# GEORGE MASON UNIVERSITY School of Recreation, Health, and Tourism

# PHED 201-001 - Developmental Motor Pattern (3) Fall 2013

DAY/TIME: M W 9:00-10:15 am

INSTRUCTOR: Mrs. Linda Krout

OFFICE LOCATION: Bull Run Hall, Rm. 228B

OFFICE HOURS: M-W 10:30-11:30 a.m.

LOCATION: Rm. 214, Freedom Center

EMAIL ADDRESS: lkrout@gmu.edu

PHONE NUMBER: 703-993-2096

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M-W 1:30-3:30 p.m.

PREREQUISITES: None

COURSE DESCRIPTION: Analyzes motor-skill development and prescription of activities from .

immature to mature stages.

COURSE OBJECTIVES: At the completion of this course, pre-service teachers should be able to:

- 1. Identify stages of children's motor development in the content areas of educational games, educational gymnastics and dance.
- 2. Observe and analyze children's performance of basic motor patterns
- 3. Develop reflection skills about the quality of your work with children
- 4. Design progressions for students at different motor stages and motivate ongoing participation.
- 5. Demonstrate competence in basic motor skills from the Skill Theme Approach for teaching physical education.
- 6. Apply the Skill Theme approach to developmentally appropriate educational games, gymnastics and dance
- 7. Analyze current statistics on children's physical activity patterns and health needs
- 8. Subscribe to and examine physical education websites for their value as teaching resources
- 9. Begin an ongoing process of developing a philosophy of teaching physical education and reflect on one's professional development.
- 10. Determine ways to encourage student self-motivation for physical activity.
- 11. Organize and lead class activities using managerial and instructional routines.

## **REQUIRED READINGS:**

Graham, G., Holt/Hale, S., & Parker, M. (2013). Children Moving (9th ed.), New York, NY: McGraw-Hill Publishers

Readings and other assignments are located on Blackboard at mymason.gmu.edu. You MUST use your gmu.edu address for all class communications.

NATURE OF COURSE DELIVERY: face-to-face

## **EVALUATION:**

\*\* Students are responsible for all work conducted in class regardless of being absent. Email is strongly encouraged when absent but you MUST submit the assignment on the due date to receive full credit.

EXAM 1	20%	100
EXAM 2	20%	100
Skill theme Presentation	8%	40
Online Submission	2%	10
Philosophy	10%	50
Motor Skills Analysis	5%	. 25
Game design	3%	15
Shopping Frenzy	5%	25
Peace Journal	3%	15
PE & Technology	4%	20
FINAL	20%	100
TOTAL	100%	500

**Grading Scale** 

**Attendance Policy** 

In accordance with the GMU Attendance Policies, "Students are expected to attend the class periods of the courses for which they register. In-class participation is important to the individual student and to the class as a whole. Because class participation may be a factor in grading, instructors may use absence, tardiness or early departure as de facto evidence of non-participation."

Professional dispositions: This course is foundational to all courses that lead to teacher licensure and the **B**achelor of **S**cience in **Ed**ucation degree. Student attendance and participation in class activities are directly related to professional development and dispositions in this career; therefore, you are expected to attend class regularly. You are entering a licensure program that requires several developmental stages toward becoming a professional committed to student learning in schools. Professional dispositions are values, attitudes and professional ethics toward learners, peers, professors and the learning process. You will self-evaluate on dispositions throughout the semester and examine your commitment to the teaching profession.

## The following scale will be used

- o Two (2) absences are permitted
- o Two (2) "tardies" = 1 absence\*
- o Two (2) "early departures" = 1 absence\*
- o 3 absences = 15 grade points
- o Each additional absence = 10 points

\*Attendance is taken at 9:00 am. A student will be considered late once attendance has been taken. Leaving more than 10 minutes before the end of the class will be considered an early departure.

Email is strongly encouraged when absent. In order to receive full credit: the assignment must be submitted online on the date it is due. **All assignments are highlighted on the syllabus under course outline.** 

## Description of Assignments:

a. Philosophy of physical education: Develop your physical education philosophy at the beginning of the semester and provide a more detailed philosophy at the end of the semester. Attach original version of the philosophy to the revised copy. There must be a revision or elaboration of your original paper. Include at least 3 resources for your bibliography.

