



## Course Syllabus: Fundamentals of Elementary Physical Education

Gordon T. & Ellen West College of Education

KNES 4663 Section 201

Spring 2023

### Contact Information

Instructor: Dr. Stacia (Whitworth) Miller

Office: Bridwell Hall 323

Office hours: Monday 1 to 4, Tuesday & Thursday 10 to 11, or Friday by  
Appointment

Office phone: (940) 397-2804

E-mail: [stacia.miller@msutexas.edu](mailto:stacia.miller@msutexas.edu)

### Class Meeting Information

Monday/Wednesday 8:00-10:30

Bridwell Hall 209 and BH Gym (108)

Field Experience – Fain Elementary (WFISD) Dates TBD

In addition, modules and discussion boards will be done in D2L.

### Instructor Response Policy

During the week, I will typically respond to your emails within 24-48 hours. Any emails received over the weekend will receive a response no later than Tuesday, 8 AM. Emails received on holidays typically will receive a response no later than 8 AM on the second business day after the holiday.

### Textbook & Instructional Materials

Graham, G., Holt/Hale, S.A., & Parker, M. (2020). *Children Moving: A Reflective Approach to Teaching Physical Education* (10th ed.) Boston, MA: McGraw-Hill Companies.

Access to a personal computer with Microsoft Software, high speed Internet and the ability to access D2L the MSU Online Learning System.

### Course Description & Overview

Examination and application of the instructional concepts and strategies associated with planning and implementing developmentally appropriate sports, games and activities for school-age children.

The purpose of this course is to further the preparation of professional educators and coaches to prepare them for student teaching and internships. This task will

be accomplished through a rigorous organized program of study that will allow future professionals to organize, plan, deliver, and evaluate instruction in an efficient, productive manner. At the conclusion of this course, future professionals will have been presented with the necessary skills and knowledge base to conduct classes that meet selected criteria of the Interstate New Teacher Assessment and Support Consortium Standards (INTASC) and Texas Standards for Pedagogy and Professional Responsibilities (TSPPR). A field component provides future professionals the opportunity to implement acquired knowledge and skills as an integral part of the course.

#### Course Objectives/Learning Outcomes/Course Competencies

Specific learning objectives for the course derive from the SHAPE Standards for Physical Education, the Teacher Educator Standards (TAC 149:AA), the TExES Examination Framework/Standards PE EC-12 (158), and the Texas Essential Knowledge and Skills for Elementary School Physical Education (116A). This course provides teacher candidates and SPLS students with a knowledge base of the environment in which they may teach. Satisfactory completion of the course will document that students have demonstrated the ability to:

- Design short- and long-term plans that are linked to program and instructional goals as well as a variety of student needs (SHAPE 3.a, 158 IV, V, VI, X; TAC149: 1, 5, 6; InTASC 7; TEKS 116A)
- Develop appropriate (e.g., measurable, developmentally appropriate, performance based) goals and objectives aligned with local, state, and /or national standards. (SHAPE 3.a; 158 I, II, IV, V, VI; TAC149: 1, 3, 5; InTASC 1, 5, 7; TEKS 116A)
- Design content that is aligned with lesson objectives. (SHAPE 3.b; 158 VI; TAC149: 1, 3, 5; InTASC 8; TEKS 116A)
- Plan for resources to provide active, fair, and equitable learning experiences. (SHAPE 3.c; 158V, VI; InTASC 2, 3, 4 )
- Plan progressive and sequential instruction that addresses the diverse needs of all students by using modifications and accommodations. (SHAPE 3.d; 158 I, IV, V, VI; InTASC 1, 2, 3)
- Demonstrate knowledge of current technology by planning learning experiences that require students to appropriately use technology to meet lesson objectives. (SHAPE 3.e; 158 IV, VI, VII; TAC 1; InTASC 4)
- Demonstrate knowledge of effective demonstrations, explanations, and instructional cues and prompts to link physical activity concepts to appropriate learning experiences. (SHAPE 4.b; 158 I, VI; TAC149: 3; InTASC 1)
- Demonstrate knowledge of managerial rules, routines, and transitions to create and maintain a safe and effective learning environment. (SHAPE 4.d; 158 VI; TAC149:4)

- Design strategies to help students demonstrate responsible personal and social behaviors in a productive learning environment. (SHAPE 4.c; 158 III; InTASC 1; TAC149 2)

See Appendix A for a complete list of standards/competencies

#### Student Handbook

Refer to: [Student Handbook-2022-23](#)

#### Academic Misconduct Policy & Procedures

Academic Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given). Additional guidelines on procedures in these matters may be found in the Office of Student Conduct. [Office of Student Conduct](#)

#### Grading/Assessment

Students are expected to submit classroom assignments before or by the posted due date and to complete the course according to the published class schedule. As adults, students, and working professionals I understand you must manage competing demands on your time. Should you need additional time to complete an assignment please contact me before the due date so we can discuss the situation and determine an acceptable resolution. Routine submission of late assignments is unacceptable and late assignments (not discussed ahead) will have a minimum automatic 25%-point deduction for each day late. Students may be permitted to make-up course work under 2 conditions, 1) notify the instructor prior to the absence to devise a make-up plan, or 2) provide evidence of an excused absence.

