

JAN 09 1996

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS

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

Winter 1996
COURSE OUTLINE

INSTRUCTOR: Bethe Goldie

OFFICE: K216

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

CLASS SCHEDULE AND LOCATION: Mondays and Wednesdays 4:00 - 5:20pm
RM. J227 and St.Patrick School
(Please see attached schedule.)

TRANSFERABILITY: PESS 293 (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.

ON RESERVE IN THE LIBRARY:

Elementary Physical Education Curriculum Guide, (1983). Alberta Education.

COURSE REQUIREMENTS:

Project	30%
Research Paper on Movement Education	15%
Exam # 1	15%
Exam #2	15%
Exam #3	<u>25%</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 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) A 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 5-12 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.

SCHEDULE AND LOCATION OF CLASSES

	Monday	Wednesday
Jan. 8, 10	J227	J227
Jan. 15,17	St. Patrick's	J227
Jan. 22, 24	St. Pat's	J227
Jan. 29, 31	St. Pat's	J227-Exam #1
Feb. 5, 7	St. Pat's	St. Pat's
Feb. 12, 14	St. Pat's	St. Pat's-paper due
Feb. 19, 21	Family Day (no class)	J227-Exam#2
March 4, 6	St. Pat's	St. Pat's
March 11, 13	St. Pat's	St. Pat's
March 18, 20	St. Pat's	J227
March 25, 27	St. Pat's	St. Pat's-project due
April 1, 3	St. Pat's	J227
April 8, 10	J227	J227-Exam #3