- b. Motor Skills Analysis: Use Haywood's Component Approach to observe assigned motor patterns of children during your field observation. Acquire data on each child's participation in and out of school and adapt several motor skills to motivate them. Rubric is provided. You will need to assess a child preferably in the K-3 grade level.
- c. Game Design: As part of a small group you will design an educational game in class that meets established criteria for a learning experience. You will organize and teach peers your game design.
- e. Shopping Frenzy: A Nasco Physical Education catalogue will be provided. You will order equipment for one year staying within the criteria.
- f. Skill Theme Progression Presentation: You will be responsible for creating a progression of activities in a chosen skill theme and presenting it to your peers. The STA template on blackboard will be used. The progression of activities will be submitted online one week prior to the presentation in class for instructor approval.
- g. Peace Journal: You will be responsible for keep a journal entry 3 times a week which will be discussed and submitted at the end of the semester. All criteria will be posted on blackboard and a rubric will be provided.
- h. PE & Technology: During observation and analysis of motor skills you will videotape a peer in class using the application Ubersense or Coach's Eye and develop skills in analyzing mature motor patterns.
- i. EXAM #1: The content of the Exam will consist of Chapters 1,2, 3, 7, 16, 17, and 18. The questions will be multiple choice, true/false and short answer.
- j. EXAM #2: The content of the exam will consist of chapters 11, 12, 19, 20, 21, 24, 25, 26, and Kathleen Components Approach. The questions will be multiple choice, true/false, fill-in and short answer.
- k. FINAL EXAM: The content of the exam will be partially cumulative and a specific focus on chapters 22, 23, 27, 28, 29, 30. The questions will be multiple choice, true/false, fill-in and short answer.

# TENTATIVE COURSE OUTLINE

#### Week 1

Aug. 26 (M): Introduction to course, purpose, objectives, policies. Phys. Education, Phys. Activity, Phys. Exercise, Physical Fitness READ: Exercise is a State of Mind: mymason.gmu.edu

Aug. 28 (W):Chapt. 1, Purpose of PE in schools. Virginia Standards Instructional Resources in PE Assign Version 1 – Philosophy paper **READ: The Importance of PE** 

## Week 2

Sept. 2 (M): LABOR DAY UNIVERSITY CLOSED

Sept. 4 (W): Freedom Center Closed. Classes will meet in Bull Run Hall, Room 131.

Chapt. 2, The Skill Themes Approach,

Sports vs. STA, Sports to Skill Themes Lab READ: Get Out and Play

PHED MAJORS MEETING: 10:00-11:00 am in the Bull Run Hall Atrium, 2<sup>nd</sup> floor

## Week 3

Sept. 9 (M): Chapt. 3 Movement Concepts

Version 1 – Philosophy Due

Discuss Get Out and Play

Sept.11 (W): Chapt. 13 Space Awareness, Space Ship, red, green, yellow light

"Pac Man" "Musical Chairs" using squad formation "NO Vacancy" or "City Street,

"Crowded Spaces"

READ: Faster, Stronger, Smarter

**Assign Shopping Frenzy** 

#### Week 4

Sept. 16 (M): Chapt. 15 Relationships, Solo, Partner, Between Groups, Alone in a Mass

"Magic Hoops" (w/objects) Read: Skill Analysis

Sept. 18 (W): Chapter 5 Generic Skill Levels Discuss Skill Analysis Article

Chapter 11 Observing Student Responses

Chapter 17 Effort "Change Gears", "Follow the Leader"

**Shopping Frenzy Due** 

## Week 5

Sept. 23 (M): *Exam #1* 

Sept. 25 (W): Chapter 19 Jumping and Landing George Graham

Model Skill Theme Progression Children Moving: Assign Presentation Schedule

**READ** over arm Description

#### Mid-Term

#### Week 6

Sept. 30 (M): Chapt. 23, Throwing and Catching Kathleen Haywood

Haywood's Component Approach for observing motor patterns.

