

## PHYSICAL EDUCATION AND ITS TEACHING

- Code: 800436
- Year: 2
- Term: 1
- ECTS credits: 6.0

**BRIEF DESCRIPTION:** Compulsory subject in which the basic concepts and educational value of Physical Education in the Primary Education stage are addressed. It is a theoretical-practical subject in which students will acquire theoretical foundations and practical approaches to get into Physical Education teaching in the Primary Education stage. The bulk of the class sessions take place at the gym or sports center.

### **OBJECTIVES:**

- To understand the principles that contribute to cultural, personal and social development from Physical Education.
- To know, to understand and to analyse different approaches to curricular design in Physical Education.
- To know the content and components of the Physical Education curriculum in the Primary Education stage.
- To recognise the different contents of the Physical Education area, to understand its main characteristics as well as its development through different motor activities.
- To know the activities according to the different blocks of content of Physical Education in Primary Education.
- To acquire resources to promote the engagement in sports and physical activities throughout life inside and outside School.

### **CONTENTS:**

- Physical Education: basic concepts and educational value in Primary Education
- Curriculum design in Physical Education.
- Structure and curricular design of the area of Physical Education in Primary Education.
- Development of the contents of Physical Education in Primary Education and its activities.

### **ASSESSMENT CRITERIA:**

- Attendance and participation: at least 80% of the practical sessions
- Writing assignments 30%
- Practical tasks 40%
- Written tasks 30%
- It is necessary to pass each part independently.
- The definition of "practical session" will be bounded by the teacher at the beginning of the course.

### **BASIC BIBLIOGRAPHY:**

- Doherty, J. & Brennan, P. (2007). *Physical Education and Development 3-11: A Guide for Teachers*. Routledge: London.
- Graham, G. (2008). *Teaching Children Physical Education: Becoming a Master Teacher*. Human Kinetics: Champaign, IL.
- Lawrence, J. (2012). *Teaching Primary Physical Education*. SAGE: London.