

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

FALL 1992
COURSE OUTLINE

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

CLASS SCHEDULE AND LOCATION: (Please see attached schedule.)

TRANSFERABILITY: PESS 293 (3) -University of Alberta
I unspec. EDUC (3) -University of Lethbridge
Jr. PHED (3) -University of Calgary

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.
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 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.

3.

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.) basis 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.) identify levels of skill proficiency
 - c.) analyze the 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 promotions 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.

P.E. 293) CLASS SCHEDULE

THIS CLASS IS SCHEDULED FOR TUESDAYS AND THURSDAYS FROM 4:00 TO 5:20 PM. CHECK BELOW FOR CLASS LOCATIONS.

September 3, 8, 10, 15, 17, 22- Portable H/I

September 24, 29, October 1, 6, 8, 13, 15, 20, 22,- St. Patrick School
gymnasium

OCTOBER 27 - MIDTERM EXAM - PORTABLE H/I

October 29, November 3, 5, 10, 12, 17, 19, 24, 26, December 1, 3, 8 -
St. Patrick School Gymnasium