Assessing the Developmental Level of Throwing

**Assign Motor Analysis** 

Oct. 2 (W): Chapt. 23, Throwing and Catching, George Graham

Video each student's throwing pattern using Ubersence Application

#### Week 7

Oct. 7 (M): Chapter 11 Observing Student Responses

Summary of throwing pattern from video using Haywood's Approach

**STA (Throwing) Presentation:** 

**STA (Catching) Presentation:** 

Oct. 9 (W): TBD STA (Traveling) Presentation:

#### Week 8

Oct. 14 (M): COLUMBUS DAY UNIVERSITY CLOSED

Oct. 15 (T): Chapter 16 Traveling Patterns Tinikling and Jump Bands

**STA Presentation:** 

**Motor analysis I Due** 

Oct. 16 (W): Chapter 17 Chasing, Fleeing, Dodging

**STA Presentation:** 

Chapter 24 Dribbling

**STA Presentation (Dribbling – feet):** 

**STA Presentation (Dribbling – hands):** 

#### Week 9

Oct. 21 (M): Chapt. 24, Volley & Dribbling

**STA Presentation (Volley):** 

Student Teacher Video

Oct. 23 (W): Chapt. 22 Kicking & Punting

**STA (Kicking) Presentation:** 

**STA (Punting) Presentation:** 

#### Week 10

Oct. 28(M): TBA

Oct. 30(W): *Exam #2* 

#### Week 11

Nov. 4 (M): Chapt. 25 Striking with Rackets and Paddles

**STA Presentation (Paddles):** 

Nov. 6 (W) Chapt. 25 Striking with Rackets and Paddles

**STA Presentation (Rackets):** 

#### Week 12

Nov. 11 (M): Chapter 26 Striking with Long Handled Implements

STA Presentation (LHI): STA Presentation (LHI):

Nov. 13 (W) Chapt. 30 Skill Themes in Games

Game Design with Partners

Tchoukball

**STA Presentation (LHI):** 

Nov. 8-10: VAHPERD CONVENTION, Virginia Beach

#### Week 13

Nov. 18(M): Chapt. 29 Gymnastics READ: Balance – It Just Takes Practice

**Game Design Presentations** 

Nov. 20(W): Chapt. 20 Balance

Solo balance, partner balance, group balance

**STA Presentation (Balance):** 

## Week 14

Nov. 25(M): Chapt. 21 Weight Transfer, Rolling Skill

**STA** (Weight Transfer) Presentation:

**STA (Rolling) Presentation:** 

**Revised Philosophy Due** 

Nov. 27(W): Chapter 28 Dance, Rhythms & Dance, Introduction to Creative Dance:

Sport Skills Movement

**STA Presentation (Dance):** 

32 Count Sequences. Create Own Sequence. Rhythmic Dance, Ribbon Sticks, Jump Ropes, Scarves, Instruments, Lummi Sticks William Tell Overture

## Week 15

Dec. 2 (M): Cultural Dances, Latin Dance, Salsa Dance, Cha Cha

Dec. 4 (W): Rhythmic Dance, Country Dance, Line Dancing, Cowboy Motion, Cowboy Boogie,

I Love a Rainy Night, VA Reel

## Week 16

Dec. 9 (M): Reading Day

Final Exam: Per Final Exam Schedule: Monday, Dec. 16, 2013, 9:00-10:15 am

## Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <a href="http://oai.gmu.edu/honor-code/">http://oai.gmu.edu/honor-code/</a>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <a href="http://ods.gmu.edu/">http://ods.gmu.edu/</a>].

- Students must follow the university policy for Responsible Use of Computing [See <a href="http://universitypolicy.gmu.edu/policies/responible-use-of-computing/">http://universitypolicy.gmu.edu/policies/responible-use-of-computing/</a>].
- Students are responsible for the content of university communications sent to their George Mason University email
  account and are required to activate their account and check it regularly. All communication from the university,
  college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

#### Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <a href="http://caps.gmu.edu/">http://caps.gmu.edu/</a>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <a href="http://writingcenter.gmu.edu/">http://writingcenter.gmu.edu/</a>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <a href="http://rht.gmu.edu">http://rht.gmu.edu</a>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