Grammar will be graded as a part of any course work. All work should be in your own words. I will give feedback on assignments when appropriate, including, comments through "news items", comments directly in the discussion board, and comments to the feedback box associated with each assignment submitted to dropbox. Please take the time to read these comments as I am taking the time to make them.

Grades for each assignment will be posted in the D2L course grade book.

Table 1: Weight allocated to each assignment

| Assignments   | Weight |
|---|--------|
| Field: Observations, Co-teaching practice/reflection, Tk20 and Document Uploads | 10%    |
| Lesson Plans  | 20%    |
| Lesson Evaluations  | 30%    |
| Unit Plan   | 20%    |
| Homework and Classroom Activities   | 10%    |
| Certify Teacher   | 10%    |
| Total Weight  | 100%   |

Table 2: Range for final grade.

| Grade | Range        |
|-------|--------------|
| A     | 90 to 100    |
| B     | 80 to 89     |
| C     | 70 to 79     |
| F     | Less than 70 |

Clinical experiences at the WCOE, including both initial clinical experiences (e.g., classroom observations) and clinical teaching, are an essential part of the professional preparation program. Clinical experiences vary across many WCOE undergraduate programs and are designed and implemented through collaboration with school district and community partners. WCOE teacher candidates gain essential knowledge, skills, and dispositions through observations and teaching opportunities in a wide variety of diverse settings (e.g., urban/rural, SES, special needs, race/ethnicity). WCOE believes in gradual release of responsibilities and exposes and evaluates teacher candidates throughout the program so as to provide them with the best learning experience. Below are the assessments that are used in this course and program to effectively monitor teacher candidates' progress.

#### Co-Teaching & Reflection

Within the first few weeks of your field experience, you will be required to use one of the co-teaching strategies during a lesson. You will reflect on the experience and how this will help you teaching during the semester.

Co-Teaching: West College of Education adopts a co-teaching model for the candidates during their clinical experiences. These strategies include the following:

- One Teach, One Observe — One teacher has primary instructional responsibility while the other gathers specific observational information on students or the (instructing) teacher. The key to this strategy is to have a focus for the observation.

- One Teach, One Assist — One teacher has primary instructional responsibility while the other teacher assists students with their work, monitors behaviors, or corrects assignments.
- Station Teaching — The co-teaching pair divide the instructional content into parts and the students into groups. Groups spend a designated amount of time at each station. Of-ten an independent station will be used.
- Parallel Teaching — Each teacher instructs half of the students. The two teachers are addressing the same instructional material and present the lesson using the same teaching strategy. The greatest benefit is the reduction of student to teacher ratio.
- Supplemental Teaching — This strategy allows one teacher to work with students at their expected grade level, while the co-teacher works with those students who need the information and/or materials extended or remediated.
- Alternative/Differentiated Teaching — Alternative teaching strategies provide two different approaches to teaching the same information. The learning outcome is the same for all students, however the instructional methodology is different.
- Team Teaching — Well-planned, team-taught lessons, exhibit an invisible flow of instruction with no prescribed division of authority. Using a team-teaching strategy, both teachers are actively involved in the lesson. From a student's perspective, there is no clearly defined leader, as both teachers share the instruction, are free to interject information, and available to assist students and answer questions. (Adapted from Cook & Friend (1995))

### Observations

During the first few weeks of your field experience, you will complete 2 observations to get to know more about the classroom you will be working in throughout the semester. Details for each observation will be shared on D2L before field experience.

### Lesson Plans

Teacher candidates must demonstrate the ability to plan, assess, and implement instruction. This begins in the Foundational block where the teacher candidates create and write lessons for effective teaching. Teacher candidates are required to develop lesson plans. The specific format can be adapted, but should always include the objectives (TEKS), procedures, materials/resources, and assessment. Student engagement is a key element in a good lesson with a goal of student learning/success is the ultimate goal. Candidates must form an assessment strategy to determine the extent to which students are able to master learning of objectives. Candidates also describes the instructional delivery method addressing the following step-by-step procedures:

1. Questions and concerns listed in the directions given to you by your instructor
2. Setting purposes ("Today we will be...I want you to...because you will...")
3. Method(s) for engaging students in the lesson
4. Any questions asked during the lesson should be in bold
5. Higher order thinking reflected in questions
6. Instructional Strategies: Modeling, Discussion, "Hands-on", Inquiry, etc.

7. Grouping: when and how
8. Instruction that addresses learners' needs (ELLs, Special Education, 504, Gifted, Struggling Learner)
9. Closure

Using the provided template, you will write 2 complete lesson plans that you will teach in your assigned field placement. The first lesson plan will be worth 30 points and the second lesson plan will be worth 33 points. Lesson plans are graded using the WCOE Lesson Plan Rubric.

After teaching the lesson, candidates are then required to reflect on the lesson delivery, appropriateness of instructional strategies, impact for future planning, and opportunities for collaboration with mentor teacher. The skills acquired during lesson planning provides the foundation and are also built upon for unit planning and other key assessments.

#### Lesson Evaluations

You will teach 2 complete lessons on your own in your assigned field placement. The first lesson plan will be worth 36 points and the second lesson plan will be worth 78 points. Lessons are evaluated using the WCOE Clinical Teaching Evaluation Rubric.

