



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2015

PE 2930: INTRODUCTION TO THE MOVEMENT ACTIVITIES OF CHILDREN AGED 5 TO 12

3(0-3-0) UT 45 HOURS

INSTRUCTOR: Chris Watson **PHONE:** 780-539-2972
OFFICE: K216 **E-MAIL:** cwatson@gprc.ab.ca

OFFICE HOURS: Mondays 11:30 - 12:30 pm Tuesdays and Thursdays 10:00 – 11:00 am

DELIVERY MODE(S): Most of the classes will be activity filled in the gymnasium but there will also be several note-taking classes in the classroom and practical teaching experience within a school environment.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

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

CALENDAR DESCRIPTION: This is a 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.

COURSE OBJECTIVES:

Theory, discussion, observation, and practical work will run concurrently throughout the course. The content listed below will be integrated for presentation rather than considered separately.

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 and Laban's principles of movement
 - 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, etc.
 - 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:

For the students to acquire:

- 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.

COURSE SCHEDULE/TENTATIVE TIMELINE:

CLASS TIMES AND LOCATIONS: Mondays 1:00 - 2:20 pm J227 and Gymnasium
 Fridays 10:00 – 11:20 am J227 and Gymnasium

DATE	LOCATION OF CLASS	TOPIC/ASSIGNED READING
F. Sept. 4	J227	Introduction; course outline; discuss PE; read Ch. 1 for next class (P. 1– 27)
M. Sept. 7	No Classes	Labor Day
F. Sept. 11	J227	Notes. Read Ch. 2 & 3 for next class (P. 28-46)
M. Sept. 14	Gym	Orienteering and Geocaching Read Ch. 4 for next class (P. 47-69)
F. Sept. 18	J227	Notes. Read Ch. 5 & 6 for next class (P. 70-131)
M. Sept. 21	Gym	Locomotor/Non-Locomotor movement
F. Sept. 25	J227	Notes. Read Ch. 7, 8, and 9 for next class (P. 133-154)
M. Sept. 28	Gym	Laban’s Movement Concepts Read Ch. 10 for next class (P. 157-175))
F. Oct. 2	Library	Website research (Alberta Education) Read Appendices A, B, C, and D for next class (P. 177-213)
M. Oct. 5	Gym	Laban’s Movement Concepts Basic Effort Actions/Movement Sequencing/Themes
F. Oct. 9	J227	Notes and Review
M. Oct. 12	No Classes	Happy Thanksgiving Day
F. Oct. 16	J227	MIDTERM EXAM
M. Oct. 19	Gym	Educational Games
F. Oct. 23	Mother Teresa School	Observation at Mother Teresa School of Grade 1 students
M. Oct. 26	Gym	Educational Games
F. Oct. 30	Mother Teresa Gym	Teaching #1 Educational Games ON Site (3 groups teaching)
M. Nov. 2	Gym	Educational Gymnastics
F. Nov. 6	M121	Educational Gymnastics – planning session

M. Nov. 9	Mother Teresa Gym	Teaching #2 Educational Gymnastics – ON Site (2groups teaching/ 2 groups observing)
F. Nov. 13	No Classes	Fall Break
M. Nov. 16	Mother Teresa Gym	Teaching #2 Educational Gymnastics – ON Site (2groups teaching/ 2 groups observing)
F. Nov. 20	M121	Educational Dance – what is it
M. Nov. 23	Gym	Educational Dance
F. Nov. 27	Mother Teresa Gym	Teaching #3 Educational Dance – ON Site (2groups teaching/ 2 groups observing)
M. Nov. 30	Mother Teresa Gym	Teaching #3 Educational Dance - ON Site (2groups teaching/ 2 groups observing)
F. Dec. 4	M121	Parachute, Skipping, Folk Dance
M. Dec. 7	J227	Review
TBA	Gymnasium	Final written exam

EVALUATION:

Midterm exam	30%
Teaching assignment #1(Games)	10%
Teaching assignment #2 (Gymnastics)	15%
Teaching assignment #3 (Dance)	15%
Final exam	30%

GRADING CRITERIA:

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A⁻	3.7	80 – 84	FIRST CLASS STANDING
B⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B⁻	2.7	70 – 72	
C⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C⁻	1.7	60 – 62	
D⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at

www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the College Student Misconduct: Academic and Non-Academic Policy at

www.gprc.ab.ca/d/STUDENTMISCONDUCT

****Note:** all Academic and Administrative policies are available at

www.gprc.ab.ca/about/administration/policies/

UNIVERSITY TRANSFER (If applicable):

**** 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.

Please refer to the Alberta Transfer guide for current transfer agreements:

www.transferalberta.ca