

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

Transfer course A.A. degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: PE 102 Physical Education in Elementary Schools

UNIT VALUE: 3

MINIMUM NUMBER OF SEMESTER HOURS: 48

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Develop understanding, knowledge, and appreciation of physical education activities adapted to the needs and interests of elementary school children. Experience in planning and conducting physical education programs.

SPECIFIC COURSE OBJECTIVES:

The successful student will:

1. discuss necessary instructional modalities and motor skills needed in teaching physical education in the elementary school.
2. identify a variety of physical education activities appropriate for the individual needs of children.
3. explain physical education activities with appropriate skills progression.
4. design activities and curriculum which emphasize participation and variety.
5. interpret principles of control and discipline in the class setting.
6. identify activities which emphasize development of self-esteem, body management, and fitness.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Introduction
- II. Need for physical education
- III. The primary child
 - A. Class organization
 - B. Instructional approaches and modalities
 - C. Motor learning techniques
 - D. Skill progression
 - E. Lesson demonstrations
 - 1. simple games
 - 2. ball handling skills
 - 3. warm-up activities
 - 4. rhythms
- IV. The 4th, 5th, and 6th grade child
 - A. Team sports - teaching progression
 - 1. basketball
 - a. skills
 - b. drills
 - c. lead-up games
 - 2. volleyball
 - a. skills
 - b. drills
 - c. lead-up games
 - B. Rainy day activities
 - C. Rhythm activities
 - 1. folk dance
 - 2. square-dance

REQUIRED READING:

Dauer, Victor and Robert Pangrazi. Dynamic Physical Education for Elementary School Children. 12th Edition. Boston: Allyn & Bacon, 1998.

SUGGESTED READING:

Instructor generated handouts on teaching progressions for teaching a game, rhythms and ball handling skills.

REQUIRED WRITING:

- 1. A three-page paper on personal philosophy of physical education in the elementary school.
- 2. Three lesson plans (minimum three pages each).
- 3. Three observations of physical education classes (minimum three pages each).

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Read and study handouts, lecture notes, and text. Prepare writing assignments, practice skills, and study for exams. Assist for a minimum of 10 hours of elementary physical education at an elementary school.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
 laboratory
 lecture-laboratory combination
 directed study

This course may be offered as a distance education course and meets Title 5 regulations 55370, 55372, 55374, 55376, and 55378.

Yes _____ No .

If yes, check all that apply. (See guidelines for preparation for definitions.)

- telecourse
 mediated instruction
 computer assisted instruction

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

- 30% - Student teaching, assignments in class
40% - Written Exams: mid terms 20% + Final 20%
20% - Paper, evaluations and observation
10% - Quizzes

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes _____ No Number of times course may be taken for credit: 1.

If yes, identify specific provision of Title 5 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

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