



Course Syllabus: Fundamentals of Elementary Physical Education
Gordon T. & Ellen West College of Education
KNES 4663 Section 201
Spring 2021

Contact Information

Instructor: Dr. Stacia (Whitworth) Miller
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Office hours: In-person or virtual [Mon 4:00-5:00](#), [Tues 9:00-10:30](#), [Thurs 1:00-3:30](#), and Fri by appointment
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Class Meeting Information

Monday/Wednesday 8:00-10:30
Bridwell Hall 108 (was 109 but moved due to COVID spacing)
Field Experience – TBD
In addition, modules and discussion boards will be done in D2L.

Instructor Response

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.

Required Course Materials

Graham, G., Holt/Hale, S.A., & Parker, M. (2013). *Children Moving: A Reflective Approach to Teaching Physical Education* (9th 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

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

Course Overview

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

Specific learning objectives for the course derive from the Pedagogy and Professional Responsibilities Standards (EC-Grade 12), the SHAPE Standards for Elementary Physical Education, and the Texas SBEC standards. 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, SBEC IV, V, VI, X; InTASC 7)
- Develop appropriate (e.g., measurable, developmentally appropriate, performance based) goals and objectives aligned with local, state, and /or national standards. (SHAPE 3.a; SBEC I, II, IV, V, VI; InTASC 1, 5, 7)
- Design content that is aligned with lesson objectives. (SHAPE 3.b; SBEC VI; InTASC 8)
- Plan for resources to provide active, fair, and equitable learning experiences. (SHAPE 3.c; SBEC V, 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; SBEC 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; SBEC IV, VI, VII; 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; SBEC I, VI; InTASC 1)
- Demonstrate knowledge of managerial rules, routines, and transitions to create and maintain a safe and effective learning environment. (SHAPE 4.d; SBEC VI)
- Design strategies to help students demonstrate responsible personal and social behaviors in a productive learning environment. (SHAPE 4.c; SBEC III; InTASC 1)

See Appendix A for a complete list of standards/competencies

Assignment Overview and Grading Criteria

Due dates will be shared in D2L or in class. Any assignment can be submitted before the due date. Late assignments will have a minimum automatic 25% point deduction for each day late. Do not wait until the last minute on any of your work!!

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: Points allocated to each assignment

Assignments	Points
Co-teaching Practice & Reflection	20
Observations	20
Lesson Plans	63
Lesson Evaluations	114
Unit Plan	70
Homework and Classroom Activities	50
Certify Teacher	30
TK20 and Documents	20
Total Points	387

Table 2: Total points for final grade.

Grade	Points
A	347
B	308 to 346
C	269 to 307
F	Less than 269

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.

Lesson Planning -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

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 Plans- 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 Evaluation- 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.

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.

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.

Practice Exam- Certify Teacher (30 points): Approximately eight percent of the intern's final grade will be determined by participation/completion of the Certify Teacher practice flash cards/study mode and performance on the practice exams for All-level PE and the PPR. **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](#)

TK20 and Documents- Time logs will be submitted through TK20 and validated by course instructor. Incomplete or missing time logs 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.

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.

Course Delivery Method and Attendance Policy

This course is delivered via face-to-face at the university campus, and face-to-face at your assigned k-12 campus. Access to the MSU D2L online management system will be made available to each student. 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.

A seating chart, assigned seating, and attendance checks will be used for all face to face and hybrid classes. 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. The attendance policy will credit physical classroom presence and online attendance equally. 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.

Scientifically-Based Research

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:

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.

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

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

Student Handbook

Refer to: [Student Handbook 2020-2021](#)

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](#).

Campus Carry Rules/Policies

Senate Bill 11 passed by the 84th Texas Legislature allows licensed handgun holders to carry concealed handguns on campus, effective August 1, 2016. Areas excluded from concealed carry are appropriately marked, in accordance with state law. For more information regarding campus carry, please refer to the [University's webpage on Campus Carry](#).

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](#).

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.

LATE ASSIGNMENTS

Students are expected to submit classroom assignments 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 may result in points deducted from your final course grade.

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.

Please note: 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 and authenticity, and for educational purposes.

