

PEDS293

Introduction to the Movement Activities of Children

Aged 5-12

3 Credits

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Created: 01/09/1999

Revised: 26/08/2019

Approval: 04/09/2019

The Implementation Date for this Outline is 01/09/2019

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PEDS293 Version: 13



Introduction to the Movement Activities of Children Aged 5-12

Calendar Description

A study of developmentally appropriate movement activities for children. Students will participate and work with children in a variety of physical activities in recreational, educational and sport environments.

Rationale

Students who take PEDS293 develop an understanding of the importance of integrating physical education into elementary education. Students also develop an understanding of the different stages of physical development in children.

Prerequisites

English 30-1 or equivalent.

Co-Requisites

None

Course Learning Outcomes

Upon successful completion of this course, students will be able to

1. identify the types of movement activities in which 5 to 12 year old children engage.
2. describe the characteristics and needs of children participating in movement activities.
3. demonstrate knowledge of movement concepts with an emphasis on their application to a variety of movement activities.
4. observe and assess how children develop skills.
5. identify suitable environments for children to learn movement activities.

Resource Materials

Assigned readings and articles.

Conduct of Course

This is a 3 credit course with 1.5 hours of lecture and 1.5 hours of lab per week. (1.5-0-1.5).

Theory, discussion, observation and practical work run concurrently throughout the course in both classroom and gymnasium settings.

Lakeland College is committed to the highest academic standards. Students are expected to be familiar with Lakeland College policies related to academic conduct and academic honesty and to abide by these policies. Violations of these policies are considered to be serious and may result in suspension or expulsion from the college.

Evaluation Procedures

Assignments	50%
Exams	50%

No supplemental assignments or examination re-writes are permitted in this course.

LATE PAPERS ARE DOCKED 50% PER DAY.

ALL ASSIGNMENTS MUST BE COMPLETED AND SUBMITTED TO THE INSTRUCTOR IN ORDER FOR THE STUDENT TO SIT THE FINAL EXAM.

Grade Equivalents and Course Pass Requirements

A minimum grade of D (50%) (1.00) is required to pass this course.

Letter	F	D	D+	C-	C	C+	B-	B	B+	A-	A	A+
Percent Range	0-49	50-52	53-56	57-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-100
Points	0.00	1.00	1.30	1.70	2.00	2.30	2.70	3.00	3.30	3.70	4.00	4.00

Students must maintain a cumulative grade of C (GPA - Grade Point Average of 2.00) in order to qualify to graduate.

Attendance

Regular attendance and participation are expected at all sessions, as much of the information provided cannot be obtained in any other way than through personal participation. Students with unexcused absences for more than 20% of classes may be required to withdraw.

Course Units/Topics

The content listed below is integrated for presentation rather than considered separately.

1. A study of the movement activities engaged in by children 5-12 years of age, with an emphasis on dance, gymnastics and games.
 1. Types of functional and expressive activities.
 2. Content of activities.
 3. Suitability of activities for children within this age group.
 4. Organization and progressive development of activities.
2. An introduction to the characteristics and needs of children 5-12 years of age.
 1. Growth and development, cognitive, affective and psychomotor.
 2. Age characteristics.
 3. Physical activity needs of children.
 4. Skill acquisition.
3. Movement analysis.
 1. Basic kinesiological principles and Laban's principles of movement.
 2. Application of these principles for observation, activity analysis and task setting.
4. Observation of children in activity settings.
 1. Observation techniques.
 2. Identification of skill proficiency levels.
 3. Analysis of the child's use of movement concept.
5. The provision of suitable environments and activities for children 5-12 years of age.
 1. Suitable equipment and environments for the promotion of activity.
 2. Ways of helping children learn more about themselves and the values of physical activity in their lives.
 3. Values and limitations of free play and structured activity settings, their values and limitations.



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