

Eastern Illinois University  
Department of Kinesiology and Sports Studies  
KSS 3641  
Rhythms/Dance/Tumbling for Elementary Physical Education

Instructor: Mrs. Judy Black  
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Office Hours: MW 11:45-12:45; TTh 10:45-11:45

College of Education and Professional Studies (CEPS) Theme: Educator as creator of effective educational environments through the knowledge of : Diverse Students; Diverse Societies/Communities; Diverse Subjects/Areas and Levels; Diverse Strategies; and Diverse Technologies.

Course Description:

A study of developmentally appropriate rhythms, dance, and tumbling skills and activities for the elementary school child.

Course Objectives:

1. Identify, analyze, and demonstrate types of basic rhythms and dance activities that are developmentally appropriate for elementary level students.
2. Identify, analyze, and demonstrate basic tumbling and stunts activities that are developmentally appropriate for elementary level students.
3. Identify materials and equipment available for rhythms, dance and tumbling at the elementary level.
4. Identify and demonstrate teaching skills applicable to rhythms, dance and tumbling activities.

Course Content:

Week One: Intro to Rhythmical Activities – Value, Types, Rhythm Analysis  
Basic locomotor and non-locomotor movements  
Movement Concepts

Week Two: Basic Dance Steps; Creative Dance

Week Three: Folk/Line Dance; Square Dance

Week Four: Ballroom Dance/Miscellaneous dance activities including singing games and aerobic dance

Week Five: Manipulative Activities with small equipment  
Tumbling activities – Safety, Value. Equipment  
Educational Gymnastics vs. Traditional Gymnastics

Week Six: Basic Tumbling Skills, Spotting, Techniques, Analysis, Lead-ups, Progressions, Variations, Combinations

Week Seven: Tumbling skills; Stunts – purpose, variations, extensions

Final Week: Development of criteria for evaluation of tumbling skills

\*Assessment:

Exam # 1	75 points
Exam #2	75 points
Development/Performance of Routines	20 points
Criteria for Tumbling Skills Assignment	10 points
Participation (2 points per day)	30 points

\*Total Points 210 points

Grading Scale:

90 – 100% and no more than one absence	= A
83 – 89% and no more than one absence	= B
75 – 79% and no more than two absences	= C
70 – 74% and no more than two absences	= D
< 70% or more than two absences	= F

Attendance/Participation: You are required to attend all classes. University or teacher EXCUSED absences must be made up according to the teacher's requirements to receive credit for the absence. UNEXCUSED absences may not be made up. Each tardy will result in a 1 point deduction if you are less than 5 minutes late and a 2 point deduction if 5 – 10 minutes late. If you are 10 - 30 minutes late the tardy will be considered ½ of an absence. More than 30 minutes late will be considered as an absence for the day.

**If you have perfect attendance and no tardies, 10 points will be added to your final point total.**

\*Assessment/Total Points are subject to change if deemed appropriate by the teacher.

Disability Statement: If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (217-581-6583).

Textbooks:

Bennett, John Price and Pamela Coughenour Reimer (2006). *Rhythmic Activities and Dance*. Second Edition: Human Kinetics.

Ward, Phillip ). *Teaching Children Dance*. Second Edition. Human Kinetics.

**In case of emergency evacuation** the class will either go to the basement of McAfee or meet outdoor at the pavilion by the campus pond.

*Student Success Center:* Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center ([www.eiu.edu/~success](http://www.eiu.edu/~success)) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9<sup>th</sup> Street Hall, Room 1302.