

EDMA 272 RELEVANT ELEMENTARY PHYSICAL EDUCATION

Course Syllabus

Welcome to “Relevant Elementary Physical Education,” a unique video course offered by Drake University’s Distance Learning Division. In partnership with Championship Productions, we’re proud to offer you this graduate course.

Relevant Elementary Physical Education will help you understand the research behind movement and learning and how you can put more relevance into organized, well-managed lessons. You will learn strategies to help anchor learning with a variety of movement-based activities that teach children how to learn and move at the same time. Exercise can help the brain decrease the amount of mental stress that can cause lapses in learning. You will learn to develop an action plan to creatively implement activities that will easily supplement what you already teach without changing your whole curriculum.

Along with a number of course specific DVD’s developed by your instructor Lori Smith, this course uses two excellent texts. The first is: *SPARK, The Revolutionary New Science of Exercise and the Brain*, written by John J. Ratey, MD. In *SPARK*, Dr. Ratey, embarks upon a fascinating and entertaining journey through the mind-body connection, presenting startling research to prove that exercise is truly our best defense against everything from depression to ADD to addiction to aggression to menopause to Alzheimer's.

The second text used with this course is: *Action-packed Classrooms K-5: Using Movement to Educate and Invigorate Learners*, written by Cathie Summerford. Packed with activities, this book offers strategies for basic energizers, objectives for standards-aligned instruction, and assessment tools to energize students and boost learning.

We have also included one set of Speed Stacks Cups, a Stacker Training DVD and a Speed Stacks Instructor Guide which contains a fitness guide, lesson plans and an informational brochure. As you will see, sport stacking not only promotes physical fitness, but also academic learning. Students that sport stack on a regular basis have shown increases in test scores and levels of concentration. This is achieved by students using both their right and left sides of their brain.

This one of a kind course was developed by Lori Smith, 2001 Iowa Elementary PE Teacher of the Year and uses the most recent research available. We hope you find the content relevant and beneficial. Enjoy!

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Course Description

Class participants are expected to become active learners who can demonstrate what they know and are able to apply their knowledge and skills into teaching effective lessons in physical education class that integrate classroom concepts into movement challenges for better learning. Many of our children are kinesthetic learners. It is important that teachers expand learning environments beyond sitting in desks and listening to lectures for memorizing of information. The physical education class is the perfect lab for learning any subject matter. Teachers can learn how to provide more relevance into physical education by adding activities that are cross-curricular. The body plays an integral role in our intellectual processes. Energized and active students learn to remember more and are willing to participate.

It is no more a PE teacher's fault that this nation has an obesity epidemic than it is the classroom teacher's fault that some children struggle in reading or other subject areas. It is time that all teachers look at the "whole child" and discover ways to help each child learn to the best of his/her ability! It is our responsibility to start working together so we can set our students up for successful learning. When teachers collaborate in subject areas, they validate the importance of learning those subjects. When students see that two or more teachers discuss similar information, students learn through repetition, and students see the subject as being important.

This course will help you understand the research behind movement and learning and how you can put more relevance into organized, well-managed relevant lessons. You will learn strategies to help anchor learning with a variety of movement-based activities that can be used daily in physical education. In addition, you will read or see activities that teach children how to learn and move at the same time. Exercise can help the brain decrease the amount of mental stress that can cause lapses in learning. You will learn to develop an action plan to creatively implement activities that will easily supplement what you already teach without changing your whole curriculum.

Course Materials

Textbooks

Ratey, J. J. (2008), *Spark: The Revolutionary New Science of Exercise and the Brain*.
New York, NY: Little, Brown and Company Hachette Book Group USA.

Summerford, C. (2009), *Action-packed classrooms K-5: Using movement to educate and invigorate learners*. (2nd ed.) Thousand Oaks, CA: Corwin Press.