#### Unit Plan

Teacher candidate's ability to demonstrate the ability to plan, assess, and implement instruction continues in the professional block with the Unit plan assessment. The unit plan assessment is a modified form of Midwestern Impact on Student Learning (MISL) that requires teacher candidates to plan a unit of teaching. Candidates are required to determine a set of multiple learning objectives aligned to state content standards Texas Essential Knowledge and Skills (TEKS) appropriate to the lesson(s) the candidate is preparing. Unit Plans are evaluated using the WCOE Unit Plan Rubric.

#### Homework and Classroom Activities

Prior to class, you will often have assignments to complete. These assignments are formative assessments to check students understanding of knowledge on each of the topics covered. Students are provided with different types of questions or tasks they are required to answer based on readings, in-class activities, and lectures. These will appear on the Course Schedule in more detail.

#### TK20 and Document Upload

Time logs, field observations, and reflections will be submitted through TK20 and validated by course instructor. Incomplete or missing time logs, observations, or reflections not submitted will result in an incomplete or failure for KNES 4663. Unprofessionalism or dismissal from the school site will result in a KNES 4663 failure and a fitness for the profession referral.

## Certify Teacher- Practice Exam

Approximately eight percent of the candidate's final grade will be determined by participation/completion of the Certify Teacher practice flash cards/study mode and performance on the practice exam for All-level PE. **Failure to complete (participate in) the Certify Teacher study mode, flash cards, and practice exams will result in a failing grade or incomplete for KNES 4663.** Students must complete the process below and are not required to pass the Certify teacher content exam to pass KNES 4663. The process is as follows: (1) Exam Mode: take practice content exams through Certify Teacher; (2) Pass: passing the exams (80% in all competencies) will require no further action and 8% of your grade will be determined by the score on the exam; Fail: failing the exam, will require students to go through the study tracker, flash card study materials, and study mode (note: exam may not be attempted again without going through the flash cards and then study mode); (3) Retake exam: Once you have completed the study tracker (total study mode and flash cards must equal at least 10 hours), you may retake the exam. After study tracker is completed retake the exam. Pass or fail, 8% of the final exam grade will be determined by your score on the final attempt. All students (pass or fail) have the option of repeating the process multiple times by reviewing the flash cards and study mode again and retaking the exam to improve their score. Retaking the exam mode over and over until a passing score is achieved will result in no credit for the course. Specific information on how to access Certify Teacher will be given in class. To be released for the actual TEXES exam requires passing the practice exam with an 80% in each domain/competency and must be completed prior to clinical teaching. I strongly encourage students to complete the WCOE testing protocols in the KNES methods courses. [WCOE TEXES Testing Policy](#)

## Other

Candidates are evaluated by faculty in those courses at a developing, beginning, and mastery level of competency as determined by the academic committee on program quality. The evaluation is based upon evidence gathered.

## Extra Credit

Extra Credit will be offered during the semester and posted on D2L.

## Important Dates

Last day for term schedule changes: January 20, 2023. Check date on [Academic Calendar](#).

Deadline to file for graduation: February 20, 2023. Check date on [Academic Calendar](#).

Last Day to drop with a grade of "W:" March 27, 2023 by 4:00 pm Check date on [Academic Calendar](#).

Refer to: [Drops, Withdrawals & Void](#)

## Desire-to-Learn (D2L)

Extensive use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor. There is an extensive [D2L Student help site](#) through MSU Distance Education.

## Attendance

Attendance is expected at all class meetings and you are expected to be on time when class begins. Leaving class early without prior permission will result in your being counted absent for the class session. Students and faculty will not attend/hold class if they are experiencing illness or any signs/symptoms of COVID-19.

Professional teachers are dependable, reliable, and responsible. Therefore, candidates are expected to be on time and in attendance at every class, and to stay for the entire class. Tardiness, leaving early, and excessive absences (3) are considered evidence of lack of dependability, and are taken seriously. Candidates will receive a grade of F on the third absence. If a candidate is taking 'blocked' courses that are taught at a Professional Development School, requiring field experience, the candidate will be dropped with an F from those classes as well.

An instructor may drop a student any time during the semester for excessive absences, for consistently failing to meet class assignments, for an indifferent attitude, or for disruptive conduct. The instructor must give the student a verbal or written warning prior to dropping the student from the class. An instructor's drop of a student takes precedence over the student-initiated course drop of a later date. The instructor will assign a grade of either WF or F through the first 8 weeks of a long semester, the first 6 weeks of a 10-week summer term, or the 11th class day of a 4- or 5-week summer term consisting of 20 days. After these periods the grade will be an F. The date the instructor drop form is received in the Office of the Registrar is the official drop date.

Approximately half of the time associated with this class will be undertaken as field experience. Each student will be assigned to a mentor teacher to gain practical experience in a real classroom setting. This field experience will be integrated into class discussions and activities. Certain expectations are associated with the field experience component. Among these expectations may be included the following:

- Students will be on time for all field experiences and will remain on assignment for the duration of the allotted time. If a student is unable to be in the assigned mentor's classroom for any reason, he/she will need to make arrangements with the instructor and mentor teacher.



