



Kinesiology 4356
Methods of Teaching Elementary Physical Activities
Fall 2019 8:00-9:15 a.m. TTR

<http://hechingerreport.org/growing-number-states-hoping-improve-kids-brains-exercise/>

Instructor: Mr. Jack Plott: cplott@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.

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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 separately 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. 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)

Attendance 30 days @ 15 pts. each = 450 points

Professionalism Grade @ 40 points (improper 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 @ 20 points each = 40 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

(780 points total)



GRADING SCALE

780-702---->A

623--546---->C

467 & BELOW---->F

701-624 --->B

545-468---->D

Late submissions: PDP's and activity files will NOT be accepted. Due dates are on your syllabus-plan ahead and do not procrastinate!

If you have questions about any assignment during the semester, please come by my office or email me; do not 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 and/or becoming an organ donor. 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 or during any on-campus blood drive.

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 "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. Groups are assigned the teachings and each person is responsible for planning and teaching the lesson. We will use the specific format 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 peer-teachings and observations/teachings 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 15 points each = 450 points. Your Bb gradebook attendance column has already been credited with 450 points. If you are absent, then I will subtract the 15 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.** Tardies count five points each.

If you know you will miss a class on a date your group is scheduled to teach, please reschedule IMMEDIATELY!

V. Dress Code: ALL students are required to dress in appropriate physical education attire (aligned with SAISD guidelines) when we are in the gym or out in the community (no tank tops, low-cut tops, cutoffs, short shorts, capri or yoga pants, tights, jeans, or t-shirts advertising products; no street shoes, sandals, boots, flip flops, etc.). In addition, **HEAD GEAR OF ANY KIND ARE NOT ALLOWED** (hats, caps, hoodies, bandanas, etc.) during class. Failure to

wear appropriate activity clothes and shoes will result in a ten-point deduction from your professionalism grade. NOTE: tights may be worn under appropriate shorts. Acceptable shirts: plain t-shirts or collared shirts, t-shirts and collared shirts that have fitness/health-related topics and Angelo State University or sports related logos. Acceptable shorts: walking or athletic shorts that are no shorter than mid-thigh (approximately 3 inches above the knee). Warm ups are acceptable clothing.

Below-first set of pics are examples of dress that are not acceptable! Second set of pics are examples of dress that are acceptable!

NOT ACCEPTABLE!



NOT ACCEPTABLE !



ACCEPTABLE !



ACCEPTABLE !



You must wear an ASU shirt and name tag when you are out in the community observing/teaching and when you are peer-teaching in the gym. You are representing the university, so look nice by NOT wearing ragged or heavily wrinkled clothing. Each student must have a whistle and lanyard when engaged in community teaching and peer-teaching.

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.** Later in the semester, we will have several collaboration days where I want you to use your devices.



PLANNING, PREPARATION & PRACTICE HELPS PREVENTS POOR PERFORMANCE WHEN TEACHING!!

**Fall 2019 KIN 4356
8:00-9:15 a.m. T TR Syllabus
(SUBJECT TO CHANGE)**

Tues 8-27 Introduction to course

Thurs 8-29 (graduate dean), Mr. Michael Kalnbach (assistant principal from Glenn MS) and Daniel Martinez (teacher certification procedures in Texas)

Tues 9-3 group preparations and collaboration (elementary peer-teaching)

Thurs 9-5 model elementary P.E. classes in gym

Tues 9-10 model secondary P.E. classes in gym **PDP # 1 due**

Thurs 9-12 prep for community involvement/teaching tips & group collaboration

Tues 9-17 observation at elementary/secondary/community campuses

Thurs 9-19 observation at elementary/secondary/community campuses

Tues 9-24 elementary peer-teaching in gym

Thurs 9-26 elementary peer-teaching in gym

Activity Files # 1 due

Tues 10-1 elementary peer-teaching in gym

Thurs 10-3 elementary peer-teaching in gym

Tues 10-8 elementary peer-teaching in gym

Thurs 10-10 elementary peer-teaching in gym

Tues 10-15 secondary peer-teaching in gym

Thurs 10-17 secondary peer-teaching in gym

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Tues 10-22 secondary peer-teaching in gym

Thurs 10-24 secondary peer-teaching in gym

Activity Files #2 due



Tues 10-29 secondary peer-teaching in gym

Thurs 10-31 secondary peer-teaching in gym

PDP # 2 due

Tues 11-5 on-site teaching at elementary/secondary/community

Thurs 11-7 on-site teaching at elementary/secondary/community

Tues 11-12 on-site teaching at elementary/secondary/community

Thurs 11-14 on-site teaching at elementary/secondary/community
Tues 11-19 on-site teaching at elementary/secondary/community **Activity Files # 3**
due

Thurs 11-21 on-site teaching at elementary/secondary/community

Tues 11-26 Collaboration

Thurs 11-28 Thanksgiving holiday

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

Thurs 12-5 on-site teaching at elementary/secondary/community

Tues 12-10 final 8:00-10:00 a.m. (closing comments)



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 9-10) (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 10-31) (10 pts.)

Interview 2 current or retired physical education teachers or community-based organization teachers (youth coaches, etc.) 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 sheet 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 12-3) (10 pts.)

1. Develop a complete **current resume** to include references. In your objective statement, clearly state the purpose of your resume as tailored to the career field. The summary statement should 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 Files #1 (due Thursday 9-26)

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

Activity Files #2 (due Thursday 10-24)

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 Files #3 (due Thursday 11-19)

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 2-4" 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 Files 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 2-14)

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

Activity File #2 (due Thursday 3-21)

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

Activity File #3 (due Thursday 4-16)

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. Activity files

may be submitted earlier than the due date.

