



**Contra Costa College
Course Outline**

Department & Number	Kinesiology 191
Course Title	Elementary Physical Education
Prerequisite	None
Co-requisite	None

Number of Weeks	18
Lecture Hours	3
Lab Hours	
Hours By Arrangement	
Activity Hours	
Units	3

COURSE/CATALOG DESCRIPTION

This course is a lecture class that is designed for Physical Education and/or Early Childhood Education majors. The purpose of this course is to prepare potential elementary school teachers to teach primary (K-3) and secondary (4-6) grade physical education classes. This course will include basic skills, lead-up games, team games, individual tasks, indoor/outdoor activities, and peer teaching. Not repeatable.

COURSE OBJECTIVE

At the completion of the course the student will be able to:

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| 1. Instruct elementary aged students in basic skill acquisition. |
| 2. Write a complete a) unit plan, and b) lesson plan for a physical education class. |
| 3. Teach lead-up skills and lead-up games. |
| 4. Conduct a full-length physical education class. |

COURSE CONTENT: (In detail; attach additional information as needed and include percentage breakdown)

30	%	Instructing elementary aged students basic skill acquisition
40	%	Writing complete unit and lesson plans for a physical education class
30	%	Teaching lead-up and team games.

METHODS OF INSTRUCTION

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| 1. Lecture/ multi-media presentations |
| 2. Physical demonstration via internet |
| 3. Class participation in discussion boards |

INSTRUCTIONAL MATERIALS

Textbook Title: Children Moving
Author: George Graham, Shirley Holt/Hale, Melissa Parker
Publisher: McGraw Hill
Edition/Date: 9nd Edition 2012

COURSE EXPECTATIONS (List estimated average number of hours per week)

1. Reading assignments: 3 hours per week
2. Writing assignments: 3 hours per week

STUDENT EVALUATION: (Show percentage breakdown for evaluation instruments)

20	%	Written quizzes and assignments (developing handouts for elementary students)
15	%	Oral quizzes
50	%	Teaching demonstrations (kick ball, dodge ball, volleyball, etc)
15	%	Lesson and unit plans

GRADING POLICY (Choose LG, CR/NC, or SC)

90% - 100% = A
 80% - 89% = B
 70% - 79% = C
 60% - 69% = D
 Below 60% = F

70% and above = Credit
 Below 70% = No Credit

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Prepared by:

Beth Goehring

Date: Semester/Year

Sp 2014
