Tonight, before you go to sleep, think of something that makes you smile. There is always something, no matter how bad your day may have been. You will sleep better, you will feel better once you wake and you will face your new day with a positive mind. Take charge of your happiness.

Written by Dave Hedeges ©
Wisdomtoinspirethesoul.com

Kinesiology 4356
Methods of Teaching Elementary Physical Activities
Fall 2017 8:00-9:15 a.m. TTR

Instructor: Mr. Jack Plott: cplott@angelo.edu OR jack.plott@angelo.edu

BS, MAT, M.Ed.
SAISD (1980-1990); U.S. Department of Defense Dependent Schools (overseas) 1990-2006; ASU Kinesiology Department from spring 2009 to present.

Office: Center for Human Performance #105

Office Phone: (325) 942-2173 (W) (325) 949-9807 (H) (325) 227-5649 (C)

Office Hours:
   MW   8:00-8:45 a.m. & 11-11:45 a.m.
   T TR 9:15-10:45 a.m.
   F    9-12:00 p.m.

I. Resource Materials and Other Course Requirements
   A. Textbook (none required).
   B. 3"-4" notebook and dividers/tabs for Activity File assignment.
   C. Optional membership in the professional academic discipline organization (Kappa Mu Omega) is available for kinesiology and non-kinesiology majors or minors.
      Membership for KMO is $20.00 and includes a t-shirt. Dr. Parker the KMO Sponsor, will be ordering the t-shirts. The shirt can be purchased for $10.00 if you choose not to join KMO.
   D. You must have a lanyard, whistle and wear an ASU t-shirt when you are teaching.
   . Your name tag which I will give you is to be worn when you are on a school campus or at a community-based organization.

II. Specific Objectives/Student Learning Outcomes
   A. To develop the necessary skills to become an effective teacher by implementing a program based on the National Association for Sport and Physical Education (NASPE) standards.
   B. To develop a knowledge and understanding of the children and their needs in physical education settings.
C. To develop the necessary skills on how to plan a quality lesson, view the importance of curriculum and how to teach it effectively.

D. To understand the importance of management and discipline and how to modify activities for all students in physical activities.

E. To understand the necessary skills to incorporate activities which accomplish the NASPE standards defining quality physical education programs.

F. To practice and convey to students, various wellness topics such as: food portion-control, hidden ingredients in many beverages and ways to slow down the aging process.

G. Students will demonstrate effective community engagement by observing/teaching/reflecting on P.E. classes in public schools and community-based organizations.

III. EVALUATION CRITERIA (tentative & subject to change)

“Portion Distortion” & “Obesity in a Bottle” wellness presentation response papers (main points of presentation and any personal comments you may want to make) (1 page), double spaced, normal font @ 10 points each = 20 points.

How to Slow Down the Aging wellness presentation response paper (normal response paper) (1 page) @ 10 points
Positive Lifestyle Changes response paper (positive lifestyle changes you have made, are making or are going to make to increase the quality of your life) (1 page) @ 10 points or 20 points for both papers

Attendance- 30 days @ 10 pts. each = 300 points

Professionalism Grade @ 40 points (proper dress, excessively tardy, etc.)

3 Professional development portfolios (PDP) @ 10 points each = 30 points

3 Activity Files @ 30 points each = 90 points

2 Peer teaching lesson plans @ 10 points each = 20 points

2 Observation of master teacher forms @ 5 points each = 10 points

4 Teaching opportunities grading rubrics with lesson plans @ 30 points each = 120 total points
Reflective paper (1 page) about your time observing/teaching out in the community @ 10 points (submit on-line)

(660 points total)

GRADING SCALE
660-594---->A   527-462---->C   395 & BELOW---->F
593-528 --->B   461-396---->D

Late submissions (wellness response papers, PDP’s, activity files & the community engagement reflection paper) will NOT be accepted). Due dates are on your syllabus-plan ahead and don't procrastinate!

If you have questions about any assignment during the semester, please come by my office or email me………don't wait until the last moment when you are in a panic mode.

Extra Credit: You can make 10 extra points by donating blood during the semester or becoming an organ donor (one or the other). If you are already an organ donor (bless you); you can show me or email me a picture of your driver’s license to receive 10 extra credit points. When you register on-line (see Texas Department of Public Safety link below), you will receive a confirmation email. You can forward that confirmation email to me. info@donatelifetexas.org (organ donor on-line application).

If you donate blood, please bring me the proof of blood donation paper or or take a picture of it and send it to me. You can donate at United Blood Services, 2020 W. Beauregard, San Angelo.

