



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – WINTER 2019

**PE2930 (B3): Introduction to the Movement Activities of Children Aged 5 to 12
3 (0-0-3) UT 45 hrs.**

INSTRUCTOR: Chantelle LaMotte **PHONE:** (780) 539-2972
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OFFICE HOURS: Wednesday 11:30-1:00pm *please email for an appointment

CALENDAR DESCRIPTION: This is the study of the free play and organized physical activities of school-aged children in recreational, educational and sport environments. Class members will engage in practical physical activity and the observation of children.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Alberta Fitness Leadership Certification Association. (2012). *Ever Active Kids: Leader's Manual*. Edmonton, Canada: Author.

Be Fit for Life. (2015). *Move and Play: Through Physical Literacy*. Edmonton, AB: Author.

Additional Resources & Readings as designated by the instructor.

DELIVERY MODE(S): Blended learning including lecture; guided physical activity, practical leading of activities, video, group discussion, midterm, written assignments and final exam.

COURSE OBJECTIVES:

1. A study of movement activities engaged in by children 5 to 12 years of age.
 - a.) types of functional and expressive activities
 - b.) content of activities
 - c.) suitability of activities for children within this age group
 - d.) the organization and progressive development of activities.

2. An introduction of the characteristics and needs of children 5 to 12 years of age.
 - a.) growth and development: cognitive, affective, and psychomotor aspects
 - b.) age characteristics
 - c.) the needs of children for physical activity
 - d.) skill acquisition.

3. Movement analysis
 - a.) basic kinesiological principles as well as Physical Literacy definition and stems
 - b.) the application of these principles for observation, activity analysis, and task setting.
4. Observation of children in activity settings.
 - a.) observation techniques
 - b.) identification of levels of skill proficiency
 - c.) analysis of child's use of movement concepts.
5. The provision of suitable environments and activities for children 5 to 12 years of age.
 - a.) suitable equipment and environments for the promotion of activity
 - b.) ways of helping children learn more about themselves and the values of physical activity in their lives
 - c.) free play and structured activity settings, their values and limitations.
6. A study of the content of Physical Education programs:
 - a.) gymnastics, dance, and games, physical literacy, Teaching Games for Understanding & Free Play
 - b.) the contribution of each to the total program
 - c.) methods of presenting and organizing experiences
 - d.) practical ways of dealing with individual differences within the physical education program.

LEARNING OUTCOMES:

- 1.) Knowledge of the types of movement activities in which children 5 to 12 years of age engage.
- 2.) An understanding of the characteristics and needs of children participating in movement activities.
- 3.) A knowledge and understanding of movement concepts with emphasis on their application to a variety of movement activities.
- 4.) Observation skills for assessment and understanding of how children develop movement skills.
- 5.) Knowledge of suitable environments for children to learn movement activities.

TRANSFERABILITY:

UA, UC, UL, AU, GMU, CU, CUC, KUC.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

Midterm exam	20 %
Online Articles/Forum Response	10 %
Activity Leading Assignment #1 (primary)	15 %
Activity Leading Reflection # 1 (primary)	5 %
Activity Leading assignment #2 (pre-adolescent)	15 %
Activity Leading Reflection #2 (pre-adolescent)	5 %
Final exam	30 %

Assignments will be discussed in detail in class

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN C- IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

Tuesdays & Thursdays 1:00pm-2:20 pm

J204 and Gymnasium**

Tuesday	Thursday	TOPIC	Assignment Due
JANUARY	3	Introduction/Physical activity experiences	
8		Physical Literacy for Youth	
	10	Youth Growth & Development Characteristics	
15 (Black box) **		Dance Instruction & Dance in activity	
	17 Online	Canadian Sport for life & Physical literacy	Online Forum Post & Submission
22		Organizing & Managing Children, Effective leading	Jan 27 leading warm ups
	24 **	Peer leading in class (warm up activity)	Warm up plan Due
29	Lecture & Midterm Review	Behavior Management	
	31	MIDTERM EXAM	
FEBRUARY	5 **	TGFU Activities & Progressions	
7		Observation off campus of students	Observation Sheets
	12	Planning session for Activity leading #1	Bring recipe cards to class
14		Inclusion in PA & The Steadward Center	Forum #2 Online Post
18 READING	WEEK	NO CLASS	
	26	Gender differences in PE	
28		Activity Leading Day	Activity Plan Due
MARCH	5**	GYMNASTICS	Primary Reflection Due
7		LBGTQ inclusion in Physical Activity Settings	
	12	Observation off campus of Pre-Adolescent class	Observation sheets
14		Planning session for Activity leading #2	

	19	Program Planning & Leading the Way	
21**		Pre Adolescent Activity Leading Day	Activity Plan Due
	26**	Fundamental Movement Skill Activity	Pre-Adolescent Reflection Due
28		FMS Progressions	
APRIL			
2		BFFL Guest speaker*	Forum #3 Online Post
	4	BFFL Guest speaker*	
9		FINAL EXAM REVIEW	
	11	NO FORMAL CLASS- in office for questions	
	FINAL EXAMS	April 15-27	

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at

www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

- Students must complete all activity leading assignments and examinations in order to receive a passing grade in this course. Failure to do so will result in an incomplete (IN) grade which may result in a failing (F) grade.
- Assignments are due on the dates established by the instructor. Extensions may be offered in lieu of SIGNIFICANT student issues and concerns as determined by the instructor. ALL extensions requests MUST be submitted to the instructor prior to the due dates. Percentage penalties will be applied up to 100 % of the assignment grade if assignments are submitted late.
- Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class. It is the student's responsibility to acquire any materials and content missed due to absence.

STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:

- Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. **The use of these devices must not disrupt the functions of the College overall and its classrooms and labs.** Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.

- **Smart phones, & PDAs must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the expressed consent of individual instructors.** Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.
- If cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other personal electronic devices are used inappropriately for the purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

**Note: all Academic and Administrative policies are available on the same page.