



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**

**COURSE OUTLINE – WINTER 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  
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**OFFICE HOURS:** Mondays and Thursdays 1-2 pm; Fridays 11-12pm

**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.

**CREDIT/CONTACT HOURS:** 3 credits, 45 contact hours

**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.

**OBJECTIVES:**

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 CONTENT:**

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.

**TRANSFERABILITY:** UA, UC, UL, AU, UF, CU, CUC, KUC.

\*\* 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.

## GRADING CRITERIA:

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A <sup>+</sup>	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A <sup>-</sup>	3.7	80 – 84	FIRST CLASS STANDING
B <sup>+</sup>	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B <sup>-</sup>	2.7	70 – 72	
C <sup>+</sup>	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C <sup>-</sup>	1.7	60 – 62	
D <sup>+</sup>	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

## EVALUATION:

Midterm exam	30%
Teaching assignment #1(Games)	10%
Teaching assignment #2 (Gymnastics)	10%
Teaching assignment #3 (Dance)	15%
Final exam	35%

## **STUDENT RESPONSIBILITIES:**

Regular attendance and participation are expected in ALL sessions since much of the information provided cannot be obtained in any other way. It is a policy of our department that a student who misses more than 10% of the total number of classes may be disallowed from writing the final exam. Also see Regulations and Policies section of the GPRC Website for college policy on being debarred from exams. Appropriate clothing (e.g. shorts and T-shirt, leotard, track suit) is required for gym activities. Most practical work in the gymnasium is done in bare feet or court/running shoes.

**In addition, during the Educational Games, Gymnastics, and Dance sessions, if classes are missed due to unexcused absences (i.e. medical notice) the student may get their teaching assignment grade reduced or may not be able to teach the class at all.**

## **STATEMENT ON PLAGIARISM AND CHEATING:**

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/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

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

## **COURSE SCHEDULE/TENTATIVE TIMELINE:**

**Class Schedule: Monday and Wednesday from 2:30 to 3:50 pm in J203 and the gymnasium.**

This schedule is subject to change but I will give you notice well ahead of time when possible.

<b>DATE</b>	<b>LOCATION OF CLASS</b>	<b>TOPIC/ASSIGNED READING</b>
Jan. 7	J203	Introduction; course outline; discuss PE; read Ch. 1 for next class (P. 1– 27)

Jan. 12	J203	Notes. Read Ch. 2 & 3 for next class (P. 28-46)
Jan. 14	J203	Notes. Read Ch. 4 for next class (P. 47-69)
Jan. 19	J203	Notes. Read Ch. 5 & 6 for next class (P. 70-131)
Jan. 21	Gym	Orienteering and Geo-caching; Read Ch. 7, 8, and 9 for next class (P. 133-154)
Jan. 26	Gym	Locomotor/Non-Locomotor Movement; Read Ch. 10 for next class (P. 157-175)
Jan. 28	Gym	Laban's Movement Concepts. Read Appendices A, B, C, and D for next class (P. 177-213)
Feb. 2	Library	Website research (Alberta Education)
Feb. 4	Gym	Laban's Movement Concepts Continued...
Feb. 9	Gym	Basic Effort Actions/Movement Sequencing/Themes/Review
Feb. 11	J203	<b>MIDTERM EXAM</b>
Feb. 16		<b>Family Day. No Classes</b>
Feb. 18		<b>Winter Break. No Classes</b>
Feb. 23	Gym	Educational Games
Feb. 25	Gym	Educational Games
Mar. 2	Gym	<b>Teaching #1 Educational Games Groups 1 &amp; 2</b>
Mar. 4	Gym	<b>Teaching #1 Educational Games Groups 3 &amp; 4</b>
Mar. 9	Gym	Educational Gymnastics
Mar. 11	Gym	Educational Gymnastics
Mar. 16	Gym	<b>Teaching #2 Educational Gymnastics Games Groups 3 &amp; 4</b>
Mar. 18	Gym	<b>Teaching #2 Educational Gymnastics Games Groups 1 &amp; 2</b>
Mar. 23	Gym	Educational Dance
Mar. 25	Gym	Educational Dance
Mar. 30	Gym	<b>Teaching #3 Educational Dance Games Groups 1 &amp; 2</b>
Apr. 1	Gym	<b>Teaching #3 Educational Dance Games Groups 3 &amp; 4</b>
Apr. 6	Gym	Parachute and Skipping
Apr. 8	J203	Review for Final
Apr. 13		<b>No Class</b> , but I will be available to meet if needed.
Finals Week	Gym	<b>Final Written Exam</b>