- Any missed time resulting from a student's absence will be made up at a time acceptable to the mentor teacher, but shall not result in missing any course class time. And must be approved by the course instructor and arranged beforehand.
- Professional dress and appearance appropriate to the mentor's classroom will be expected at all times. No eating or drinking allowed in the classrooms.
- Students must provide their assigned teacher with a completed lesson plan well in advance of the teaching date. A copy of the lesson plan must be provided to the course instructor for any scheduled visitation. You will be docked points on the graded lesson plan if you do not have a copy at the time of the lesson.
- Students are responsible for notifying the course instructor well in advance of any dates or schedule changes when they are going to teach a lesson. This notification should include the date, time, and subject of the proposed teaching.
- In order to assure that all students have the opportunity to gain from time spent in field experiences, you are prohibited from engaging in any form of distraction—this includes, but is not limited to, pagers and cell phones. Electronic communications devices will be turned off anytime the class member is in the school building.
- Inappropriate behavior in the classroom shall result, minimally, in a request to leave class and a Professional Fitness Alert will be filed for review with the college. If the instructor must file a Fitness Alert Form for any reason, including failure to demonstrate appropriate teaching dispositions, the student may receive an "F" for the course. If any student participating in the block courses exhibits any unethical behavior or engages in any behavior against school regulations/policy, he or she will be dropped with an "F." You will be participating in many activities that are class and experience related. You will receive a formal notification if any such situation arises and may result in your dismissal from the course if the behavior is not modified.

If you would like to receive notifications via a regularly checked email or via text message, you can set it up in D2L. Once you are logged in, go to the drop down by your name in the gold navigation bar. Click "notifications", then you can register an email address or mobile number and customize which notifications you would like to receive.

## Instructor Class Policies

### Citation and Reference Style

Students will follow the APA Style Manual, 7th Edition as the sole citation and reference style used in written work submitted as part of coursework to the University. Assignments completed in a narrative essay or composition format must follow the citation used in the APA Style Manual, 7th Edition.

### Three Then Me Rule

Before you email me, make sure to follow the "Three then Me" rule. The "Three then Me" rule says that you search for your answer regarding the course in at least three other places before you email me. For example, if you have a question about an assignment, you could consult your syllabus, the assignment description on D2L, or another student in the class. Remember, check three sources before you email me your question. It is very likely you'll find the answer and not need to email me. If you don't find the answer, and need clarification, feel free to email me.

### Plagiarism Statement

"By enrolling in this course, the student expressly grants MSU a 'limited right' in all intellectual property created by the student for the purpose of this course. The 'limited right' shall include but shall not be limited to the right to reproduce the student's work product in order to verify originality, authenticity, and educational purposes." [Student Handbook 2022-2023](#)

### Change of Schedule

A student dropping a course (but not withdrawing from the University) within the first 12 class days of a regular semester or the first four class days of a summer semester is eligible for a 100% refund of applicable tuition and fees. Dates are published in the [Schedule of Classes](#) each semester.

### Refund and Repayment Policy

A student who withdraws or is administratively withdrawn from Midwestern State University (MSU) may be eligible to receive a refund for all or a portion of the tuition, fees and room/board charges that were paid to MSU for the semester. HOWEVER, if the student received financial aid (federal/state/institutional grants, loans and/or scholarships), all or a portion of the refund may be returned to the financial aid programs. As described below, two formulas (federal and state) exists in determining the amount of the refund. (Examples of each refund calculation will be made available upon request).

### Services for Students with Disabilities

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability

Support Services, located in the Clark Student Center, Room 168, (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please go to [Disability Support Services](#).

## College Policies

### Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#)

### Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by MSU. Adult students may smoke only in the outside designated-smoking areas at each location.

### Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.

### Active Shooter

The safety and security of our campus is the responsibility of everyone in our community. Each of us has an obligation to be prepared to appropriately respond to threats to our campus, such as an active aggressor. Please review the information provided by MSU Police Department regarding the options and strategies we can all use to stay safe during difficult situations. For more information, visit [Safety / Emergency Procedures](#). Students are encouraged to watch the video entitled "Run. Hide. Fight." which may be electronically accessed via the University police department's webpage: ["Run. Hide. Fight."](#)

## Grade Appeal Process

Students who wish to appeal a grade should consult the Midwestern State University [MSU Catalog](#)

### Notice

Changes in the course syllabus, procedure, assignments, and schedule may be made at the discretion of the instructor.

