

P.E. For The Elementary School Teachers.
KIN 4101 – FALL 2023

Class Meeting Place & Time: Tues. 12:00pm to 2:50pm; Memorial Gym RM120 & Blackboard

Lecturer: Ms. Ana L. Cisneros

E – Mail: alcisneros@utep.edu (best method of contact)

Office: College of Health Science, Rm 441

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Biography:

Ms. Cisneros was educated in El Paso, Texas and earned a Bachelors of Science in Kinesiology from the University of Texas at El Paso. She started her teaching career at Lincoln MS for the El Paso School District and taught Physical Education and Health for 10 years. She also coached Middle School Volleyball, Basketball and High School Volleyball. She earned a Masters in Kinesiology through the time she taught as well. She is now a lecturer for the Kinesiology Department and a Field Supervisor for the Physical Education Student Teachers at UTEP.

Course Description:

The course will develop the principles and practices of teaching physical education in elementary school. Upon completion of this course, students will have the confidence and knowledge to teach groups of school aged children various movement skills that they can build upon throughout their school years and beyond.

Course Objective:

The student will be able to:

- Explain the value of a Physical Education program in a school setting.
- Use a school district curriculum guide to develop a physical education program.
- Understand motor development and motor learning concepts as they apply to P.E.
- Implement different teaching strategies, and techniques when teaching movement and health.
- Develop lesson plans for teaching subject content, as well as develop a variety of effective teaching skills.
- Actively promote healthy living lifestyles.
- Use motivating techniques in order to maximize participation and encourage students to be physically creative and active.
- Ensure students work in a physically safe environment and discuss injury prevention and first aid care.
- Adapt teaching strategies to ensure students with special needs can participate to the best of their abilities.

- Understand and apply the concepts involved in motivating students to be physically active.
- Identify and discuss equity issues relevant to the movement setting.
- Identify fitness concepts and activities appropriate for K-6 students.
- Organize activities in such a way you as a teacher is able to provide feedback on performances in order to guide students.
- Show knowledge and ability to implement different teaching strategies and techniques when teaching movement and health.
- Understand how to organize activities, provide feedback on skill performance, and help students choose responsible behavior when teaching movement skills.
- Discuss the benefits of recess to the elementary school student, and construct quality recess time for the children

Texts & Resources

There is not a specific text for the class – however these are useful resources and guides: “Elementary Classroom Teachers as Movement Educators” 4th edition by Kovar, Combs, Campbell, Napper-Owen & Worrell. Publ. by McGraw-Hill. 2012

“Teaching Elementary Physical Education – Strategies for the Classroom Teacher.” Hastie, Peter A., Martin, Ellen H (2006) San Francisco, CA: Pearson/B. Cummings.

Websites:

www.pecentral.org

www.peuniverse.com

www.openphysed.org

www.kidshealth.org

Important dates:

Sept. 4 - Labor Day

Sept. 13 - Census Day

Oct. 3 – Midterm Exam

Nov. 3 – Drop Deadline

Nov. 23-24 – Thanksgiving

Nov. 21 – Final Exam

Phones:

Please be courteous and do not text or use your phone during class meeting time. Emergencies: Please let me know before the start of the class if you may have a possible emergency and need to have your phone turned on.

Attendance/Participation Policy: ATTENDANCE IS MANDATORY

Students are required to attend and participate in the physical education course(s) for which they are registered. In addition, students must complete all course requirements (any assessments, mid-term and final exams). Any student who misses more than 2 class session throughout the course, other than those absences officially excused by the University, will have his/her attendance/participation grade lowered one letter grade for each additional absence. If a student misses 2 classes consecutively without prior notice I will attempt to contact you, if there is no communication or absences are not excusable you will be dropped from class if it is before drop date or given and F after drop date. Students will be expected to be on time to class. Excessive tardiness will negatively impact your grade, as this goes towards your professionalism. There are no make-up classes or make up assignments. (You need to be present in the gym to be able to fully participate) Participation includes being on time, full participation in the gym, cooperation with other students and instructor, and appropriate behavior. When we are in the gym, please ensure you wear comfortable clothing, and tennis shoes, as you will be moving around the gym.

If you have a disability and need classroom accommodations, please contact The Center for Accommodations and Support Services (CASS) at 915.747.5148, or by email to cass@utep.edu, or visit their office located in UTEP Union East, Room 106. For additional information, please visit the CASS website at www.sa.utep.edu/cass. CASS Staff are the only individuals who can validate and if need be, authorize accommodations for students with disabilities.

COVID-19 PRECAUTIONS

Please stay home if you have been diagnosed with COVID-19 or are experiencing COVID-19 symptoms. If you are feeling unwell, please let me know as soon as possible, so that we can work on appropriate accommodations. If you have tested positive for COVID-19, you are encouraged to report your results to covidaction@utep.edu, so that the Dean of Students Office can provide you with support and help with communication with your professors. The Student Health Center is equipped to provide COVID 19 testing.

The Center for Disease Control and Prevention recommends that people in areas of substantial or high COVID-19 transmission wear face masks when indoors in groups of people. The best way that Miners can take care of Miners is to get the vaccine. If you still need the vaccine, it is widely available in the El Paso area, and will be available at no charge on campus during the first week of classes. For more information about the current rates, testing, and vaccinations, please visit epstrong.org

SCHOLASTIC HONESTY AND DISCIPLINE

Students are encouraged to study together and to share their knowledge freely during the learning process, as well as cooperate to the best of their ability on group projects. However, during exams and quizzes no assistance from other students or outside sources is allowed

(materials such as books and notes may not be used unless otherwise indicated by the instructor). Students should handle their answer sheets discretely by keeping them out of easy view of others. Students may discuss individual written assignments (i.e. lab reports, article reviews, etc.) but these assignments must be the student's own work. "Scholastic dishonesty-- which includes the attempt of any student to present the work of another as his or her own, or any work which s(he) has not honestly performed, or attempting to pass any examination by improper means--is a serious offense and will subject the student to disciplinary action. The aiding and abetting of a student in any dishonesty is held to be an equally serious offense. All alleged acts of scholastic dishonesty will be reported to the Dean of Students for disposition. It is the Dean of Students' responsibility to investigate each allegation, dismiss the allegation, or proceed with disciplinary action in a manner that provides the accused student his or her rights of due process.

Grading:

15% Midterm Exam 7 x10 = 70% Assignments 15% Final Exam

Grading Scale

A= 90% - 100% B= 80% - 89% C = 70% - 79% D = 60% – 69% F= 59% or below.

What to Expect:

The class will be split into two parts. The first part will be a mix of discussion and lecture, and the second will be various activities. It is a Physical Education class, so full participation on your own is expected.

Topics that will be covered:

1. Overview and introduction to the Course.
2. Motor Development in children.
3. Understanding the need for PE in schools.
4. Senate Bill 19.
5. CATCH Curriculum
6. P.E. Curriculum – Standards and Benchmarks
Midterm
7. Management, Organization, and Discipline.
8. Students with Special Needs.
9. Safety and Supervision.
10. Leadership and Competition.
11. Music and PE
12. Diet and Exercise
13. Testing
14. Incorporating different subjects into PE Class.