

GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS

P.E. 2920 INTRODUCTION TO THE MOVEMENT ACTIVITIES OF  
CHILDREN BIRTH TO AGE 8 YEARS

FALL 1994  
COURSE OUTLINE

INSTRUCTOR: Bethe Goldie

OFFICE: K216

OFFICE PHONE: 539-2972 HOME PHONE: 532-6348

CLASS SCHEDULE AND LOCATION: Mondays and Wednesdays 4:00 - 5:20 pm  
(Please see attached schedule.)

TRANSFERABILITY: PESS 292 (3) -University of Alberta  
1 unspec. EDUC (3) -University of Lethbridge  
Jr. PHED (3) -University of Calgary  
(Students planning to attend U of C may receive credit for  
GPRC's PE 2920 as well as PE 2930. Please see your advisor.)

ATTENDANCE: Regular attendance and participation are expected  
at 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.

DRESS: Appropriate clothing (eg. shorts and T-shirt,  
leotard, track suit) is required for gym activities.  
Most practical work in the gymnasium is done in  
bare feet or running shoes.

REQUIRED TEXTS: Wall, Jennifer and Murray, Nancy. (1990) Children and Movement: Physical Education in the Elementary School. Wm. C. Brown Publishers: Dubuque, Iowa.

OPTIONAL: Elementary Physical Education Curriculum Guide, 1983. Alberta Education.  
(Two copies are on reserve in the library.)

COURSE REQUIREMENTS:

Project	30%
Research Paper	15%
Mid-Term Exam	25%
Final Exam	<u>30%</u>
	100%

Late assignments will receive severe deductions in grading.

COURSE OBJECTIVES: For the students to acquire:

- 1) A knowledge of the types of movement activities in which children birth to 8 years of age engage.
- 2) An understanding of the characteristics and needs of children participating in movement activities.
- 3) A knowledge of the opportunities available for participation.
- 4) A knowledge and understanding of movement concepts with emphasis on their application to a variety of movement activities.
- 5) A knowledge of ways of assisting 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 the movement activities engaged in by children from birth to 8 years of age.
  - a. types of activities
  - b. the content of the activities
  - c. the suitability of activities for children within this age group
  - d. the development of activities.
  
2. An introduction of the characteristics and needs of children birth to 8 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. A brief survey of the opportunities provided for children to participate in movement activities.
  - a. agencies that provide programs: family, private, and public organizations
  - b. types of programs offered and their objectives
  - c. the role of the adult in these programs.
  
4. 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
  - c. basic observation techniques.

5. The provision of suitable environments and activities for children birth to age 8 years.
  - a. suitable toys and equipment for the promotion of activity
  - b. natural and man-made environments which encourage activity
  - c. climactic considerations
  - d. ways of helping children learn more about themselves and their activities, and the values of physical activity in their lives
  - e. free play, its values and limitations
  - f. presentation of material
  - g. organization and progressive development of material
  - h. modification of adult activities for children.

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