



Physical Education for Children KIN 470, L

California State University, Northridge
Department of Kinesiology

Instructors: Tami Abourezk
E-mail: Tami.abourezk@csun.edu (818 677-3463)
Office: RE 258
Text: Graham, G., Holt/Hale, S.H. & Parker, M
(2007). Children Moving: A reflective Approach to
Physical Education (7th ed.). CA: Mayfield

Required Equipment:

Pedometer
Tennis Shoes
Activity Clothes

Purpose:

The purpose of the course is to engage students in a collaborative, hands on, movement oriented approach to learning and experiencing the importance of developmentally appropriate and fun elementary physical education (K-6th grade).

Course objectives:

By the end of the course students will be able to:

1. understand and appreciate a child-centered approach to teaching.
2. understand and appreciate the importance of physical education at the elementary school level.
3. describe a physically educated person.
4. understand the role of the NASPE standards, California Content Standards in the development of quality physical education experiences for children.

5. develop and implement developmentally appropriate and fun physical education experiences for K-6th grade.
6. differentiate and demonstrate a variety of skill themes and movement concepts.
7. know the components of fitness and select appropriate activities that develop these components.
8. determine and utilize generic levels of skill proficiency.
9. understand and implement a reflective approach to teaching.
10. demonstrate a variety of instructional approaches.
11. understand how to develop and maintain an environment that fosters and supports student success, responsibility, cooperation, fun and individuality.

STUDENT EXPECTATIONS/CLASS PARTICIPATION

In an effort to guide the goal of responsibility, motivation and participation, we offer the following as class operating guidelines:

1. Be here. The class is largely interactive and participatory. These types of experiences cannot be made up. You should plan to attend every class and to be on time. Under no circumstances can in-class work be made up, since it is related to your ongoing field experiences.
2. Participate with effort. This asks that you are prepared and put forth a solid and consistent effort in class. This includes giving input and feedback during lectures, discussions, and group work as well as producing college level work. Do what you have to do to be ready. Wear appropriate shoes (e.g. tennis shoes) that allow for safe movement.
3. Take initiative for yourself. Most learning will be the result of your own initiative, not the prodding of instructors or rewards (or threats) of grades. You alone must be responsible for creating value for yourself in this course. How well you do will be, in a large part, the result of how well you are able to carry on without direct supervision. Taking initiative means asking questions when material, concepts, or expectations are not clear (it is OK to not know, but not OK to continue not knowing).
4. Help others. The ultimate success and reward for each of you depends on your ability to help and support your classmates in their learning and in their attempts to be responsible for their own learning. It is the only thing that really counts in the long run. It includes creating a safe

learning environment; that is, one in which the confidentiality of one another' sharing is respected, where complaints are directed only to someone (and received only by someone) who can do something about the situation, and where differences of opinion and healthy debate are prized. Participate in movement experiences and have fun!

Course Assignments and Point Value:

1. Reflection assignments. (10 pts each)
 - a. Video/Dar
 - b. Post-assessment fitness
 - c. Post-assessment Peer 2
2. Web-based (10 pts).
3. In class + lab participation (10 points per day).
4. Physical Activity/Pedometer Assessment (20 pts).
5. Peer Teach I (Fitness activity) (15pts).
6. Peer Teach II with Lesson Plan (45pts).
7. Mid-term Quiz (50-80 pts).
8. Exit Interview (15)

Grading: (%'s)

92-100 =A 87-89 =B+ 77-79 =C+ 67-69 =D+ \leq 59 =F
90- 91 =A- 82-86 =B 72-76 =C 62-66 =D
80-81 =B- 70-71 =C- 60-61 =D-