

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 1994  
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%
Mid-Term Exam	25%
Final Exam	<u>30%</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.

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