## Course Schedule

| Day | Date   | Content and Activities   | Standards   | Assignments with Due Dates   |
|-----|--------|--|---|--|
| Wed | Jan 18 | Orientation and Syllabus   | **All standards and Competencies  | Background Check- due 1/18<br>Field Experience Availability, CPT, and Certify Teacher Info- Due 1/23<br>Read Ch. 1, 2, and 3 |
| Mon | Jan 23 | Purpose, Approach, and Concepts of Elementary PE: Ch. 1, 2, 3; Appropriate Practice Guidelines for PE, National Grade Level Outcomes, TEKS, and Dodgeball Position Statement | SHAPE 3.a, 3.b; S I, II, IV, X; C 1, 2, 11, 10, 12; TAC 1, 3; TEKS 116A | T-chart (5 pts)- Due 1/25  |
| Wed | Jan 25 | TEKS & Development of Skills Themes and Movement Concepts: Ch. 14 to Ch. 31, TEKS, National Grade Level Outcomes, Bloom's Taxonomy   | SHAPE 3.a, 3.b; S I, II, IV, X; C 1, 2, 11, 10, 12; TAC 1, 3; TEKS 116A | Get the "parts of a lesson documents" for next class.  |
| Mon | Jan 30 | Parts of a Lesson- Gym Day:Ch. 6   | **All standards and Competencies  | Prepare for Observation #1 (10 pts)- Due 2/3   |
| Wed | Feb 1  | Observations in Field (TBD)  | SHAPE 3.a-3.e, 4.b, 4.d<br><br>158 I, II, III, IV, V, VI, VII, VIII, X  | Read Ch. 6 & 4 and Young et. al article supportREALteachers.org  |
| Mon | Feb 6  | Writing Objectives & Lesson Planning: Ch. 6 & 4, Young article, Scope & Sequence, Benchmarks   | SHAPE 3.a, 3.b; S IV; C 10, 12; TAC 1, 3; TEKS 116A                     | Objective Alignment (5 pts)- Due 2/13<br>Prepare for Observation #2 (10 pts)- Due 2/10                                       |
| Wed | Feb 8  | Observations in Field (TBD)  | SHAPE 3.a-3.e, 4.b, 4.d; 158 I, II, III, IV, V, VI, VII, VIII, X        |  |
| Mon | Feb 13 | Writing Objectives & Lesson Planning: Ch. 6 & 4, Sample Lesson Plan, Best Practices Table  | SHAPE 3.a, 3.b; S IV; C 10, 12; TAC 1, 3; TEKS 116A                     | Prepare for Co-teaching (20 pts)- Due 2/27   |
| Wed | Feb 15 | Co-teaching w/Reflection: In the Field   | SHAPE 2.a, 3.a-3.f, 4.a, 4.b, 6.b; 158 I, III, VI, X                    | Instant Activities Hmwk (5 pts)- Due 2/20  |
| Mon | Feb 20 | Introductory Activities & Introductions: Beginning/Ending SHAPE Webinar, The PE Specialist   | S II, VI; C 6, 10, 13   | Prepare for Co-teaching (20 pts)- Due 2/27   |

| Day | Date   | Content and Activities  | Standards  | Assignments with Due Dates   |
|-----|--------|---|--|--|
| Wed | Feb 22 | Co-teaching w/Reflection: In the Field  | SHAPE 2.a, 3.a-3.f, 4.a, 4.b, 6.b; 158 I, III, VI, X   | Read Ch. 5 and Smith article<br>GLSP Hmwk (10 pts)- Due 2/27   |
| Mon | Feb 27 | Generic Levels of Skill Proficiency & Adapting Content: Ch. 5 & 10, GLSP Activity with lessons, Smith article | SHAPE 3.d; 158 I, IV, V, VI; C 10  | Prepare Lesson Plans and Sign-up for Pre/Post Conferences  |
| Wed | Mar 1  | Teaching in the Field   | SHAPE 1.a-1.e, 2.a, 3.a-3.f, 4.a-4.e, 5.a-5.c, 6.a-6.c; 158 I, II, III, IV, V, VI, VII, VIII, IX; TAC 1-6; TEKS 116A | Lesson Plans- Due 1 Week After Teaching<br><br>Lesson Implementation- Sign-up for Observations and Conferences<br><br>Read Ch. 11 & 12 |
| Mon | Mar 6  | Assessing Student Learning: Ch. 11 & 12, NASPE-PE Metrics, Lund & Veal Text                                   | SHAPE 6.a, 6.c; 158 III, VII; C 10, 11, 12; TAC 5  | Bingo Assessment- due 3/20   |
| Wed | Mar 8  | Observing in the Field<br><br>Dr. Miller @ NAHPL Conference   | See 3/1  | N/A  |
| Mon | Mar 14 | <i>No Classes- Spring Break</i>   | N/A  | Certify Teacher- Due 5/1   |
| Wed | Mar 16 | <i>No Classes- Spring Break</i>   | N/A  | Certify Teacher- Due 5/1<br>Read Ch. 7   |
| Mon | Mar 20 | Assessing Student Learning: Ch. 11 & 12, PE Specialist and The PE Geek  | SHAPE 6.a, 6.c; 158 III, VII; C 10, 11, 12; TAC 5  | N/A  |
| Wed | Mar 22 | Teaching in the Field   | See 3/1  |  |
| Mon | Mar 27 | Establishing an Environment for Learning: Ch. 7, Safety Scenarios, Carousel Activity                          | SHAPE 4.a, 4.b, 4.c, 4.d; 158 III, VI; C 12; TAC 4   | Management Quiz- due 4/3   |
| Wed | Mar 29 | Teaching in the Field   | See 3/1  | Lesson Plans- Due 1 Week After Teaching<br><br>Lesson Implementation- Sign-up for Observations and Conferences                         |
| Mon | Apr 3  | Learning Environment- Gym Day   | SHAPE 4.a, 4.b, 4.c, 4.d; 158 III, VI; C 12; TAC 4   | N/A  |

