

Teaching guide

IDENTIFICATION DETAILS

Degree:	Primary Education		
Field of Knowledge:	Arts and Humanities		
Faculty/School:	Education and Psychology		
Course:	PHYSICAL ACTIVITY AND EDUCATION IN VALUES		
Type:	Optional	ECTS credits:	6
Year:	4	Code:	7449
Teaching period:	Seventh semester		
Area:	Teaching and Learning of Physical Education		
Module:	Teaching and discipline		
Teaching type:	Classroom-based		
Language:	Spanish		
Total number of student study hours:	150		

SUBJECT DESCRIPTION

In this course, we rediscover the incredible potential of Physical Education as a key tool in the personal development of primary school pupils. Physical Education in itself is not educational: the teacher must transform it into something that has educational value through systematic, considered and intentional pedagogical action.

To this end, we will study how the primary school pupil understands their body and their relationship with the environment at different ages and developmental stages. Values change, because human beings are continuously changing, but it is the teacher's responsibility to instil a love for, and enjoyment of, physical activity, to foster the psychological-physical balance and, in sum, lead a full, well-balanced and harmonious life regardless of motor skills, age or situation.

As movement is demonstrated in action, the course will have a definite practical focus in which we will learn in depth numerous resources, always presented from a holistic perspective.

SKILLS

Basic Skills

Students must have demonstrated knowledge and understanding in an area of study that is founded on general secondary education. Moreover, the area of study is typically at a level that includes certain aspects implying knowledge at the forefront of its field of study, albeit supported by advanced textbooks

Students must be able to apply their knowledge to their work or vocation in a professional manner and possess skills that can typically be demonstrated by coming up with and sustaining arguments and solving problems within their field of study

Students must have the ability to gather and interpret relevant data (usually within their field of study) in order to make judgments that include reflections on pertinent social, scientific or ethical issues

Students must be able to convey information, ideas, problems and solutions to both an expert and non-expert audience

Students must have developed the learning skills needed to undertake further study with a high degree of independence

General Skills

To reflect on classroom practices to innovate and improve teaching activity. To acquire habits and skills for independent, cooperative learning and to foster and promote this learning process among students.

To develop analytical, synthetic, reflective, critical, theoretical and practical thought.

To be familiar with and master efficient self-motivation, personal self-assessment, focus on personal achievement and personal leadership techniques.

To design, plan and evaluate teaching and learning processes, both individually and in cooperation with other teachers and school professionals.

To promote coexistence inside and outside the classroom, to solve discipline problems and contribute to the peaceful resolution of conflicts. To encourage and value effort, perseverance and self-discipline among students.

Specific skills

To understand the principles that contribute to cultural, personal and social education in the field of physical education.

To acquire resources to encourage participation throughout life in sports activities inside and outside school.

To develop and evaluate syllabus content using suitable teaching resources and to promote appropriate skills among students.

DISTRIBUTION OF WORK TIME

CLASSROOM-BASED ACTIVITY	INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY
60 hours	90 hours