

# KIN 176: ELEMENTARY SCHOOL PHYSICAL EDUCATION

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2024
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Total Student Learning Hours:	162
Strongly Recommended:	ENGL 101.
Transferable to CSU:	Yes
Transferable to UC:	No
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

An introductory course that will acquaint students with physical education programs for grades K-6. The course will include observation and visitation with elementary age students. The course will include methods, skills, and activities used in teaching elementary physical education. The class is recommended for elementary education and physical education majors. 54 lecture hours.

## Course Objectives

- assess the field of teaching physical education in the elementary grades
- delineate the types of activities taught in the elementary grades
- display teaching techniques in organizing the physical education class
- formulate an understanding of and appreciation for the necessity of a graduated program through the elementary grades

## Major Course Content

- Unit 1- Introduction
  - Physical Activity
    - Definitions
    - Mission
    - A physically educated person
  - Physical Fitness
    - Definitions
    - Focus on health related Physical Fitness
  - Health Related Fitness
    - Cardiovascular Fitness
    - Body Composition
    - Strength and Muscular Endurance
    - Flexibility
- Unit 2- Fitting in Fitness.
  - How much exercise is enough?
  - How much physical activity is enough?
  - Scheduling
    - Daily class schedule
    - Class size
    - Co-educational activities
    - Individuals with special needs
    - The teaching area
  - School-wide safety plan
    - Health and fitness committee
    - Student health screening
    - Parent communication
    - Potentially dangerous exercises
- Unit 3- The Instructional Process
  - Lesson planning
    - The physical education lesson plan
    - Fitting in the physical education lesson plan
  - The Classroom Climate
    - Standards for behavior
    - Motivational strategies
  - Use of class time in Physical Education
    - Define activity, instruction and management time (AIM)
    - Effective use of AIM
  - Self evaluating and teaching process reflection
    - Teacher movement, demonstrations
    - Student demonstrations
    - Inappropriate and overused words and phrases
- Unit 4- Concepts and Activities
  - Cardiovascular Fitness
    - Concepts
    - Activities
  - Body Composition
    - Concepts
    - Activities
  - Strength and Muscular Endurance
    - Concepts
    - Activities
  - Flexibility
    - Concepts
    - Activities
  - Games without lines: Everybody active
    - Team selection
    - Using flags in active/ contact games
    - Tag games
  - Assessment
    - Health related physical fitness
    - Physical Activity
    - Self-assessment
    - Assessment guidelines
- Unit 5- Beyond the classroom
  - Teaching concepts across the curriculum
    - Teaching concepts in the physical education class
  - Promoting Physical activity and fitness at home and community
    - Newsletters
    - Special events

- iii. Fun runs
  - iv. Physical activity and fitness booklet
6. Prepare students to take the CSET Physical Education Exam

## **Suggested Reading Other Than Required Textbook**

Instructor handouts

## **Examples of Required Writing Assignments**

Design a one week physical education unit chosen from one of the areas of the health related components to fitness or games without lines.

Follow the lesson plan format presented in class and include instruction time, activity time, management time, progression, appropriate cues, and feedback. Students will also be required to present one of the lessons to the class.

## **Examples of Outside Assignments**

Classroom observations of elementary teachers and their teaching strategies.

## **Instruction Type(s)**

Lecture, Online Education Lecture