

PESS 293E – Introduction to the Movement Activities of Children Aged 5-12
3 credits, 3 hours lecture

A study of play and other movement activities including games, gymnastics and dance for children will be covered.

Instructor

Brad St. Denis

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Office Hours By appointment

I do not have set office hours, however, I can make myself available to meet throughout the semester. If you wish to meet or contact me for any reason, please feel free to email, call, or text and I will get back to you as quickly as possible. Email or text is probably the best option. If we need to meet in person we can schedule an appointment.

Hours of Instruction

Thursday 6:00 p.m. – 9:00 p.m.

 *Lecture: CC 228 (**Jan. 6 –Feb. 10**),

 Lecture: CC 228 + Practical Application: Field House TBA (Feb. 17 – April 14**)

Required Resources
Ever Active Kids – Leaders' Manual, Alberta Fitness Leadership Certification Association.
Course Outcomes

Upon successful completion of this course, students shall be able to:

- Explain and discuss the types of movement activities in which children 5-12 years of age engage.
- Distinguish between and elaborate on the characteristics and needs of children participating in movement activities.
- Provide examples of the opportunities available for participation.
- Explain and demonstrate movement concepts with an emphasis on their application to a variety of movement activities.
- Identify methods of assisting children to learn movement activities.
- Plan and execute activity lessons for developmentally appropriate ages.

Evaluation

Assignment	Percentage	Due Date
HOS Reflection	10%	January 27th
Midterm	20%	February 10
Student-Led Lesson Plan	10%	Due night of instructing lesson to class.
Reflective Learning Journal	20%	April 8th
Practical Application/ Discussion	10%	During classmates' lesson instruction.
Final Project/Exam	30%	April 19~27, 2021
Total	100%	

- Week 1: Jan. 6 -** Introduce self and course syllabus - meet students, Q and A
- Week 2: Jan. 13 -** Hall of Shame, PE Curriculum, PE rubrics
- Week 3: Jan. 20 -** Course Theory - Section A - Chapters 1-2
Assign Reflection Paper on Hall of Shame 10%
- Week 4: Jan. 27 -** Course Theory - Section A and B - Chapters 3-4
Reflection Paper on Hall of Shame Due
Assign Student-led instruction and reflection 20%
- Week 5: Feb. 3 -** Course Theory - Section B - Chapters 5-Ch. 6.1
- Week 6: Feb. 10 -** **Midterm 20%**
- Week 7: Feb. 17 -** Course Theory - Section C - Chapter 6.2
8:00 pm - 9:30 pm Practical application and student led instruction
- Week 8: Feb. 24 -** Course Theory - Section C - Chapter 7
8:00 pm - 9:30 pm Practical application and student-led instruction
- Week 9: March 3 -** Course Theory - Section C - Chapter 8
8:00 pm - 9:30 pm Practical application and student led instruction
- Week 10: March 10 -** Course Theory - Section D - Chapter 9
8:00 pm - 9:30 pm Practical application and student led instruction
- Week 11: March 17 -** Course Theory - Section D - Chapter 10
8:00 pm - 9:30 pm Practical application and student-led instruction
- Week 12: March 24 -** Reflection
- Week 13: March 31 -** Student De-motivation & Motivation
8:00 pm - 9:30 pm Practical application and student led instruction
- Week 14: April 7 -** Reflection
- Week 15: April 14 -** Appendix A and B - Review of activities and leader materials/
Application and review of PE Curriculum and course material

Week 16: April 21 - Final Exam 30%

*Expect extra assigned readings on the following concepts and organizations:

Cooperative Learning, Sports Education, tactical games, Teaching Games for Understanding (TGUF), Ever Active Schools, Active for Life, and student and teacher motivation...

