

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
P.E. 292 INTRODUCTION TO THE MOVEMENT ACTIVITIES OF
CHILDREN AGED 0 - 8 YEARS

FALL 1991
COURSE OUTLINE

- INSTRUCTOR: Bethe Goldie
OFFICE: K216
OFFICE PHONE: 539-2972 HOME PHONE: 532-6348
- CLASS SCHEDULE AND LOCATION: MONDAY 4:00-5:20 p.m.
(first class - Monday, September 9/91 - E306 College); next classes TBA.
- WEDNESDAY 4:00-5:20 p.m. - College Rm. E306 for first five weeks.
- TRANSFERABILITY: PESS 292 (3) -University of Alberta
Jr. PHED (3) -University of Calgary
1 unspec. EDUC (3) -University of Lethbridge
- ATTENDANCE: Regular attendance and participation are expected at ALL sessions since much of the information provided cannot be obtained in any other way.
- 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.
- Elementary Physical Education Curriculum Guide, 1983. Alberta Education.

COURSE REQUIREMENTS:

Term Assignments	35%
Mid-Term Exam	25%
Final Exam	<u>40%</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 0-8 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 0-8 years of age.
 - a. suitable toys and equipment for the promotion of activity
 - b. natural and man-made environments which encourage activity
 - c. climatic considerations
 - d. ways of helping children learn more about themselves and the 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.
