

**GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS, AND KINESIOLOGY**

**P.E. 2930 INTRODUCTION TO THE MOVEMENT ACTIVITIES OF  
CHILDREN AGED 5 TO 12 YEARS**

**Winter 2009  
Course Outline – A3**

INSTRUCTOR: Bethel Goldie  
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CLASS SCHEDULE Mondays and Wednesdays 2:30 – 3:50 pm  
AND LOCATION: Rm. J228 and the GPRC gymnasium

TRANSFERABILITY: PEDS 293 (3) -University of Alberta  
EDUC. 2xxx or KNES 2xxx (3) - University of Lethbridge  
Jr. KNES (3) -University of Calgary

ATTENDANCE: 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 Calendar for college policy on being debarred from exams.

DRESS: 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 running shoes.

REQUIRED TEXT: Wall, Jennifer and Murray, Nancy. (1994) *Children and movement: physical education in the elementary school*. Dubuque, IA: Wm. C. Brown Publishers. (photocopied version in Bookstore)

<u>COURSE REQUIREMENTS:</u>	Web assignment	10%
	Project	30%
	Midterm exam	30%
	Final exam	<u>30%</u>
		100%

**The web assignment is due on Wednesday, January 28.**

**The project is due on March 18. If you choose to hand it in from March 19-25, you will receive a 50% deduction in your grade. If you choose to hand it in after March 25, you will receive a '0' grade.**

COURSE 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.
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**Grading will follow these GPRC approved guidelines as closely as possible:**

<u>Alpha Grade</u>	<u>4-pt Equivalent</u>	<u>Percentage Guidelines</u>	<u>Designation</u>
A+	4.0	90-100	Excellent
A	4.0	85-89	Excellent
A-	3.7	80-84	First Class Standing
B+	3.3	76-79	First Class Standing
B	3.0	73-75	Good
B-	2.7	70-72	Good
C+	2.3	67-69	Satisfactory
C	2.0	64-66	Satisfactory
C-	1.7	60-63	Satisfactory
D+	1.3	55-59	Poor
D	1.0	50-54	Minimal Pass
F	0.0	0-49	Fail

**P.E. 2930 A3 SCHEDULE** (subject to change)  
**WINTER 2009**

**MONDAYS****WEDNESDAYS**

		Jan. 7	J228
Jan. 12	J228	Jan. 14	J228
Jan. 19	J228	Jan. 21	Gym
Jan. 26	Gym	Jan. 28	Gym (web assignment due)
Feb. 2	Gym	Feb. 4	Gym
Feb. 9	Gym	Feb. 11	Gym
<i>(Family Day is Feb. 16 and Winter semester break is that whole week!!)</i>			
Feb. 23	J228	Feb. 25	J228 (MIDTERM)
March 2	Gym	March 4	Gym
March 9	Gym	March 11	Gym
March 16	Gym	March 18	J228 (PROJECT DUE)
March 23	Gym	March 25	Gym
March 30	Gym	April 1	Gym
April 6	Gym	April 8	J228
April 13	J228		

THE FINAL EXAM WILL BE DURING EXAM WEEK.