Grading System

Descriptor	Alpha Grade	4.0 Scale	Percent	Rubric for Letter Grades
Excellent	A+	4.0	> 96	Work shows in-depth and critical analysis, well-developed ideas, creativity, excellent writing, clarity, and proper format.
	A	4.0	90 – 95	
	A-	3.7	85 – 89	
Good	B+	3.3	81 – 84	Work is generally of high quality, well developed, well written, has clarity, and uses proper format.
	B	3.0	77 – 80	
	B-	2.7	73 – 76	
Satisfactory	C+	2.3	69 – 72	Work has some developed ideas but needs more attention to clarity, style, and formatting.
	C	2.0	65 – 68	
	Progression	C-	1.7	
Poor	D+	1.3	55 – 59	Work is completed in a general way with minimal support or is poorly written or did not use the proper format.
	Minimum Pass	D	1.0	
Failure	F	0.0	< 50	Responses fail to demonstrate appropriate understanding or are fundamentally incomplete.

Proposed Schedule of Topics

Please Note:

This course outline may be modified to facilitate unforeseen time constraints. The date and time allotted to each topic are subject to change.

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 the movement activities engaged in by children 5-12 years of age.
 - a) the types of activities
 - b) the content of the activities
 - c) the suitability of activities for children within this age group
 - d) the development of activities
2. An introduction to the characteristics and needs of children 5-12 years of age.
 - a) growth and development; cognitive, affective and psychomotor
 - b) age characteristics
 - c) the needs of children for physical activity
 - d) skill acquisition
3. A brief survey of the opportunities provided for children to participate in movement activities.
 - a) agencies that provide programs; the family, private and public organizations
 - b) types of programs offered and their objectives
 - c) basic observational techniques
4. Movement analysis.

- a) basic kinesiological principles and Laban's principles of movement
 - b) the application of these principles of observation, activity analysis and task setting.
 - c) basic observational techniques
5. The provision of suitable environment and activities for children 5-12 years of age.
- a) suitable toys and equipment for the promotion of activity
 - b) natural and man-made environments which encourage activity
 - c) climatic considerations
 - d) ways of helping children learn more about themselves and the activities and the values of physical activity in their lives.
 - e) free play, its values and limitations
 - f) presentation of material
 - g) organization and progressive development of material
 - h) modification of adult activities for children

Performance Requirements and Student Services

Student Responsibilities

It is your responsibility as a student to contact the Office of the Registrar to complete the forms for Withdrawal or Change of Registration and any other forms. Please refer to the list of important dates as noted in the Academic Schedule in the Keyano College credit calendar.

More specific details are found in the Student Rights and Student Code of Conduct section of the Keyano College credit calendar. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Student Code of Conduct Policies.

Student Attendance

Class attendance is useful for two reasons. First, class attendance maximizes a student's learning experience. Second, attending class is a good way to keep informed of matters relating to the administration of the course (e.g., the timing of assignments and exams). Ultimately, you are responsible for your learning and performance in this course.

It is the responsibility of each student to be prepared for all classes. Students who miss classes are responsible for the material covered in those classes and for ensuring that they are prepared for the next class, including the completion of any assignments and/or notes that may be due (see item 4.d., above, in Course Policies and Procedures).

Academic Misconduct

Students are considered to be responsible adults and should adhere to principles of intellectual integrity. Intellectual dishonesty may take many forms, such as:

- Plagiarism: to present another person's ideas, writing, artistic work, drawings, images, data, etcetera, as one's own (zero tolerance for plagiarism)
- Presenting another person's substantial writing changes/edits to an assignment/essay on a handed-in assignment that you claim to have written (plagiarism)
- The use of unauthorized aids in assignments or examinations (cheating)
- Collusion or the unauthorized collaboration (working together) with others in preparing work and then handing in the assignment/essay as if it was your own (plagiarism)
- The deliberate misrepresentation of qualifications
- The willful distortion of results or data
- Substitution in an examination by another person
- Handing in the same unchanged work as submitted for another assignment or class (plagiarism)
- Breach of confidentiality

- Copying/cutting and pasting, paraphrasing, or summarizing another person's work (including information found on the Internet and unpublished materials) without proper referencing (plagiarism). Proper referencing must include providing proper citations (see MLA 8th Edition style guide/resources – available from the College Library or in the required texts/PDFs for the course) **Proper quoting, paraphrasing, and summarizing of another person's (source's) work along with providing an in-text citation and Works Cited page for your source(s) is a key part of avoiding plagiarism.**

The consequences for academic misconduct range from a verbal reprimand to receiving zero on the assignment/essay to expulsion from the College. More specific descriptions and details are found in the Student Rights and Student Code of Conduct section of the Keyano College credit calendar. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Student Code of Conduct Policies.

