
- Fall – Pyschomotor skill theme focus (EDUC 481-PE)
- Spring – Fitness focus (HNES 350)
- Teams of 3-4 TCs/age group

## Teacher Candidates

- Establish rules & routines
- Develop block plan
- Submit lesson plans prior to teaching
  - “Home Fun!”
- Video-record lessons
- Receive immediate peer and faculty feedback
- Reflect post-lesson based on video and assessments
- Analysis of observation results – Senior only
- Pre-post assessment analysis – Senior only

## TC Roles During Lessons

- Teach or co-teach
- Assist
- Cameras
- Observation
  - General
  - Systematic
    - Feedback
    - Teacher Movement
    - ALT-PE
    - QMTPS



## NDSU LMIHS In Action!



## Planning Logistics

### Prior to 1<sup>st</sup> year

- Gym schedules
- Legal department clearance
  - Forms
- Safety office
  - Incident reports
  - Insurance
- Electronic/Paper registration
  - Appropriate security
  - Fees



## Planning Logistics - Forms

- ⊙ Registration
  - ⊙ Any conditions that may impact physical activity?
- ⊙ Medication Authorization
- ⊙ HIPPA
- ⊙ In case of an emergency...
  - ⊙ Preferred hospital
  - ⊙ Insurance information
- ⊙ Photo Release (in newsletter)

## Planning Logistics

### Timeline

- ⊙ Announcement flyer (2 months out) & Initial registration
- ⊙ Group announcements & full registration (3 weeks out)
- ⊙ Newsletter
- ⊙ Last day parting gift ordered (6 weeks prior to end date)

## Flyer

**SPRING 2015**  
**NDSU**  
**Let's Move in Homeschool**

Registration begins Jan. 6<sup>th</sup>  
First Session is Feb. 17<sup>th</sup>

**Welcome to the 3<sup>rd</sup> Year of NDSU's Let's Move in Homeschool Program!!!**

We are excited that you and your families are able to join us for our physical education program. The philosophy of the program is to provide children (aged 5-12 years) with enjoyable, age-appropriate physical education experiences in an emotionally and physically safe environment. Our Spring 2015 program emphasizes personal fitness and individual success.

**Program Director Info:**  
Dr. Jenny Linker  
e-mail: Jenny.Linker@ndsu.edu  
phone: 701.231.8676  
mail: Dept. 2620, PO 6050, Fargo, ND 58108-6050

Program Details	
<b>Dates (Tuesdays)</b>	<b>Cost</b>
Feb. 17 & 24 March 3, 10, 24, & 31 April 7, 14, 21, & 28	Total cost for all 10 sessions: \$18/child; \$28 msa/family
<b>Times</b>	<b>Location</b>
*See next page	NDSU Benson-Bunker Field House

## Day-to-Day Operations

- ⊙ **Set-up**
  - ⊙ Stage chairs and cones
  - ⊙ Buffer zone
  - ⊙ Signs
  - ⊙ Cameras
- ⊙ **During**
  - ⊙ Pick-up/Drop-off
  - ⊙ Name tags
  - ⊙ Attendance lists
  - ⊙ Departure routine
  - ⊙ Registration book
  - ⊙ Medical kit

## Additional First Day Operations

- ⊙ Registration table
  - ⊙ Missing forms
  - ⊙ Collection of fees
- ⊙ All hands on deck
- ⊙ Ice breakers
- ⊙ Rules/routines

## Last Day Festivities

- ⊙ Departing Gifts



## Last Day Festivities

- ⦿ Thundar!!!



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## Teacher Candidate Perspectives

- ⦿ **Benefits**
  - ⦿ Autonomy and ownership
  - ⦿ Convenience
  - ⦿ Equipment and facilities
  - ⦿ Better prepared for capstone field experience
- ⦿ **Challenges**
  - ⦿ High parent involvement
  - ⦿ Large range of student psychomotor skills

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## Program Challenges

- ⦿ Curricular decisions
- ⦿ Student schedules
- ⦿ Back-to-back classes



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## Special Considerations

- ⦿ Cost to families
- ⦿ IEP info
- ⦿ Music
- ⦿ Yoga
- ⦿ Developmentally appropriate
  - ⦿ Greater range of abilities
- ⦿ Ages targeted
  - ⦿ Is there interest?
- ⦿ Does this field experience meet standards?

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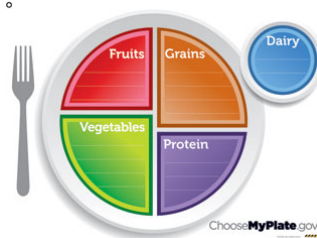
## Suggestions

- ⦿ Start recruitment early
  - ⦿ Groups
  - ⦿ Facebook
  - ⦿ Contact local school districts
  - ⦿ Keep a contact list of homeschool families
- ⦿ Send documents in multiple formats
- ⦿ Send periodic e-mails to remind of procedures
- ⦿ Do a dry-run with TCs

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## Future Activities

- ⦿ Health education
- ⦿ Parent education



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## Research Potential

- ⦿ Physical activity and fitness levels
- ⦿ Parent knowledge/curriculum
- ⦿ Interventions
  
- ⦿ Journal
  - ⦿ Homeschool Researcher



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## If Not Us, Who?



**TOT HOMESCHOOL P.E. (AGES 3 - 5)**  
The Tot Homeschool P.E. meets twice a week for 45 minutes of physical activity in the gym and on the track. Youth will participate in a variety of sports, games and physical fitness activities. A new activity will be introduced every week of the program.

Contact Katie Trotter with any question at 237-4805 or [ktrotter@courtsplus.org](mailto:ktrotter@courtsplus.org).

Winter Session: February 2nd - March 11th  
Mondays & Wednesdays 2:30pm - 3:15pm



**HOMESCHOOL P.E. (AGES 6 - 11)**  
The Homeschool P.E. meets twice a week for 45 minutes of sports and games in the gym and on the track. Boys & girls will learn new sports skills and improve those they know including: basketball, football, floor hockey and many more. A new sport will be introduced every week of the program.

Contact Katie Trotter with any question at 237-4805 or [ktrotter@courtsplus.org](mailto:ktrotter@courtsplus.org).

Winter Session: February 2nd - March 11th  
Mondays & Wednesdays 3:30pm - 4:15pm

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## Thank You!

### Questions & Answers



To learn more, contact Jenny Linker, Ph.D.

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