DVDs included in this course

“Sport Stacking with Speed Stacks” Instructor Training DVD

DVD One

Module 1: The Benefits of Movement, Physical Activity and Exercise

Module 2: How Movement Facilitates Cognition

Module 3: How Exercise Affects Our Emotional Well-being

Module 4: Rigor and Relevance in Education

Module 5: Understanding What is Being Taught in the Classroom

 "Active Learning: Cross-Curriculum Integration Ideas"

 "Equipment Used to Teach Classroom Concepts in Physical Education"

DVD Two

Module 6: (Part 1) Activities That Use Multiple Brains and Two Sides of the Brain

 "Cooperation and Integration Activities"

DVD Three

Module 6: (Part 2) “Sport Stacking on the Move”

Module 7: (Part 1) Setting up a Four-part Lesson Plan and Management Strategies

DVD Four

Module 7: (Part 2) "Creating a Climate for Success," Rick Schupbach

Module 8: Becoming the Expert in Your School District

 "Price Lab Teacher Panel"

Module 9: Developing an Action Plan for Integration

Goals and Objectives

The goal of this course is for you to develop a better understanding of movement and learning so you can easily implement integrated classroom concepts into your existing curriculum to enhance the learning of your students.

As a result of completing this course, you will:

- understand what happens to the body and brain when we exercise
- understand the difference between movement, physical activity and exercise
- examine what effects exercise has on learning
- understand the importance of physical education in our schools
- develop an understanding of the New PE
- understand how exercise affects our emotional well-being
- read books or articles that relate to teaching relevant activities in PE
- gain an understanding of what is being taught in the classroom
- view management techniques used by elementary PE teachers
- evaluate a lesson and create your own lesson feedback form in PE
- create lessons and units that are relevant and rigorous in PE
- reflect on your own teaching philosophy
- express your own beliefs and experiences through written assignments
- design an action plan for implementing integrated lesson plans

Replay Questions are the first series of questions in each module, and they are based on the readings and the video presentations. In each module you will find listed the readings and video presentations upon which these questions will be based. These questions will require you to demonstrate the knowledge gained through the readings and DVDs.

Reflective Questions are the second series of questions in each module and are based on applying ideas to your specific teaching circumstances. These questions will require you to apply the knowledge obtained in each module to your personal experiences as a physical educator and to your planning a successful program.

You are encouraged to follow this sequence in using course materials:

1. Read the instructions for each module in this Study Guide, noting the learning objectives and the related questions at the end of each module.
2. View the corresponding DVDs and read the assigned text readings, taking detailed notes on each presentation.
3. Complete the corresponding assignments in the Study Guide.

Evaluation Criteria Your coursework will be evaluated based on your ability to accurately reflect on the presentations of “Relevant Elementary Physical Education,” and to apply those concepts to your specific needs and resources. Points are awarded based on your ability to:

- **Respond with insight, clarity and precision (cite specific text/video passages)**
- **Respond in relevant illustrative detail (include specific, observable examples)**
- **Write competently at the graduate level (word-processed, proofread document)**

The nine modules for EDMA 272 “Relevant Elementary Physical Education” are worth a total of 300 points, based on your responses to the replay and reflection questions for each of the modules.

Your final letter grade corresponds with the following percentages of total points earned:

- A 90-100%**
- B 80-89%**
- C 70-79%**
- D 60-70%**
- F 59% and lower**

Completion Procedures The cover page, word-processed responses to the Replay and Reflective questions, Appendix 3a worksheet and Appendix 3b worksheet are the only portions of your coursework that you need to submit to Drake University for evaluation. You may keep the Speed Stack DVD and Speed Stack cups/materials.

**The other DVDs must be returned to: Drake Distance Learning Fulfillment
2730 Graham Street
Ames, IA 50010**

You are required to word process your coursework before it is submitted for final grading. The MS Word document “**Course Study Guide Answer Pages**” is provided for your convenience in word processing. It contains the cover page, answer pages for the assignment questions, the Appendix 3a worksheet and the Appendix 3b worksheet.

Make sure to keep a copy of the final file submitted as a backup. We are not responsible for materials that do not reach our office.

**No printed coursework will be accepted for any reason.
Your coursework must be submitted electronically.**

**PLEASE PROOFREAD ALL OF YOUR WORD-PROCESSED RESPONSES
CAREFULLY BEFORE SUBMITTING!**

Please follow the submission process outlined in the Drake Distance Learning Center information packet that you downloaded.

Course Evaluation Please complete the online Course Evaluation after you have finished your coursework. The link is at the end of the MS Word document "Course Study Guide Answer Pages." We value your input and will implement your suggestions in future offerings.

If you have any questions please call our office at 1-800-768-3224