HOW TO DETERMINE YOUR CURRENT GRADE:
Example: If the cumulative point total for all assignments up to the present is 80 and your Bb grade book total is 65; then divide the cumulative point total (80) into your Bb grade book total (65) and you get 81%. You can do this any time during the semester to find your current grade.

The Professional Development Portfolio (PDP) component will consist of several assignments which should provide you with opportunities to acquire critical skills in planning, management, and career skills. Specific due dates and topics will be identified in the syllabus. All "Portfolio" assignments will be recorded in a folder or binder.

The "Activity File" will be a compilation of games, relays, lead-up activities, etc. that can be used with elementary/secondary level students. The project will be completed on 8 ½ "x 11" paper and placed in a 3" or 4" binder. Precise topics will be identified in the syllabus and are not the same for each level. The project will be completed in three phases as you submit 25 elementary & 25 secondary activities on each due date. The minimum number of activities included in this assignment is 150……..IT CANNOT BE DONE IN ONE DAY!

A major component of your grade will include teaching opportunities. You will co-teach two lessons (peer teaching) at ASU. You will have at least four teaching opportunities during this course in elementary/secondary schools in SAISD and various community-based organizations. Partners will be assigned for this component and each person is responsible for planning and teaching the lesson. You will use a specific format to be discussed during class. Your class, work and/or athletics schedules will determine your
teaching locations later in the semester. Dress code is in effect for ALL teaching assignments and all observations off-campus.

IV. ATTENDANCE POLICY
Attendance is necessary to fully understand the concepts and theories that will be introduced this semester. We will meet 30 times during the semester at 10 points each \( \times 300 \) points. Your Bb gradebook attendance column has already been credited with 300 points. If you are absent, then I will subtract the 10 points. University-sponsored activities, religious holy day (s) and military training are always excused. I will allow you 2 personal unexcused absences during the semester.

If you know that you will miss a class on a date you are scheduled to teach, please reschedule IMMEDIATELY!

V. Please dress appropriately in class in an effort not to cause a distraction. A dress code is in effect for peer teaching modules and for on-site visits in the public school settings (refer to the SAISD guideline sheet you received on the first day of class. All students must wear shorts/sweat pants/warm ups and a ASU t-shirt/polo shirt for class with socks and tennis shoes. I want you dressed in class the way you would be dressed out in the community observing/teaching. NO HATS OR HEADCOVER WILL BE WORN AT ANY TIME unless you are teaching outside and the coach says it is OK. Look nice by NOT wearing ragged or heavily wrinkled clothing. Each student must have a whistle and lanyard. Name tags will be worn each time you are out in the community observing/teaching. The name tag will be provided by the professor and will be returned at the end of the semester.

V. Professionalism
I want you to be professional during class this semester especially concerning dressing appropriately and being on time to class. I will subtract points if you are not dressed appropriately or you are excessively tardy to class.

VII. Please respect your classmates and your professor by turning off your cell phone and putting it away before class starts. I do not want any texting or checking email during the classes as it is rude & unacceptable. It can all wait until class is over. That also includes peer-teaching time in the gym.
PLANNING, PREPARATION & PRACTICE HELPS PREVENTS POOR PERFORMANCE WHEN TEACHING!!

Fall 2017    KIN 4356
8:00-9:15 a.m. T TR Syllabus
(SUBJECT TO CHANGE)

Tues  8-29  Introduction to course

Thurs 8-31 Graduate dean, assistant principal from Glenn MS and teacher certification in Texas presentations
************************************************************************************************
Tues  9-5  group preparations & “Portion Distortion” wellness presentation

Thurs 9-7 model elementary P.E. classes in gym
****************************************************************************************************
Tues 9-12 model secondary P.E. classes in gym  PDP # 1 due; PD paper due

Thurs 9-14 prep for community involvement/teaching tips & “Obesity in a Bottle” wellness presentation
***************************************************************************************************
Tues 9-19 observation at elementary/secondary/community campuses

Thurs 9-21 observation at elementary/secondary/community campuses OIB paper due
****************************************************************************************************
Tues 9-26 elementary peer-teaching in gym

Thurs 9-28 elementary peer-teaching in gym  Activity File # 1 due
Tues 10-3 elementary peer-teaching in gym
Thurs 10-5 elementary peer-teaching in gym
Tues 10-10 elementary peer-teaching in gym
Thurs 10-12 elementary peer-teaching in gym
Tues 10-17 secondary peer-teaching in gym
Thurs 10-19 secondary peer-teaching in gym
Tues 10-24 secondary peer-teaching in gym
Thurs 10-26 secondary peer-teaching in gym Activity File #2 due
Tues 10-31 secondary peer-teaching in gym
Thurs 11-2 secondary peer-teaching in gym PDP # 2 due
Tues 11-7 on-site teaching at elementary/secondary/community
Thurs 11-9 on-site teaching at elementary/secondary/community
Tues 11-14 on-site teaching at elementary/secondary/community

