

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
Department of Kinesiology

KIN 470/470L
P.E. for Children
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COURSE OUTLINE

MISSION STATEMENT

Quality elementary physical education offers rich, challenging and unique experiences for children. The key element in a successful physical education program are teachers who possess the necessary attitudes and skills to plan and teach developmentally appropriate motor skills to children in an environment that is encouraging and supportive. In addition, a commitment to quality physical education requires that teachers, particularly beginning teachers, enter the teaching profession with a desire to expand upon their preservice teacher education courses and continue their professional "journey". They need to embrace in-service opportunities as a means to maintain a current understanding of how to select appropriate activities for children, how to deliver learning experiences that are meaningful for children and to continue to develop their skills in becoming truly effective teachers in elementary physical education.

KIN 470 is a course designed to assist teachers in beginning this "journey". Students completing this course will have a better understanding of how children grow, develop, and learn motor skills. They will also gain a better understanding of how to select content that is developmentally appropriate, how to organize and structure meaningful experiences for children and how to establish an environment that supports and encourages children of various skills and cultural backgrounds.

- I. **Course Objectives:**
At the conclusion of this course. Students will understand the factors underlying the preparation and conduct of an effective program of movement activities for elementary school children.
Students will experience a wide variety of movement activities as participants and as leaders. Students will develop a level of confidence to teach movement activities based upon these experiences and understandings.
- II. **Course Text:**
Pangrazi, Robert. 2007. *Dynamic Physical Education for Elementary School Children* Fifteenth Edition
Pearson/Benjamin Cummings, San Francisco, CA
Barnes. Physical Education for Children. CSUN.
- III. **Reference Materials:** See Bibliography.
- IV. **Organization of Course:**
Basically a "workshop" format - Participation/discussion/ lecture/film/student presentations.
- V. **Course Outline:**
 - a) Overview, why physical education, objectives, etc.
 - b) Analysis of movement.
 - c) Planning a balanced physical education program/unit/lesson.
 - d) Teaching and evaluative techniques.
 - e) Movement activities - games, gymnastics, dance.
 - f) Classroom activities.
 - g) Perceptual motor activities.
 - h) Exceptional children - planning for children with special needs.
 - i) Incorporating fitness into the physical education program.
 - j) Current issues.
- VI. **Course Assignments:** (470/470L)

a) Exams 1-2-3	45 pts.	
b) Term Project		20 pts.
c) Peer Teaching	15 pts.	
d) Attendance/Participation	15 pts.	
e) Critiques	5 pts.	
- VII. **Grading:** (470/470L)
The 2-unit lecture and 1-unit lab will be computed together and recorded as one grade. If you should fall between two grades, you will receive the higher grade on the 2-unit segment. The plus/minus system will be utilized.

A grade reduction will be made for late assignments