

## **KNES 441/443/445 – PRACTICUM COURSE**

**Practicum Position Title:** Children's Physical Literacy Assistant Instructor

**# of Positions Available:** Up to two

**Industry/Company Description:** Children's fitness and movement education. Monkeynastix provides fun and challenging physical literacy lessons at preschools, daycares and after school programs around Calgary. The program is mobile and brings its own specialized equipment, music and unique lesson plans directly to the schools. For more info, go to: [Monkeynastix](http://Monkeynastix)

**Location:** Various locations throughout Calgary, but mostly in the south part of the city.

\*Please Note: Travel is required to venues across the city. Must provide own transportation.

**Required Hours:** 60-72 hours per term – evenly dispersed throughout term:

- 5-6 hours per week during fall and winter terms (13 weeks)
- 10-12 hours per week during spring term (6 weeks)

**Academic Session:** Fall, winter or spring terms.

**Specified Schedule:** The selected practicum student(s) will choose lesson times that accommodate their school schedule. Hours are flexible. Monkeynastix classes run in the mornings and afternoons on week days.

**Duties/Responsibilities:**

As a Monkeynastix Assistant Instructor, it is your responsibility to uphold a **fun, positive, and professional attitude** alongside the Lead Instructor.

*Before a class:*

- Arrive no later than 15 minutes before the class starts
- Upon arrival, assist the Lead Instructor with getting all of the equipment for the class ready and help set it up if necessary
- Review the lesson plan with the instructor

*During class:*

- During the warm-up/ending song and stretches, walk around the circle and help the children if necessary – if none of the children need assistance, you are to fully participate next to the Lead Instructor
- During the circuit, spot the children, ensuring safe and correct execution of movements, help any of the children who are struggling – show them the proper form and have them imitate you until they master it!
  - The circuit involves a gross motor station related to the fundamental movement skill for that specific lesson (eg: trampoline for jumping, balance beam for balance, high bar for arms strength) as well as numerous related sub stations such as tuck jumps over hurdles, star jumps on a spot; using a balance disk, using arm elastics and performing stork stands or crab walking
- Be actively involved in the sport coaching - correct racquet/stick grip & strike, throwing posture and follow through, co-ordination & balance, kicking movements and follow through, catching position, etc.
- Investigate three new, fun and engaging activities that could be incorporated into the Monkeynastix program in order to increase fundamental movement skills and eventually introduce more complex skills.
- Create a 3 page report and submit to on-site supervisor by the end of the term. Each page will provide an overview of the new exercise or game (including a visual) and a summary of how this exercise or game would be beneficial in terms of developing physical literacy skills in the children.

**Student Qualifications:**

- Required: KNES 201 – Essence and Experience
- Required: KNES 203 – Activity, Health, Fitness and Performance
- Required: KNES 351 – Cognition and Learning in Human Movement
- Asset: KNES 355 – Human Growth and Development
- Asset: KNES 373 – Exercise Physiology
- Passion for working with children, previous experience working with children (Eg: camp counsellor, Sunday school teacher, sports coach, NOT babysitting!)
- Police clearance with vulnerable sector check (recent - completed less than a year ago)
- Up-to-date immunizations (including flu shot annually)
- Fit, healthy, energetic
- Experience playing multiple sports
- Yoga and/or dance interest
- Own reliable car

**On-Site Supervisor:**

Hayley de Villiers

Monkeynastix Calgary owner and instructor

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E-mail: [info@monkeynastixyc.ca](mailto:info@monkeynastixyc.ca)

Website: [Monkeynastix](http://Monkeynastix)