

**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 2000
Course Outline**

- INSTRUCTOR:** Beth Goldie
OFFICE: K216 **EMAIL:** bgoldie@gprc.ab.ca
OFFICE PHONE: 539-2972 **HOME:** 532-6348
- OFFICE HOURS:** Monday/Wednesday 9:00 – 10:00 am
Friday 9:00 – 11:00 am
- 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:** University of Alberta PEDS 293 (3)
University of Lethbridge 1 unspecified EDUC. or KNES (3)
University of Calgary Jr. KNES (3)
- 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 P.23 of the GPRC Calendar for college policy on being debarred from exams.
- DRESS:** Appropriate clothing (e.g. shorts and T-shirt, leotard, tracksuit) 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.
- 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 student to acquire:

- 1.) a knowledge of developmentally appropriate movement activities for children 5 to 12 years of age.
- 2.) an understanding of the psychomotor, cognitive and affective characteristics and needs of children, with an emphasis on the psychomotor domain.
- 3.) 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 children's movement.
- 5.) knowledge of suitable environments for children learning 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 developmentally appropriate movement activities for children 5 to 12 years of age.
 - a.) fundamental movement skills
 - b.) various types of activities with an emphasis on dance, Games, and Gymnastics
 - c.) the organization and progressive development of activities (e.g., modifying activities and tasks).
2. An introduction of the characteristics and needs of children 5 to 12 years of age.
 - a.) growth and development
 - b.) cognitive, affective, and psychomotor aspects
 - c.) the needs of children for physical activity
 - d.) the benefits of a physically active lifestyle.
3. Movement analysis
 - a.) Laban's concepts of movement (body, space, effort and relationships)
 - b.) basic kinesiological principles for movement skills
 - c.) the application of these principles for observation, activity analysis, and task setting.
4. Observation of children in activity settings.
 - a.) identify stage of skill proficiency
 - b.) analyze the child's use of movement concepts.

5. The provision of suitable environments and activities for children 5 to 12 years of age
- suitable equipment and environments for the promotion of activity
 - ways of accommodating a range of individual differences to promote successful learning opportunities for children
 - the values of free play and structured activity settings.

P.E. 2930 SCHEDULE WINTER 2000

MONDAYS

Jan. 10	J228
Jan. 17	J228
Jan. 24	St. Patrick School
Jan. 31	J228
Feb. 7	St. Pat's
Feb. 14	St. Pat's
Feb. 28	St. Pat's
March 6	St. Pat's
March 13	St. Pat's
March 20	St. Pat's
March 27	St. Pat's
April 3	St. Pat's
April 10	J228

WEDNESDAYS

Jan. 5	J228
Jan. 12	J228
Jan. 19	J228
Jan. 26	St. Patrick School
Feb. 2	St. Pat's
Feb. 9	St. Pat's
Feb. 16	J228 (MIDTERM)
March 1	St. Pat's
March 8	St. Pat's
March 15	St. Pat's
March 22	J228 (PROJECT)
March 29	St. Pat's
April 5	J228
April 12	J228

THE FINAL EXAM WILL BE DURING EXAM WEEK.

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

