

EPE 001: Elementary PE Workshop 2025

Syllabus–Summer 2025

As a professor at Cal Poly Pomona, I respectfully acknowledge the original caretakers of this land, the Tongva peoples, and all of their ancestors, elders, and descendants, past, present, and emerging. I also recognize this land known as Los Angeles County today is also home to many Indigenous peoples from all over, and am grateful for the opportunity to live and work here as guests on these lands, the traditional, ancestral, and unceded territory of the Tongva.

- To learn more about the importance of Land Acknowledgements, the relationship between Cal Poly Pomona and the indigenous caretakers of the land on which we work and learn, visit the [Native American Student Center](#).

Notes:

You will select either the in-person *or* the virtual option, depending on your EPEW registration status. You must be registered in both the EPEW workshop *and* your respective CEU course(s) to receive your CEU. You must register for these CEU prior to, or upon registration at the conference. *In-person only:* You can combine this 1-unit class with the 2-unit option, for a 3-unit CEU experience.

Times & Location: In-person option

Semester: Summer (July 14th-17th)

Unit load: 1 unit

Day: Monday-Thursday

Time: All day

Format: In-person

Location: CPP campus

* Please note: These CEU are nontransferable and are not academic credit-bearing.

Times & Location: Virtual option

Semester: Summer (July 12th)

Unit load: 1 unit

Day: Saturday

Time: All day

Format: Virtual

Location: Personalized link sent via email

* Please note: These CEU are nontransferable and are not academic credit-bearing.

CEU Instructor Information

Name: Lara Killick PhD, MPH

Pronouns: She/her/hers

Contact Killick



Email: lkillick@cpp.edu

Zoom Details:

- Please email me first to make a zoom appointment.
- Meeting link: <https://cpp.zoom.us/my/zoomwithkillick>
- Meeting ID: 684-173-7097 & Password: KHP2025

Responding to inquiries –I will respond to your inquiry within 24 hours.

Course Information

What is this course about?

In-person option: During the 3.5-day in-person workshop, students will participate in positive, developmentally appropriate, quality professional development for physical educators, classroom teachers, administrators and specialists in physical education, gen ed, and health programs for grades K-8th. Daily sessions will include K-8th grade PE best practices, PE, dance and health advocacy, interactive keynote lectures, demo slams and intentional collaboration with fellow professionals.

Virtual option: During the 1-day virtual workshop, students will engage with positive, developmentally appropriate, quality professional development for physical educators, classroom teachers, administrators and specialists in physical education, gen ed, and health programs for grades K- 8th. Sessions will include K-8th grade PE best practices, and PE, dance and health advocacy.

Course Learning Objectives: What can I expect to learn?

On successful completion of this course, you will be able to:

1. Identify new instructional practices and strategies to help you teach, model, and reinforce quality physical education
2. Analyze best practices for promoting whole child development and more inclusive learning environments (such as learning style, socio-emotional learning, subject advocacy, and classroom management).
3. Reflect on specific sessions you attended and share how they align with your specific goals and responsibilities.
4. Participate in a supportive community of practice

Course Materials

In-person option:

1. Attend the K-8 Elementary Physical Education Workshop 2025
2. Collect your Attendance Card at Registration
3. Select a minimum of 10 hours of specific sessions throughout the conference based on experience and knowledge. Obtain stamps for each session on your Attendance Card
4. Complete the assignments described below
5. Submit assignments to Dr. Killick (lkillick@cpp.edu) by July 31st at 11.59pm (PT)

Virtual option:

1. Attend the Virtual Day of K-8 Elementary Physical Education Workshop 2025
2. Access the Virtual Attendance Card provided via email.
3. Select a minimum of 10 hours of specific sessions based on experience and knowledge. Respond to the associated questions on your Virtual Attendance Card
4. Complete the assignments described below
5. Submit assignments to Dr. Killick (lkillick@cpp.edu) by July 31st at 11.59pm (PT)

Assignments

Course Requirements

You are graded via 2 assignments.

1. Attendance in a minimum of 10 hours of EPEW sessions
2. Reflection Paper

Assignment Instructions

Please follow these instructions:

1. **Create a Title Page containing the following information:**
 - a. Your Name
 - b. Title of the Course (K-8 Elementary Physical Education Workshop 2025)
 - c. Location of Course (Cal Poly Pomona, CA *or* Virtual)
 - d. Your email address (if you do not have an email address, please include your phone number)
2. **Part I: Attendance**
 - a. *In-person*: Take a picture of your completed/signed Attendance Card and insert it into your assignment.
 - b. *Virtual*: Include your completed Virtual Attendance Card
3. **Part II: Reflection**
 - a. Briefly describe the sessions you attended (1 paragraph max.)
 - b. Identify at least one specific new instructional strategy/activity you encountered across the conference that you would like to incorporate in your teaching practice. Describe how you plan to implement this instructional strategy/activity.
 - c. Identify at least one major take-aways from the conference that will shape your approach to teaching Elementary PE.

***In-person:** If you have combined this class, with the 2-unit option, complete the above assignment with evidence of 30 hours of completed EPEW sessions. Only one assignment needs to be submitted. (not available for Virtual option)

Grading

Grading is credit/no credit. Grading is based upon full completion of the assignment following the instructions above.

Assignment Deadline:

Assignments are due by 11.59pm on Thursday 31st July 2025.

Submission Instructions

Please submit your assignment through email to Dr. Lara Killick on lkillick@cpp.edu