

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 3 - Elementary School Physical Education

3 Unit(s)

Prerequisite(s): NONE

Recommended Prep: Reading Level IV; English Level III

Transfer Status: CSU

34 hours Lecture

51 hours Lab

This course is designed for future elementary school teachers. Topics include assessment and maintenance of physical fitness to improve health and performance, the development of movement skill combinations, positive social interaction and group dynamics for K-6 children.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. define terms specific to motor skill development in K-6 children.
- B. explain the benefits of physical education activities for K-6 children.
- C. evaluate motor skills and movement patterns needed to perform a variety of physical activities.
- D. assess levels of physical fitness and implement activities for K-6 children to improve health and performance.
- E. describe several physical education activities that foster social interaction in K-6 children.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Introduction	2.00
2. Motor Skills and Movement Concepts	6.00
3. Fitness Concepts	3.00
4. Curriculum Rationale and Development	6.00
5. Lesson Planning	5.00
6. Reflective Teaching	4.00
7. Understanding Learning Styles	3.00
8. Instructional Delivery	2.00
9. Student Teaching	3.00
Total Hours	34.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Introduction	2.00
2. Motor Skills and Movement Concepts	7.00
3. Fitness Concepts	6.00
4. Curriculum Rationale and Development	6.00
5. Lesson Planning	4.00

6. Reflective Teaching	6.00
7. Understanding Learning Styles	6.00
8. Instructional Delivery	4.00
9. Student Teaching	10.00
Total Hours	51.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Field Experience/Internship
- C. Collaborative Group Work
- D. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- E. Discussion
- F. Demonstrations
- G. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Research Projects
- B. Oral Presentation
- C. Class participation
- D. Lab Projects
- E. Written Assignments
- F. Written or Oral Examinations
- G. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read an article describing how to foster social interaction through physical education activities for children. Be prepared to discuss in groups.
 - 2. Research various sources describing current elementary school physical education standards. Be prepared to present findings to the class.
- B. Writing Assignments
 - 1. Write an essay describing the motor skills and movement patterns associated with jumping rope.
 - 2. Write a sample lesson plan for a week of instruction that includes specific physical education activities appropriate for K-6 children.
- C. Out-of-Class Assignments
 - 1. Visit a local kindergarten class and observe the motor skills and social interaction of the children. Share and discuss your observations and activity suggestions with your classmates.
 - 2. Interview a local elementary school physical education instructor. Ask about suggestions for fostering teamwork and overcoming challenges with K-6 children. Discuss educational requirements and career challenges within the profession. Share your information with the class.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. Graham, G., Holt, S.A., Parker, M.A.. Children Moving: A Reflective Approach to Teaching Physical Education. 8th Edition. McGraw-Hill, 2009.

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