

KAM plus Sports

Led by PISE, Spring 2017

Dear Keating Parents/Guardians,

You will soon have the opportunity to register your child in Keating Active Mornings (KAM) with a **NEW sports option!** This **7-week session** will be led by coaches from the Pacific Institute for Sport Excellence (PISE).

KAM was founded on the principle that ACTIVE KIDS = ACTIVE MINDS. The program is a series of **fun** physical activity classes held before school that

- prepares students for a day of learning,
- helps them gain an appreciation of the benefits of exercise and healthy choices, and
- develops physical literacy and confidence for being active for life.

What does a KAM class involve?

- **FUN:** The class is about 35 minutes long, with lots of games and activities from start to finish, to keep kids moving.
- **SPORTS:** NEW this session, at each class, kids can choose between playing games, or playing a sport like soccer, basketball or floor hockey. There is no pre-determined schedule as the sport on a given day will be determined by the PISE leaders.
- **OUTDOORS:** If the weather cooperates, the kids may move outdoors to enjoy the fresh air and (hopefully!) sunshine.
- **LEADERSHIP:** Senior students can choose to be “Junior Leaders” to help out younger students for sports and games.
- **COOPERATION:** The classes are multi-aged, so kids can make new friends, play with kids from different classes, and learn new skills together.

When is KAM?

KAM will run Tuesday and Thursday mornings in the gym at Keating Elementary from 8:00 am to 8:37 am, when students will be dismissed to their classes. The session starts Tuesday, May 2nd and ends Thursday, June 15th (7 weeks).

What is the cost?

The cost for this session is \$30 per child – that’s about \$2.15 per class, a great deal! Families who need help with the cost may speak with Mme. Heron about financial assistance from the Keating Cares fund.

How do I sign up and pay?

Space is limited and is only available for Keating Elementary students on a first-come, first-served basis. Registration and payment will both be through the [HotLunches.net online application](http://HotLunches.net), and will be **open Tuesday April 18th through Monday, April 24th**. Confirmation will be provided by email before the program starts.

What are the expectations of the students?

Participants should dress appropriately for physical activity and the possibility of being outdoors. They should bring a nut-free snack and water bottle. Children that attend KAM are expected to participate in the activities. Please ensure they are interested and willing to engage if you enroll them.

Who runs the KAM program?

While the Healthy School Committee of KHASA organizes the KAM program, please note that, starting with this session, parent supervision will not be provided. There will be three PISE leaders each class, who will oversee sign-in and dismissal of the students, as well as lead the program.

Questions or concerns?

Please email keatingactivemorning@gmail.com.