To ensure your understanding of the concept of plagiarism, read the course PDFs and check with your instructor if you have any questions.

Specialized Supports

The Student Services Department is committed to Keyano students and their academic success. There are a variety of student supports available at Keyano. Due to the continuing situation with the Covid-19 pandemic, the offered support services will be implemented through a model to respond to the restrictions in force at the time. In-person and virtual services will be offered. All Alberta Health Services guidelines will be followed for in-person appointments—wear a mask, maintain two meters of physical distance, use hand sanitizer, and stay home if you are unwell.

All student services are available during Keyano business hours: Monday to Friday, 8h30-16h30. The College is closed for statutory holidays. If you require support outside of regular business hours, please inform the support service team, and we will do our best to accommodate your needs.

Accessibility Services: provides accommodations for students with disabilities. Students with documented disabilities, or who suspect a disability, can meet with a Learning Strategist to discuss their current learning barriers and possible accommodations. Students who have accessed accommodations in the past are encouraged to contact us to request them for the semester. Please note that requesting accommodations is a process and requires time to arrange. Contact us as soon as you know you may require accommodations. For accessibility supports and to book an appointment, please contact accessibility.services@keyano.ca.

Accessibility Services also provides individual and group learning strategy instruction for all students, as well as technology training and supports to enhance learning. Meet with a Learning Strategist to learn studying and test-taking strategies for online classes. Schedule an appointment with the Assistive Technology Specialist to explore technology tools for learning. Book an appointment today by emailing accessibility.services@keyano.ca.

Wellness Services: offers a caring, inclusive, and respectful environment where students can access free group and individual support to meet academic and life challenges. Mental Health Coordinators offer a safe and confidential environment to seek help with personal concerns. Students may access services virtually and in-person.

Wellness Services welcomes students to participate in any of the group sessions offered throughout the academic year addressing topics including mindfulness and test anxiety.

Individual appointments can be made by emailing wellness.services@keyano.ca.

Library Services: provides students with research and information supports as they engage in their studies. Library staff are available to support you both online and in-person throughout the semester.

For a detailed list of library supports and services, go to www.keyano.ca/library. For all inquiries, please email askthelibrary@keyano.ca or chat with us online.

Begin your research with the [Library's FIND page](#). Search for information and sources for your assignments using the OneSearch, the Library's Catalogue, or by searching in a specific database selected from the [A-Z Database List](#).

Individual support with us is available. For support with citations, research and other information needs, appointments can be booked using the online [Book A Librarian Calendar](#). For support with Moodle, educational tools for assignments, Microsoft Office, Zoom, Teams and more, book an appointment using the online [Educational Technology Support Calendar](#).

Research and subject guides are helpful resources when beginning your research, assignment, using new educational technology, or addressing other information needs. To view a subject or course-specific guide, check out the complete listing of online [Subject Guides](#).

To access additional research resources, including Citation Guides (APA, MLA, Chicago, or IEEE), go to the [Research Help Library page](#).

The Loanable Technology collection is available to support students in their learning pursuits, whether online, in person or both. Items available for borrowing include mobile projectors, webcams, noise-cancelling headphones, Chromebooks, and laptops. For an up-to-date list of technology available for borrowing as well as support available, go to the Library's [Loanable Technology webpage](#).

Academic Success Centre: The Academic Success Centre is a learning space in the Clearwater Campus (CC-119) at Keyano College. Students can gather to share ideas, collaborate on projects, get new perspectives on learning from our Academic Content Specialists, or use the Centre's educational resources. The Academic Success Centre provides academic support services to students registered in credit programs at Keyano College in the form of individual tutoring, writing support groups, facilitated study groups, workshops, and study space. Services are **free** to Keyano students.

Academic Content Specialists are available in the areas of Math, Science, Human Services, and English/Humanities. This covers all courses offered at Keyano. The Academic Success Coach can also be found in the Academic Success Centre.

For the most up to date information on how to book a session, please view [the Keyano Academic Success Centre homepage](#).