| Day | Date   | Content and Activities   | Standards   | Assignments with Due Dates  |
|-----|--------|--|---|---|
| Wed | Apr 5  | Teaching in the Field  | See 3/1   | N/A   |
| Mon | Apr 10 | Unit Planning  | SHAPE Standard 3, 4, 5, 6.a; 158 IV, V, VI, VII, VIII; C 10, 11, 12; TAC 1, 3, 5, 6 | Unit Plans due to D2L- Sunday, May 7th  |
| Wed | Apr 12 | Observing in the Field<br>Work on Certify Teacher<br><br>Miller @ NCUR (TBD) | See 3/1   | Read Ch. 8 and Rosenthal et al. article<br>Ch. 8 Questions- due 4/17<br>Certify Teacher Due 5/1 |
| Mon | Apr 17 | Maintaining Appropriate Behavior:<br>Ch. 8, Discipline Case Studies          | SHAPE 3.c, 3.d; 158 III, IV, V, VI; C 10, 11  | N/A   |
| Wed | Apr 19 | <i>MSU Celebration of Scholarship</i><br><br>Teaching in the Field           | See 3/1   | Read Ch. 9<br>supportREALteachers.org   |
| Mon | Apr 24 | Instructional Approaches: Ch. 9,<br>Nearpod                                  | SHAPE 3.c, 3.d; 158 IV; C 10; TAC 1, 3  | N/A   |
| Wed | Apr 26 | Teaching in Field  | See 3/1   | N/A   |
| Mon | May 1  | Maintaining Appropriate Behavior:<br>Ch. 8, Gym Day                          | SHAPE 3.c, 3.d<br><br>158 III, IV, V, VI; C 10, 11                                  | Certify Teacher Due Today   |
| Wed | May 3  | Teaching in Field (if needed)<br><br>Unit Planning                           | SHAPE Standard 3, 4, 5, 6.a; 158 IV, V, VI, VII, VIII; C 10, 11, 12; TAC 1, 3, 5, 6 | Unit Plans due to D2L- Sunday, May 7 <sup>th</sup>  |
| Mon | May 8  | Finals Week: 8:00-10:00 am<br>Document Checks, Uploads, Etc.                 | N/A   | Due Today- approved TK20 hours, signed observations (2), and lesson plan reflections (2).       |

## References/Scientifically-Based Research/Additional Readings

We constantly use scientific research and position statements (based on research) from the leading national organizations to keep our students up to date on the latest trends in the field. This course specifically uses the following references:

Lund, J., & Veal, M.L. (2013). *Assessment-driven instruction in physical education: A standards-based approach to promoting and documenting learning*. Chicago, IL: Human Kinetics.

NASPE. (2011). *P.E. metrics: Assessing national standards 1-6 in elementary school*. Reston, VA: Author.

Rosenthal, M., Pagnano-Richardson, K., & Burak, L. (2010). Alternatives to using exercise as punishment. *JOPERD*, 81(5), 44-48.

SHAPE America. (2017). *Dodgeball is not an appropriate Physical Education activity*. Reston, VA: Author.

<https://www.shapeamerica.org//standards/guidelines/upload/Appropriate-Instructional-Practices-Grid.pdf>

SHAPE America. (2009). *Appropriate Instructional Practice Guidelines: A Side-by-Side Comparison*. Reston, VA: Author.

<https://www.shapeamerica.org//standards/guidelines/upload/Appropriate-Instructional-Practices-Grid.pdf>

SHAPE America. (2013). *Grade-level outcomes for K-12 physical education*. Reston, VA: Author. <https://www.shapeamerica.org/standards/pe/upload/Grade-Level-Outcomes-for-K-12-Physical-Education.pdf>

SHAPE America. (2017). *2017 National Standards for Initial Physical Education Teacher Education*. Reston, VA: Author.

<https://www.shapeamerica.org/accreditation/upload/2017-SHAPE-America-Initial-PETE-Standards-and-Components.pdf>

SHAPE America. (2017). *Beginnings and endings: Energize students from start to finish! [Webinar]*. Reston, VA: Author.

Smith, S.P. (2005). Differentiating instruction across domains in physical education. *JOPERD*, 76 (8), 38-45.

supportREALteachers.org (n.d.). Home. <https://www.supportrealteachers.org/>

Texas Education Agency Commissioner's Rules Concerning Educator Standards, [Chapter 149: Subchapter AA Teacher Standards](#) (see D2L for full list)

Texas Essential Knowledge and Skills (TEKS), Texas Education Agency: [Chapter 116: Physical Education](#) (see D2L for full list)

The PE Project. (2020). Home. <http://www.thepeproject.com/index.html>

Young, S. (2016). Writing Useful Instructional Objectives in Physical Education. *Strategies: A Journal for Physical and Sport Educators*, 29 (2), 14-19.



## Appendix A: Standards/Competencies

### SHAPE National Standards for Initial Physical Education Teacher Education (2017)

Standard 1. Content and Foundational Knowledge Physical education candidates<sup>1</sup> demonstrate an understanding of common and specialized content, and scientific and theoretical foundations for the delivery of an effective preK-12 physical education program.

- 1.a Describe and apply common content knowledge for teaching preK-12 physical education.
- 1.b Describe and apply specialized content knowledge for teaching preK-12 physical education.
- 1.c Describe and apply physiological and biomechanical concepts related to skillful movement, physical activity and fitness for preK-12 students.
- 1.d Describe and apply motor learning and behavior-change/psychological principles related to skillful movement, physical activity and fitness for preK-12 students.
- 1.e Describe and apply motor development theory and principles related to fundamental motor skills, skillful movement, physical activity and fitness for preK-12 students.
- 1.f Describe the historical, philosophical and social perspectives of physical education issues and legislation.

