



**Kinesiology 4356**  
**Methods of Teaching Elementary Physical Activities**  
**Spring 2022 8:00-9:15 a.m. TTR**

**Instructor: Mr. Jack Plott: [cplott@angelo.edu](mailto: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.**

**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. 2"-3" 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. Daniels, the KMO sponsor, will be ordering the t-shirts.
- 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 and reflecting on P.E. classes in public schools and community-based after-school venues.

**Course Syllabus Statement on Required Use of Masks/Facial Coverings by Students in Class at Angelo State University**

Wearing of masks/facial covering by students in class is optional.

**Physical Health and Well Being Expectations:**

Students are responsible to monitor and self-screen their physical health everyday they attend campus. To assist you with this endeavor, the following information is for you to comprehend and apply to the daily wellness screen:

**COVID-19 symptoms:**

- Fever of 100 degrees Fahrenheit or greater
- A new cough that is not attributable to another medical condition
- New muscle aches not attributable to another medical condition or another specific activity (e.g., due to physical activity and/or exercise)
- New or worsening headache
- New loss of taste or smell
- Throat pain not attributable to another medical condition
- Congestion and/or runny nose not attributable to another medical condition
- New shortness of breath not attributable to another condition
- Nausea or vomiting
- Diarrhea

**Expectations for class:**

1. Complete the "Daily COVID-19 Wellness Screening" tool found on the ASU website before coming on to campus. Go to: <https://www.angelo.edu/wellness-screening>.
2. Be prepared to show "wellness badge" before and/or upon entering the building and/or classrooms.
3. Face coverings and physically distancing while in class
4. If you are experiencing symptoms, email the instructor after you have sought medical attention.

*If you are exhibiting COVID-19 symptoms and/or have a temperature of 100 degrees Fahrenheit or greater, it is recommended that the student stay home and seek*

*medical attention.*

**Seek medical attention:**

**First option:**

- Download and use the Shannon on Demand app.
- Create an account
- Use payment code SHANNONCOVID19 which will cover your cost if it is COVID related.
- Talk to one of the physicians available
- Carefully follow the physician's instructions

**Second option:**

- Call and make an appointment with ASU Shannon Clinic – Jackson by calling 325-942-2171
- Attend appointment
- Carefully follow the physician's and/or healthcare provider's instructions.

Addition to your physical health, your mental and emotional health should be monitored and screened as well. If you are experiencing signs and symptoms related to anxiety and /or depression revolving around this current pandemic situation, please contact the ASU Counseling Services at 325-942-2371 or visiting [Counseling Services](#).

**III. EVALUATION CRITERIA (tentative & subject to change)**

Attendance 30 days @ 15 points 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

3 Peer teaching lesson plans @ 20 points each = 60 points

4 Teaching opportunities grading rubrics with lesson plans @ 30 points each = 120 total points

(790 points total)



#### GRADING SCALE

711-790---->A      553-631---->C      473 & BELOW---->F  
632-710 --->B      474-552---->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](mailto:info@donatelifetexas.org) (organ donor on-line application).

If you donate blood, please bring me the proof of blood donation paper or take a picture of it and send it to me. You can donate at Vitalant Blood Donation, 2020 W. Beauregard, San Angelo or during any on-campus blood drive. If for some reason you cannot donate blood, you can have a friend donate in your place.

**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.

A major component of your grade will include teaching opportunities. You will co-teach three 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. 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 two personal unexcused absences during the semester.** Tardies count five points each against your attendance grade.

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 you are in the gym teaching or out in the community observing/teaching (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 !



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.

### **VI. 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.

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!!**

**Spring 2022 KIN 4356  
8:00-9:15 a.m. T TR Syllabus  
(SUBJECT TO CHANGE)**

Tues 1-18 Introduction to course

Thurs 1-20 Mr. Michael Kalnbach (principal from Glenn MS); Daniel Martinez (teacher certification procedures in Texas) and model elementary P.E. class in gym

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Tues 1-25 Dr. Micheal Salisbury (graduate dean), group prep and collaboration

Thurs 1-27 model secondary P.E. class in gym & collaboration

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Tues 2-1 elementary peer-teaching in gym **PDP # 1 due**

Thurs 2-3 elementary peer-teaching in gym

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Tues. 2-8 elementary peer-teaching in gym

Thurs 2-10 elementary peer-teaching in gym

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Tues 2-15 elementary peer-teaching in gym

Thurs 2-17 elementary peer-teaching in gym

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Tues 2-22 secondary peer-teaching in gym

Thurs 2-24 secondary peer-teaching in gym **Activity Files # 1 due**

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Tues 3-1 secondary peer-teaching in gym

Thurs 3-3 secondary peer-teaching in gym

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Thurs 3-8 secondary peer-teaching in gym

Thurs 3-10 secondary peer-teaching in gym

3-14 through 3-2 spring break

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Tues 3-22 elementary or secondary peer-teaching in gym

Thurs 3-24 elementary or secondary peer-teaching in gym

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Tues 3-29 elementary or secondary peer-teaching in gym

Thurs 3-31 elementary or secondary peer-teaching in gym **Activity Files #2 due**

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Tues 4-5 elementary or secondary peer-teaching in gym

Thurs 4-7 elementary or secondary peer-teaching in gym **PDP # 2 due**

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Tues 4-12 on-site teaching at elementary/secondary/community

Thurs 4-14 on-site teaching at elementary/secondary/community

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Tues 4-19 on-site teaching at elementary/secondary/community

Thurs 4-21 on-site teaching at elementary/secondary/community **Activity Files # 3 due**

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Tues 4-26 on-site teaching at elementary/secondary/community

Thurs 4-28

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

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

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Tues 5-10 final 8:00-10:00 a.m. (closing comments)



## VII. Students with Special Needs

### Accommodations for Students with Disabilities

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student's responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at [ADA@angelo.edu](mailto:ADA@angelo.edu). For more information about the application process and requirements, visit the [Student Disability Services website](#).<sup>1</sup> The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford  
Director of Student Disability Services  
Office of Student Affairs  
325-942-2047  
[dallas.swafford@angelo.edu](mailto:dallas.swafford@angelo.edu)  
Houston Harte University Center, Room 112

<sup>1</sup> <https://www.angelo.edu/services/disability-services/>

<sup>1</sup> <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

## VIII. Academic Integrity

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU. The College of Health and Human Services adheres to the university's [Statement of Academic Integrity](#).<sup>2</sup>

## IX. 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."

## X. Professional Development Portfolio (PDP) Assignments (all papers are doubled spaced & normal font)

### PDP #1 (due Tuesday 2-1) (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 4-7) (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 5-3 (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.

**XI. Activity Files:** The "Activity Files" 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!**

### **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 2-24)**

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

#### **Activity Files #2 (due Thursday 3-31)**

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 4-21)**

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 2-24)**

Agility activities

Pedometers

Flexibility & warm up exercises

Exercises for upper & lower body development

**Activity File #2 (due Thursday 3-31)**

Circuit/interval training

Aerobics

Pilates/yoga

Stunts/pyramids/combatives

Relay/tag games

**Activity File #3 (due Thursday 4-21)**



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.**



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