

I. COURSE INFORMATION

- A. Education 100 Elementary School PE and Health
- B. 2 credit hours
- C. OER: Zhou, Molly, and Dadvid Brown. *Art Integration in Elementary Curriculum* Galileo Open Learning Materials, 2018
- D. Prerequisites: None

II. COURSE DESCRIPTION

The student will understand the research behind learning and development theories that support movement and physical activity in the regular classroom. The student will explore developmentally appropriate strategies and resources to integrate physical education and health into the preschool and elementary classroom.

III. LEARNING OUTCOMES

- A. Explain the benefits of incorporating movement and physical activity into the elementary classroom environment
- B. Describe how health concepts influence students' daily living activities, academic performance, and overall wellbeing
- C. Demonstrate how to integrate developmentally appropriate health content into the elementary classroom
- D. Demonstrate how to integrate developmentally appropriate physical activity content into the elementary classroom
- E. Plan and implement a variety of developmentally appropriate "brain breaks" to help engage or re-focus the classroom
- F. Recognize the elementary teachers' role in supporting concepts of health and physical education standards in the development of the elementary student

IV. MAJOR CONTENT AREAS

- A. Movement and physical activity integration
- B. Influence of health on learning
- C. Professional responsibilities

V. ASSIGNMENTS (may include but are not limited to)

- A. Discussion
- B. Application assignments
- C. Projects
- D. Quizzes and exams

VI. EVALUATION METHODS (may include but are not limited to)

- A. Attendance and participation
- B. Assignments
- C. Discussions
- D. Projects
- E. Quizzes