Academic Integrity: The goal of the Academic Success Centre is to foster a student's ability to learn effectively and independently. Students registered at Keyano College are welcome to drop by the Centre to visit with any of our Academic Content Specialists to discuss their academic concerns.

Availability: Monday to Friday: 8:30 a.m. – 4:30 p.m. Flexible times may be available upon request. Virtual and in-person sessions, please email to get in contact with our Academic Content Specialists. For the most up to date information on how to book a session, please view the [Academic Success Centre homepage](#).

Academic Success Coach: offers you support and access to resources for your academic success to help you to find the Keys to your Success. The Academic Success Coach will work with you to develop an academic success plan, develop your study and time management skills, and connect you with the right resources here at Keyano. Academic.success@keyano.ca is the best way to access resources during blended service delivery. The Academic Success Coach is located in the Skill Centre in CC-119 at the Clearwater Campus.

E-Learning

Technology and internet will impact your online learning experience. It's important that you can watch an online video and other course materials, take online quizzes and participate in a live class with your instructor and other students. Live/virtual classes will be hosted in Microsoft Teams or Zoom.

For all course delivery types, you will access your course resources on Keyano's learning management system, **Moodle (iLearn)**. Login in using your Keyano username and password.

Keyano College operates in a Windows based environment, and having the correct tools for online learning is important. Here's a list of recommended system requirements.

Internet Speed

Minimum Internet speeds of 10 Mbps.

Recommended Internet speeds of 25 Mbps (especially if you are sharing your internet at home). Check your internet speed with [Fast.com](https://www.fast.com/).

Computer Software

Students will be able to get access to Microsoft Office 365 for free using Keyano credentials by [clicking here](#).

Recording of Lectures and Intellectual Property

Students may only record a lecture if explicit permission is provided by the instructor or by Accessibility Services. Even if students have permission to record a lecture or lecture materials, students may not share, distribute, or publish any of the lectures or course materials, this includes any recordings, slides, instructor notes, etc. on any platform. Thus, no student is allowed to share, distribute, publish or sell course related content (instructor, or students) without permission. It is important to recognize that the Canadian Copyright Act contains provisions for intellectual property. The [Academic Integrity Policy](#) provides additional information on Keyano College's expectations from students as members of the intellectual community.

ITS Helpdesk

If you are having issues with your student account, you can contact the ITS Helpdesk by emailing its.helpdesk@keyano.ca or calling 780-791-4965.

System requirements:

Microsoft Windows	Apple
<p>Minimum Requirements: A Windows 10 computer/laptop</p> <ul style="list-style-type: none"> · Minimum 4GB of RAM. · 10GB+ available hard drive storage. · Enough available hard drive space to install the Microsoft Office suite (approximately 3GB). <u>Microsoft Office</u> software is free to all Keyano students and employees. · Microphone, webcam and speakers. A headset with a microphone is recommended. · System updates must be regularly installed. · Anti-Virus / Anti-Malware software 	<p>Minimum Requirements: A Macintosh (V10.14 and above) computer/laptop</p> <ul style="list-style-type: none"> · Minimum 4GB of RAM. · 10GB+ available hard drive storage. · Enough available hard drive space to install the Microsoft Office suite (approximately 3GB). <u>Microsoft Office</u> software is free to all Keyano students and employees. · Microphone, webcam and speakers. A headset with a microphone is recommended. · System updates must be regularly installed. · Anti-Virus / Anti-Malware software.
<p>Recommended Requirements</p> <ul style="list-style-type: none"> · 8GB of RAM · A method of backing up/synchronizing to local or cloud-based storage such as OneDrive is highly recommended. This is included if you complete the setup of KeyanoMail and download MS Office using your Keyano email for free. 	<p>Recommended Requirements</p> <ul style="list-style-type: none"> · 8GB of RAM · A method of backing up/synchronizing to local or cloud-based storage such as OneDrive is highly recommended. This is included if you complete the setup of KeyanoMail and download MS Office using your Keyano email for free.
<p>Chromebooks are not recommended as they are not compatible with testing lockdown browsers. A Microsoft Surface or iPad or iPad Pro may be possible alternatives in some program areas.</p>	