

**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 2003
Course Outline – B3**

INSTRUCTOR: Beth Goldie
OFFICE: K216 EMAIL: bgoldie@gprc.ab.ca
OFFICE PHONE: 539-2972 HOME: 532-6348

CLASS SCHEDULE Tuesdays and Thursdays 4:00 – 5:20 pm
AND LOCATION: Rm. J202 and St. Clement's school (Schedule and map to follow.)

TRANSFERABILITY: PEDS 293 (3) -University of Alberta
 1 unspecified EDUC. or KNES (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 instructor and 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. Also see Regulations and Policies section of the GPRC Calendar for college policy on being debarred from exams.

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. (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 students to acquire:

- 1.) 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.) 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:
 - 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.
