


Welcome to P.E. 334 P.E. Activities for Elementary School.....

Course:	P.E. 334
Term:	Winter 2010
Day:	Thursdays (Jan. 7 - March 18)
Time:	4:30-7:30 p.m.
Instructor:	Chuck Millsap
Credits:	3

P.E. 334 Syllabus: Winter 2010

Class Dates/ Cswk	Session Themes (Big Ideas)
Jan 14, 2010	<p>“All Active - All Successful”</p> <ul style="list-style-type: none"> • An overview of the NEW Physical Education <ul style="list-style-type: none"> -National & State Standards -The NEW State CBA in PE • Movement Management <ul style="list-style-type: none"> <i>Tips to Class Safety and Sanity!</i> • Instructional Practices <ul style="list-style-type: none"> -No more mindless play! -3 Parts of a Quality PE Lesson • Review Class Assignments 
Jan 21, 2010 Article Abstract #1: (10pts) Fitness Assessments	<p>“This Time It’s Personal”</p> <ul style="list-style-type: none"> • Review 5 Components of Fitness <ul style="list-style-type: none"> -F.I.T.T. Tools -Fitness Assessments • “Individualizing” Standardized Fitness <ul style="list-style-type: none"> -Student Fit-Folders & Goal Setting • Review Class Assignments
Jan 28, 2010	<p>“Lessons Fit For A Lifetime”</p> <ul style="list-style-type: none"> • Circuits & Station Training • Non-Traditional PE Activities <ul style="list-style-type: none"> -Alternative ways to get Fit • Cooperation & Competition <ul style="list-style-type: none"> -Following the ROOTS of Competition
Feb 4, 2010 Teach a Lesson: (15 pts)	<p>“LiveText Part 1: Lesson Presentations” #1</p> <ul style="list-style-type: none"> • 15 Minute Student PE Lessons <ul style="list-style-type: none"> -See Rubric
Feb 11, 2010 Teach a Lesson: (15 pts)	<p>“LiveText Part 1: Lesson Presentations” #2</p> <ul style="list-style-type: none"> • 15 Minute Student PE Lessons <ul style="list-style-type: none"> -See Rubric

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<p>Feb 18, 2010 <i>LiveText Online</i> <i>Written Reflection: (20pts)</i></p>	<p>No Class Scheduled</p> <ul style="list-style-type: none"> • LiveText Part 2: Written Reflections Due <i>-See Rubric</i>
<p>Feb 25, 2010 <i>Article Abstract #2: (10pts)</i> <i>Exercise & the Brain</i></p>	<p>“Back To The Classroom”</p> <ul style="list-style-type: none"> • Movement-Based Lessons from the Classroom <i>-K-5th Grade Lessons by DBE Teachers</i> <i>-Resources for Classroom Teachers</i>
<p>March 4, 2010 <i>Teaching a Lesson (40pts)</i> <i>Minor Projects Due: (20pts)</i></p>	<p>“Major Project: Lesson Presentations #1”</p> <ul style="list-style-type: none"> • 20 Minute Group Lessons <i>-See Rubric</i>
<p>March 11, 2010 <i>Teaching a Lesson: (40pts)</i></p>	<p>“Major Project: Lesson Presentations #2”</p> <ul style="list-style-type: none"> • 20 Minute Group Lessons <i>-See Rubric</i>
<p>March 18, 2010 <i>*Final Exam: (30pts)</i></p>	<p>“The Final Countdown” @ CWU Lynnwood!</p> <ul style="list-style-type: none"> • PE 334 Class Final Exam <i>-Room TBA</i>

NOTES:

- Please wear appropriate student ID/clothing conducive to moving.
- Be sure to visit www.gobeehive.com (click on CWU) to find class updates that may be posted.

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Instructor: Chuck Millsap
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E-mail: milsapc@cwu.edu (preferred)
cdmillsap@seattleschools.org (quickest response)
Website: www.gobeehive.com

Textbook: (optional) *P.E. Teacher's Skill-by-Skill Activities Program: Success-Oriented Sports Experiences for Grades K-8.* Turner, L.F. & Turner, Susan L. 1989, New York: Parker Publishing

Course Description: *Physical Education for Elementary School introduces classroom teachers to a variety of resources and positive movement strategies to further support student health and fitness needs beyond the gymnasium. Activities covered in this course are intended for implementation in the gym and classroom and can serve to further enhance the school curriculum.*

Principle Learning Activities:

- Lecture
- Discussion
- Participation
- Teaching
- Reflection

1. Online Article Abstracts (2 x 10pts)	=	20 points
2. Livetext Lesson Presentation	=	15 points
3. LiveText Online Written Reflection	=	20 points
4. Minor Project	=	20 points
5. Major Project	=	40 points
6. Final Exam	=	30 points
7. Attendance	=	100 points
Total points	=	245points

Grades:

- A = 92% of total points possible (225-245 pts.)
- B = 82-89% of total points possible (200-218 pts.)
- C = 72-79% of total points possible (176-193 pts.)

