

**P.E. For The Elementary School Teachers.  
KIN 4101 SUMMER 2020**

**Class Meeting Time:** Online & Blackboard

**Lecturer:** Ms. Ana L. Cisneros

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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.com](http://www.pecentral.com)

[www.peuniverse.com](http://www.peuniverse.com)

[www.kidshealth.org](http://www.kidshealth.org)

### **Important dates:**

Zoom Meetings on Mondays & Wednesdays at designated time: A-L @4pm; M-Z @5pm

June 8th First day of class

June 10<sup>th</sup> Census Day

June 19<sup>st</sup> Midterm exam

June 26<sup>th</sup> Drop Deadline

July 2<sup>th</sup> 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 expected to attend all scheduled zoom meetings and be on time. Grade will drop a letter grade with each absence. 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.

All assignments are due at the designated date and time. Assignments will not be accepted late. Not turning in an assignment will result in a zero for that assignment.

Students in physical activity courses 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 assignments, mid-term and final exams).

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](mailto: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](http://www.sa.utep.edu/cass). CASS Staff are the only individuals who can validate and if need be, authorize accommodations for students with disabilities.

**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. C.A.T.C.H. / SPARKS
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.