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 2020-2021](#)

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

Course Schedule

Day	Date	Content	SHAPE/SBEC/TEA Standards	Activities/Assignment
Mon	Jan 11	Orientation and Syllabus		Background Check; Read Ch. 1, 2, 3
Wed	Jan 13	Purpose, Approach and Concepts of Elementary PE (Ch. 1, 2, 3)	SHAPE 3.a, 3.b; S I, II, IV, X; C 1, 2, 11, 10, 12	Appropriate Practice Guidelines for PE, National Grade Level Outcomes, TEKS, Dodgeball Position Statement
Mon	Jan 18	<i>MLK- No Class</i>		
Wed	Jan 20	TEKS- Part 4 & 5: Development of Skill Themes & Movement Concepts	SHAPE 3.a, 3.b; S I, II, IV, X; C 1, 2, 11, 10, 12	T-Chart Activity Bloom's Taxonomy, National Grade Level Outcomes, TEKS, Dodgeball Position Statement
Mon	Jan 25	Parts of a Lesson- Gym Day	**All standards and Competencies	Bloom's Taxonomy, National Grade Level Outcomes, TEKS
Wed	Jan 27	Observations in Field (TBD)	SHAPE 3.a-3.e, 4.b, 4.d SBEC I, II, III, IV, V, VI, VII, VIII, X	Read Ch. 6 & 4 supportREALteachers.org See D2L for observation activities
Mon	Feb 1	Objectives & Lesson Planning- Ch. 6 & 4	SHAPE 3.a, 3.b; S IV; C 10, 12	Parts of a Lesson Plan, Young article Practice Objectives Activity
Wed	Feb 3	Observations in Field (TBD)		See D2L for observation activities
Mon	Feb 8	Objectives & Lesson Planning- Ch. 6 & 4	SHAPE 3.a, 3.b; S IV; C 10, 12	Parts of a Lesson Plan, Young article Practice Objectives Activity
Wed	Feb 10	Co-teaching w/Reflection: In the Field	SHAPE 2.a, 3.a-3.f, 4.a, 4.b, 6.b SBEC I, III, VI, X	See D2L
Mon	Feb 15	Introductory Activities & Introductions	S II, VI; C 6, 10, 13	Beginnings and Endings webinar
Wed	Feb 17	Co-teaching w/Reflection: In the Field		See D2L
Mon	Feb 22	Generic Levels of Skill Proficiency- Ch. 5	SHAPE 3.d SBEC I, IV, V, VI; C 10	GLSP Activity
Wed	Feb 24	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 SBEC I, II, III, IV, V, VI, VII, VIII, IX	Lesson Plans- Due 1 Week After Teaching Lesson Implementation- Sign-up for Observations and Conferences
Mon	Mar 1	Assessing Student Learning- Ch. 12	SHAPE 6.a, 6.c SBEC III, VII; C 10, 11, 12	NASPE- PE Metrics supportREALteachers.org

Day	Date	Content	SHAPE/SBEC/TEA Standards	Activities/Assignment
Wed	Mar 3	Teaching: In the Field		
Mon	Mar 8	Assessing Student Learning- Ch. 12		NASPE- PE Metrics supportREALteachers.org
Wed	Mar 10	Teaching: In the Field		
Mon	Mar 15	<i>WFISD Spring Break</i> Establishing the Learning Environment Ch. 8	SHAPE 4.a, 4.b, 4.c, 4.d SBEC III, VI; C 12	Management Quiz
Wed	Mar 17	<i>WFISD Spring Break</i>		
Mon	Mar 22	Learning Environment- Gym Day	SHAPE 4.a, 4.b, 4.c, 4.d SBEC III, VI; C 12	
Wed	Mar 24	Teaching: In the Field		
Mon	Mar 29	Maintaining Appropriate Behavior- Ch. 9	SHAPE 3.c, 3.d SBEC III, IV, V, VI; C 10, 11	Rosenthal et al. article
Wed	Mar 31	Teaching: In the Field		
Mon	Apr 5	Unit Planning	SHAPE Standard 3, 4, 5, 6.a SBEC IV, V, VI, VII, VIII; C 10, 11, 12	See D2L for instructions
Wed	Apr 7	Teaching: In the Field		
Mon	Apr 12	Instructional Approaches- Ch. 10: Co-teaching model	SHAPE 3.c, 3.d SBEC IV; C 10	
Wed	Apr 14	Teaching: In the Field		
Mon	Apr 19	Maintaining Appropriate Behavior- Ch. 9- Gym Day	SHAPE 3.c, 3.d SBEC III, IV, V, VI; C 10, 11	Rosenthal et al. article
Wed	Apr 21	Teaching: In the Field		
Finals Week	Wed Apr 28	8:00-10:00 am Document Checks, Uploads, Etc.		

Appendix A: Standards/Competencies

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

Standard 1. Content and Foundational Knowledge Physical education candidates¹ 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 Fitness² Physical education candidates are physically literate individuals who can demonstrate skillful performance³ 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., measurable, 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 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.

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.