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-PE 334 Online Article Abstracts -

PE Article Abstracts: (worth 20 pts)

Students will complete 2 separate article abstracts. This assignment must be completed online and include the following details:

- 1) Review scholarly journals only
- 2) **Use the article abstract template provided online****
- 3) Contains 150-250 words
- 4) Clearly written with minimal grammatical errors
- 5) Contain the online article link
- 6) Submitted to me via email by 4:30pm on the day of class

Article Abstract Topic Schedule

<u>DATE</u>	<u>TOPIC</u>
Jan. 21	Abstract #1: Fitness Assessments
Feb. 25	Abstract #2: Exercise & The Brain

** visit <http://www.gobeehive.com/id9.html> for Article Abstract Template

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-LiveText Assignment -

LiveText Assignment: a) Teach a Lesson and b) Online Written Reflection: (worth total of 35 pts)

- a) PART 1: Teach A Lesson: (15 pts) Students will teach a 15-minute PE lesson to the class (Feb 4 or Feb 11). Each lesson must include the “Big 3”: Academic Component, Motor Skill(s) and Fitness Component(s) Students will be asked to submit an organized lesson plan and follow a 15 point teaching rubric **(See LiveText: Teach a Lesson Rubric: <http://www.gobeehive.com/id9.html>)**.
- b) PART 2: Written Assignment: (20 pts) Students will then write a paper (max 3 pages) using LiveText that encourages students to reflect on this teaching experience. This written assignment will be due on Feb 18th **(See LiveText PE 334 Written Reflection Rubric: www.livetext.com)**

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***-Major and Minor Projects –
Each student must do one Major and One
Minor Project.***

Minor Projects: choose one from the list below (worth 20 pts.)

1. Create a program that would get kids excited about coming to P.E. class or that would encourage physical fitness.

OR

2. Create and laminate a set of 20 activity cards that you can use later.

Minor Project Descriptions

1. Create an Incentive program:

- Examples include P.E. Auctions, Game Nights, Class Point Systems or a Student of the month program. Be sure to describe your incentive program using a minimum of 1000 words. Also include copies of any visual charts or other tangible items that support your program.

2. Integrated Activity Cards:

- A set of 20 fitness cards must be made that allow you to integrate movement into classroom activities. Each card should include an illustration and name of a movement activity (i.e. various yoga poses, muscle activities, etc.).

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Major Projects: choose one from the list below (worth 40 pts.)

Option #1: Teach a lesson (40 pts.)

You will prepare a lesson plan and teach the lesson to the rest of the class. Each member of your group (maximum 3 people) must teach a portion of the lesson, and each must have contributed to the planning of the lesson plan. 20 minutes in length.

Major Project Option #1: Teach A Lesson-Rubric

Point distribution of lesson (40 Pts. Possible):

	Target (10 pts.)	Acceptable (7 pts.)	Unacceptable (5 pts.)
1. Directions & Organization	Student(s) provides a copy of written lesson plan to all students prior to teaching (using PE 334 lesson format). Lesson materials/equipment are set-up prior to the start of the lesson. Lesson is no more than 20 minutes in length	Meets most but not all of the directions outlined in the target cell.	Lacking appropriate formatting and organization as outlined in the target cell.
2. Lesson Content	Lesson presentation includes the "Big 3" (academic piece, motor skill(s), & fitness component(s))	Lesson only includes 2 different components as outlined in the target cell	Includes 1 or less of the content items outlined in the target cell.
3. Lesson Management	Lesson presentation employs the following three effective teaching strategies: transition cue, modeling & checks for understanding.	Lesson only includes 2 different effective teaching strategies as outlined in the target cell	Includes 1 or less of the effective teaching strategies as outlined in the target cell
4. Extra Criteria	Each member is involved in teaching and instructing the lesson. Participants are active for at least 50% of the lesson. Visual aids or other supplemental materials are utilized.	Meets most but not all of the directions outlined in the target cell.	Lacking team teaching and participants are not very active during the lesson.

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Option #2: Four Integrated PE Lessons: “From a PE Teacher’s Perspective” (40 pts)

Create four PE lessons that integrate health, spelling, geography, and math.

Major Project Option #2: 4 Lesson Plans-Rubric

Scoring Criteria	Health	Spelling	Geog	Math
1. All 4 lesson plans were submitted on time in an organized folder (4pts)	/1pt	/1pt	/1pt	/1pt
2. All 4 lesson plans include the “Big 3” and EALRS (Academics, Motor Skills, Fitness) (8pts)	/2pts	/2pts	/2pts	/2pts
3. All 4 lesson plans contain the rest of the required lesson template components, including procedures, alternative ideas, diagram and source of lesson (8pts)	/2pts	/2pts	/2pts	/2pts
4. All 4 lessons include activities that are developmentally appropriate (4pts)	/1pt	/1pt	/1pt	/1pt
5. All 4 lesson plans contain supplemental materials (8pts)	/2pts	/2pts	/2pts	/2pts
6. All lessons are designed to last 25-30 minutes in length (4pts)	/1pt	/1pt	/1pt	/1pt
7. All 4 lessons include at least 50% movement experiences (4pts)	/1pt	/1pt	/1pt	/1pt