Standard 2. Skillfulness and Health-Related Fitness<sup>2</sup> Physical education candidates are physically literate individuals who can demonstrate skillful performance<sup>3</sup> in physical education content areas and health-enhancing levels of fitness.

- 2.a Demonstrate competency in all fundamental motor skills, as well as skillful performance in a minimum of four physical education content areas (e.g., games and sports, aquatics, dance and rhythmic activities, fitness activities, outdoor pursuits, individual-performance activities).

Standard 3. Planning and Implementation Physical education candidates apply content and foundational knowledge to plan and implement developmentally appropriate learning experiences aligned with local, state and/or SHAPE America's National Standards and Grade-Level Outcomes for K-12 Physical Education through the effective use of resources, accommodations and/or modifications, technology and metacognitive strategies to address the diverse needs of all students.

- 3.a Plan and implement appropriate (e.g., measureable, developmentally appropriate, performance-based) short- and long-term plan objectives that are aligned with local, state and/or SHAPE America's National Standards and Grade-Level Outcomes for K-12 Physical Education.

- 3.b Plan and implement progressive and sequential content that aligns with short- and long-term plan objectives and that addresses the diverse needs of all students.
- 3.c Plan for and manage resources to provide active, fair and equitable learning experiences.
- 3.d Plan and implement individualized instruction for diverse student needs, adding specific accommodations and/or modifications for all students.
- 3.e Plan and implement learning experiences that require students to use technology appropriately in meeting one or more short- and long-term plan objective(s).
- 3.f Plan and implement learning experiences that engage students in using metacognitive strategies appropriately to analyze their own performance results.

Standard 4. Instructional Delivery and Management Physical education candidates engage students in meaningful learning experiences through effective use of pedagogical skills. They use communication, feedback, technology, and instructional and managerial skills to enhance student learning.

- 4.a Demonstrate verbal and nonverbal communication skills that convey respect and sensitivity across all learning experiences.
- 4.b Implement demonstrations, explanations and instructional cues that are aligned with short- and long-term plan objectives.
- 4.c Evaluate the changing dynamics of the learning environment and adjust instructional tasks as needed to further student progress.
- 4.d Implement transitions, routines and positive behavior management to create and maintain a safe, supportive and engaging learning environment.
- 4.e Analyze motor skills and performance concepts through multiple means (e.g., visual observation, technology) in order to provide specific, congruent feedback to enhance student learning.

Standard 5. Assessment of Student Learning Physical education candidates select and implement appropriate assessments to monitor students' progress and guide decision making related to instruction and learning.

- 5.a Select or create authentic, formal assessments that measure student attainment of short and long-term objectives.
- 5.b Implement formative assessments that monitor student learning before and throughout the long-term plan, as well as summative assessments that evaluate student learning upon completion of the long-term plan.
- 5.c Implement a reflective cycle to guide decision making specific to candidate performance, student learning, and short- and long-term plan objectives.

Standard 6. Professional Responsibility Physical education candidates demonstrate behaviors essential to becoming effective professionals. They

exhibit professional ethics and culturally competent practices; seek opportunities for continued professional development; and demonstrate knowledge of promotion/advocacy strategies for physical education and expanded physical activity opportunities that support the development of physically literate individuals.

- 6.a Engage in behavior that reflects professional ethics, practice and cultural competence.
- 6.b Engage in continued professional growth and collaboration in schools and/or professional organizations.
- 6.c Describe strategies, including the use of technology, for the promotion and advocacy of physical education and expanded physical activity opportunities.

### Texas Examinations of Educator Standards Physical Education EC-12

- Physical Education EC–12 Standard I: The physical education teacher demonstrates competency in a variety of movement skills and helps students develop these skills.
- Physical Education EC–12 Standard II: The physical education teacher understands principles and benefits of a healthy, physically active lifestyle and motivates students to participate in activities that promote this lifestyle.
- Physical Education EC–12 Standard III: The physical education teacher uses knowledge of individual and group motivation and behavior to create and manage a safe, productive learning environment and promotes students' self-management, self-motivation and social skills through participation in physical activities.
- Physical Education EC–12 Standard IV: The physical education teacher uses knowledge of how students learn and develop to provide opportunities that support students' physical, cognitive, social and emotional development.
- Physical Education EC–12 Standard V: The physical education teacher provides equitable and appropriate instruction for all students in a diverse society.
- Physical Education EC–12 Standard VI: The physical education teacher uses effective, developmentally appropriate instructional strategies and communication techniques to prepare physically educated individuals.
- Physical Education EC–12 Standard VII: The physical education teacher understands and uses formal and informal assessment to promote students' physical, cognitive, social and emotional development in physical education contexts.
- Physical Education EC–12 Standard VIII: The physical education teacher is a reflective practitioner who evaluates the effects of his/her actions on others (e.g., students, parents/caregivers, other professionals in the learning environment) and seeks opportunities to grow professionally.

- Physical Education EC–12 Standard IX: The physical education teacher collaborates with colleagues, parents/caregivers and community agencies to support students’ growth and well-being.
- Physical Education EC–12 Standard X: The physical education teacher understands the legal issues and responsibilities of physical education teachers in relation to supervision, planning and instruction, matching participants, safety, first aid and risk management.

