



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**

**COURSE OUTLINE – WINTER 2017**

**PE 2930 (B3): 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:** Tuesdays and Thursdays 10:00 am – 11:00 am or by appointment

**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.

**PREREQUISITE(S)/COREQUISITE:** None

**REQUIRED TEXT/RESOURCE MATERIALS:**

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

**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.

**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.

### **TRANSFERABILITY:**

UA, UC, UL, AU, GMU, CU, BU, 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	30%
Teaching assignment #1(Games)	10%
Teaching assignment #2 (Gymnastics)	15%
Teaching assignment #3 (Dance)	15%
Final exam	30%

**GRADING CRITERIA:**

Please note that most universities will not accept your course for transfer credit **IF** your grade is less than C-.

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:**

**CLASS TIMES AND LOCATIONS:** Mondays 1:00 – 2:20 pm J229 and Gymnasium  
 Fridays 11:30 am – 12:50 pm J229 and Gymnasium

DATE	LOCATION OF CLASS	TOPIC/ASSIGNED READING
F. Jan. 6	J229	Introduction; course outline; discuss PE; read Ch. 1 for next class (P. 1– 27)
M. Jan. 9	J229	Notes. Read Ch. 2 & 3 for next class (P. 28-46)

F. Jan. 13	Gym	Orienteering and Geocaching Read Ch. 4 for next class (P. 47-69)
M. Jan. 16	J229	Notes. Read Ch. 5 & 6 for next class (P. 70-131)
F. Jan. 20	Gym	Locomotor/Non-Locomotor movement
M. Jan. 23	Gym	Laban's Movement Concepts Read Ch. 10 for next class (P. 157-175))
F. Jan. 27	J229	Notes. Read Ch. 7, 8, and 9 for next class (P. 133-154)
M. Jan. 30	Gym	Laban's Movement Concepts Basic Effort Actions/Movement Sequencing/Themes
F. Feb. 3	Library	Website research (Alberta Education) Read Appendices A, B, C, and D for next class (P. 177-213)
M. Feb. 6	J229	Notes and Review
F. Feb. 10	J229	<b>MIDTERM EXAM</b>
M. Feb. 13	TBD	Observation of students in a PE class
F. Feb 17	Gym	Educational Games
Feb. 20-24	No Classes	<b>Reading Week – NO CLASSES</b>
M. Feb. 27	Gym	Educational Games
F. Mar. 3	Gym	<b>Teaching #1 Educational Games (2 groups teaching)</b>
M. Mar. 6	Gym	<b>Teaching #1 Educational Games (2 groups teaching)</b>
F. Mar. 10	Gym	Educational Gymnastics
M. Mar. 13	Gym	Educational Gymnastics – planning session
F. Mar. 17	TBD	<b>Teaching #2 Educational Gymnastics – ON Site (2groups teaching/ 2 groups observing)</b>
M. Mar. 20	TBD	<b>Teaching #2 Educational Gymnastics – ON Site (2groups teaching/ 2 groups observing)</b>

F. Mar. 24	Gym	Educational Dance – what is it
M. Mar. 27	Gym	Educational Dance – Planning session
F. Mar. 31	TBD	<b>Teaching #3 Educational Dance – ON Site (2groups teaching/ 2 groups observing)</b>
M. Apr. 3	TBD	<b>Teaching #3 Educational Dance - ON Site (2groups teaching/ 2 groups observing)</b>
F. Apr. 7	Gym	Parachutes, Jump rope, Folk Dance, DiscGolf, Spikeball, Superheroes – current trends in PE
M. Apr. 10	J229	Review
TBA	Gymnasium	Final written exam

### **STUDENT RESPONSIBILITIES:**

- Students must complete all teaching 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.
- 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 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 <http://www.gprc.ab.ca/about/administration/policies/>

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