Thurs 11-16 on-site teaching at elementary/secondary/community Activity File # 3 due

Tues 11-21 “Slow Down the Aging” well presentation

Thurs 11-23 Thanksgiving Holidays

Tues 11-28 on-site teaching at elementary/secondary/community Aging paper due

Thurs 11-30 on-site teaching at elementary/secondary/community

Tues 12-5 on-site teaching at elementary/secondary/community PDP # 3 due

Thurs 12-7 on-site teaching at elementary/secondary/community Community-engagement Reflective paper & CONNECT student survey due

Tues Dec 12th, final 8:00-10:00 a.m. (closing comments & special activities)

VI. Students with Special Needs
"Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made."

Honor Code
"Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook."
VII. Professional Development Portfolio (PDP) Assignments (all papers are doubled spaced & normal font)

PDP #1 (due Tuesday 9-12) (10 pts.)

Locate and copy at least 3 articles from journals, newspapers, or the internet which address children's fitness (you do NOT need to print out the article but do need to cite the references). Write a 1-2 page typed paper on how to improve fitness and combat childhood obesity with references.

PDP #2 (due Thursday 11-2) (10 pts.)

Interview 2 current or retired physical education teachers or community-based organization teachers using the questions that you received in class. You can ask the questions and type the answers or give the teacher a pre-printed interview with adequate space to answer the questions. Please make sure you write the teacher's name and work site location on the interview, otherwise I will count off points. I will also count off points if the interviews are not typed.

PDP #3 (due Tuesday 12-5) (10 pts.)

1. Develop a complete current resume to include references. In your objective statement, clearly state the purpose of your resume as it is tailored to the career field. The summary statement is meant to grab the employer's attention by highlighting your qualifications (4 or 5 lines). In other information, you can throw in education, employment history, organizations, military experience, volunteer work, awards, references, etc. You can find many good examples on the internet.

2. Most school districts now require applicants to write their philosophy of education. Develop your philosophy of education of about one-half to 2/3 page in length, doubled spaced.
**Elementary Activity File Assignment Categories**

- You MUST have a 3-4" notebook for this assignment.
- The Table of Contents is cumulative and is a work in progress. Do not list page numbers.
- You MUST have dividers and tabs visible to be able to locate games easily.
- You MUST have the elementary & secondary activities separated with a visible divider.
- You MUST have at least 3 references for each section.
- YOU MUST include age level, full description of activity, and equipment/space requirements for each activity.
- Activities 1-3 can be combined into one binder, but should be separated with dividers.
- You DO NOT have to type out the activities........just cut and paste.

**Activity File #1 (due Thursday 9-28)**

Jumping and Landing Activities  
Rhythms/Dance/Gymnastics  
Striking and Kicking Activities  
Tag Games  
Throwing and Catching Activities

**Activity File #2 (due Thursday 10-26)**

Lead up games Basketball  
Lead up games Football  
Lead up games Soccer  
Lead up games Softball  
Lead up games Tennis  
Lead up games Volleyball

**Activity File #3 (due Thursday 11-16)**

Cooperative Activities  
Fitness Activities  
Holiday Themes Activities  
Relay Activities  
Other Activities

(25 elementary & 25 secondary activities on each due date)

**Note:** the activities for elementary and secondary are **NOT** the same-please read both sheets-all activity
files may be submitted in advance.

Secondary Activity File Assignment Categories

- You MUST have a 3-4” notebook for this assignment.
- The Table of Contents is cumulative and is a work in progress. Do not list page numbers.
- You MUST have dividers and tabs visible to be able to locate games easily.
- You MUST have the elementary & secondary activities separated with a visible divider.
- You MUST have at least 3 references for each section.
- YOU MUST include age level, full description of activity, and equipment/space requirements for each activity.
- Activities 1-3 can be combined into one binder, but should be separated with dividers.
- You DO NOT have to type out the activities………just cut and paste.

Activity File #1 (due Thursday 9-28)

Agility activities
Pedometers
Flexibility & warm up exercises
Exercises for upper & lower body development

Activity File #2 (due Thursday 10-26)

Circuit/interval training
Aerobics
Pilates/yoga
Stunts/pyramids/combatives
Relay/tag games

Activity File #3 (due Thursday 11-16)

Sport lead-up games (basketball, field hockey, flag football, soccer, volleyball)
track & field/Frisbee and rope jumping
Other activities

(25 elementary & 25 secondary activities on each due date)

Note: the activities for elementary and secondary are NOT the same-please read both sheets-all activity.
files may be submitted in advance.