### Texas Examinations of Educator Competencies Physical Education EC-12

- Competency 001: The teacher understands and applies principles of motor development and motor learning.
- Competency 002: The teacher understands principles and practices for developing, combining and integrating motor skills.
- Competency 003: The teacher understands and applies knowledge of movement concepts and biomechanical principles.
- Competency 004: The teacher understands and applies knowledge of individual, dual and team sports and activities.
- Competency 005: The teacher understands principles, techniques, skills and safety practices for dance, personal performance activities, cooperative and nontraditional games, recreational activities and outdoor pursuits.
- Competency 006: The teacher understands major body systems, principles of physical fitness development and training and the benefits of a healthy, active lifestyle.
- Competency 007: The teacher understands principles and activities for developing and maintaining cardiovascular endurance.
- Competency 008: The teacher understands principles and activities for developing and maintaining flexibility, posture and muscular strength and endurance.
- Competency 009: The teacher understands health and wellness concepts, including those related to nutrition, weight control, and stress management, and analyzes ways in which personal behaviors influence health and wellness.
- Competency 010: The teacher knows how to use effective, developmentally appropriate instruction and assessment to prepare physically educated individuals.
- Competency 011: The teacher understands factors relevant to learning and performance in physical education and uses this knowledge to create learning environments and opportunities that promote students’ development in various domains (e.g., cognitive, social, emotional).
- Competency 012: The teacher understands the structure, organization, goals and purposes of physical education programs.
- Competency 013: The teacher understands legal issues and responsibilities of physical education teachers in relation to supervision, planning and instruction, safety, first aid and risk management.

WCOE Standards: The outcomes for graduates of professional programs are based upon knowledge, skills, and dispositions in the following 10 elements.

Candidates in the teacher education program are evaluated on their dispositions towards the 10 InTASC standards three times (beginning, middle, end) during their program in Educational Psychology, Professional Methods Block, and Clinical Teaching in the following areas. The following InTASC standards are addressed in this course.

- Standard 1- Learner development. The teacher understands how students learn and how they develop. Teachers apply this understanding to each student in the context of the student's cognitive, linguistic, social, emotional, and physical abilities, because they understand that students' abilities differ. Teachers respect these student differences and leverage differences to allow all students to reach their full potential, focusing on and drawing out their individual strengths. Teachers actively take responsibility for their students' growth and development, receiving input from and collaborating with families, colleagues, and other professionals.
- Standard 2- Learning differences. The teacher understands individual differences in culture, language, and socioeconomic status of his or her students, incorporating them in teaching to create inclusive learning plans. Teachers use this understanding to adapt their lesson plan content and delivery to ensure that they promote and encourage diversity, particularly for students who have special needs. Teachers respect these individual differences, believe that all students can achieve at high levels, make students feel valued, and assist students in realizing their full potential.
- Standard 3- Learning environments. The teacher understands how to develop and provide supportive learning environments for his or her students. Teachers apply this understanding to create activities that facilitate both individual and collaborative learning, while also promoting positive social interaction between students of different backgrounds. Teachers value their students' input, allowing them opportunities to provide input, and listening attentively and responsively. Teachers support students in developing self-motivation, assisting them with problem solving, decision making, and exploration within a safe and validating environment. Teachers also engage appropriately with local and global communities to provide diverse learning environment opportunities for all students.
- Standard 4- Content knowledge. The teacher understands the central concepts of the subject or subjects that he or she is required to teach, with an in-depth understanding of how to make the content accessible and approachable to all students. Applying this standard, teachers commit to keeping up-to-date and relevant in their content areas, in both local and global contexts, incorporating and promoting cross-cultural understanding. Teachers encourage and appreciate students' critical analyses and ensure that students are appropriately challenged with adequate resources to support their learning. And teachers are sensitive to the potential for bias, actively seeking to address it when covering any learning content.

- Standard 5- Application of content. The teacher understands how to apply and connect different concepts within the learning content, using this understanding to engage students and to help them apply these concepts to the real world. Teachers also use this understanding to draw from content material outside their own area of concentration, helping students to understand how their education as a whole is composed of interrelated components. Including local and global examples, teachers draw on culturally and socially diverse perspectives and collaborate with other teachers to provide an example that encourages students to explore, think critically, and develop their own innovative skills.
- Standard 7- Planning for instruction. The teacher understands the curriculum goals and standards required of his or her students and appropriately uses knowledge of content areas and cross-disciplinary skills to plan learning that will allow each student to achieve these goals and standards. Effective teachers adapt and plan effective instruction that will allow learners of varying skill levels and at various levels of development to leverage their own strengths to achieve what is required of them. Applying this standard also involves the input of students' family members, the community, and professionals both inside and outside education, to ensure the highest possible levels of classroom achievement.
- Standard 8- Instructional strategies. The teacher understands how to encourage students to use and develop a deep understanding of content and connections between content using a variety of instructional strategies. Allowing students to develop their critical thinking, problem-solving, and research abilities, and allowing them to perform learning tasks independently as well as with the teacher, are all applications of this standard. Teachers plan to accommodate students from diverse backgrounds and with a diverse range of abilities, incorporating and encouraging the use of various technologies that will support students in retrieving or assessing the required information. Teachers can also adapt exercises and materials to cope with new information received from students during their research, updating and improving their own knowledge base.