

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 1999  
Course Outline

INSTRUCTOR: Bethé Goldie  
OFFICE: K216  
OFFICE PHONE: 539-2972 HOME: 532-6348

CLASS SCHEDULE AND LOCATION: Mondays and Wednesdays 4:00 - 5:20 pm  
Rm. J228 and St. Patrick Elementary School  
(See attached schedule and map.)

TRANSFERABILITY: PESS 293 (3) -University of Alberta  
1 unspecified EDUC. or PHED (3) -  
University of Lethbridge  
Jr. KNES (3) -University of Calgary

(Students planning to attend U of C or U of L may receive credit for GPRC's PE 2920 as well as PE 2930. Please see your advisor.)

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.

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. (1990) Children and movement: physical education in the elementary school. Dubuque, IA: Wm. C. Brown Publishers.

ON RESERVE IN THE LIBRARY:  
Elementary Physical Education Curriculum Guide. (1983).  
Alberta Education.

COURSE REQUIREMENTS:

Project	30%
Midterm exam	30%
Final exam	40%
	100%

LATE ASSIGNMENTS WILL RECEIVE A 20% DEDUCTION PER DAY LATE.

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 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:
- gymnastics, dance, and games, etc.
  - the contribution of each to the total program
  - methods of presenting and organizing experiences
  - practical ways of dealing with individual differences within the physical education program.

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### SCHEDULE AND LOCATION OF CLASSES

DATE:	MONDAY	WEDNESDAY
Jan. 6		J228
Jan. 11, 13	J228	J228
Jan. 18, 20	J228	St. Pat's
Jan. 25, 27	St. Pat's	St. Pat's
Feb. 1, 3	St. Pat's	St. Pat's
Feb. 8, 10	St. Pat's	J228
Feb. 15, 17	No class	J228 (Midterm exam)
March 1, 3	St. Pat's	St. Pat's
March 8, 10	St. Pat's	St. Pat's
March 15, 17	St. Pat's	J228
March 22, 24	St. Pat's	St. Pat's
March 29, 31	St. Pat's	St. Pat's
April 5, 7	J228 **	J228
April 12, 14	J228	J228

\*\*PROJECT DUE

The final exam will be during Final Exam week.

ST. PATRICK SCHOOL IS LOCATED AT 7810 - POPLAR DRIVE.