

26658 - Individual Physical Activities

Información del Plan Docente

Academic Year	2018/19
Subject	26658 - Individual Physical Activities
Faculty / School	107 - Facultad de Educación 202 - Facultad de Ciencias Humanas y de la Educación 301 - Facultad de Ciencias Sociales y Humanas
Degree	300 - Degree in Primary School Education 298 - Degree in Primary School Education 299 - Degree in Primary School Education
ECTS	6.0
Year	4
Semester	Half-yearly
Subject Type	Optional
Module	---

1.General information

1.1.Aims of the course

1.2.Context and importance of this course in the degree

1.3.Recommendations to take this course

2.Learning goals

2.1.Competences

2.2.Learning goals

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

The learning process that has been designed for this subject is based on the following: The subject presents different methodological strategies to develop the assigned competences. The main characteristic of the combination of learning activities is the search for an emancipative methodology so that students can acquire competences with autonomy and solvency. Different work spaces will be combined, such as the classroom, the teaching office and the sports facilities. At the same time, different strategies will be developed as a master lesson, participatory group techniques, learning by problems or projects, group and individual academic tutoring and motor practice activities.

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4.2.Learning tasks

The program offered to the student to help him achieve the expected results includes the following activities ... In the following table are related the competences of the degree that the subject develops, its learning outcomes, the evaluation instruments that are going to be requested to the students and the teaching-learning activities associated to each one of them.

Title Competencies	Results of learning	Instr. Evaluation	Learning activities			
			classroom	Seminar	Sport facilities	No Presential

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C61	1.- Compile, apply and use different resources related to the specific didactic (curricular proposals throughout the stage, learning situations, methodology and evaluation) of the different activities of school physical education	<i>Procedures:</i> didactic backpack	1.- Master lesson 2.- Participatory group techniques	4.- Academic activities in small group.	5.- Motor Practice Activities 2.- Participatory group techniques 3.- problem based learning	6.-Individual non contact
	2.- Design learning situations adjusted to specific educational purposes in a specific context for each of the activities proposed.	<i>Written Procedures:</i> theoretical-practical questions	1.- Master lesson 2.- Participatory group techniques		5.- Motor Practice Activities 2.- Participatory group techniques 3.- problem based learning	6.-Individual non contact
	3. Know the didactic foundations of each proposed activity to take them to the physical education class in primary education.	<i>Written Procedures:</i> theoretical-practical questions	1.- Master lesson 2.- Participatory group techniques		5.- Motor Practice Activities 2.- Participatory group techniques	6.-Individual non contact

Table of Learning Activities

1.- Magisterial Lesson (Theoretical-expository classes, in a large group) Description: Presentation in the classroom of the fundamental concepts and development of the proposed contents. The teacher's expositions will be combined with the

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presentation of questions, cases and educational situations that involve the students in a discovery process through which learning can take place. In each of the subjects, the faculty will inform the students of the bibliography used for their development. 2.- Participatory group techniques. Description: Group activities in which the student assumes active participation in their learning, as for example and among others: Questions and answers, Debates, Panel with experts, Whirlwind of ideas, Case studies, etc? 3.- Problem-based learning. Description: Carry out a learning project according to the parameters that are defined. 4.- Academic activities in small groups. Description: Actions of monitoring and control of the development of the work of the students related to the subject in any of its aspects, in attention in small groups. 5.- Motor practice activities. Description. Active participation in the motive action proposals that are proposed for the development of the proposed activities. 6.- Individual / group non-contact activities. Description: Realization of activities aimed at learning the contents of the subject through the search, review and analysis of documents, databases, web pages, etc. that culminate in the study and appropriation of said documentation and contents.

4.3.Syllabus

Assignment program The program due to the variability of resources in the centers of the University of Zaragoza will be specified at the beginning of each of them in the different centers. Therefore this agenda is indicative.

1. Introductory module to the activities. 2. Athletics. Teaching of athletics at school age. Run. Types of career tests. Skip. Types of jumps. Throw. Types of launches. 3. Swimming. Teaching of swimming at school age. Floatation. Glide. Propulsion. Basic styles of swimming: crawl and breaststroke. 4. Skating and sliding. Teaching of skating at school age. Equipment and materials. Preparation and adjustment. Impulsion. Braking. Safety in the practice of skating. 5. Juggling and circus activities. Teaching of juggling and circus equilibrium at school age. Juggling: handkerchiefs, balls, clubs, diabolo? Balances with objects and materials. Monocycles. 6. Modalities of gymnastics. Types of gymnastics: male and female artistic gymnastics, rhythmic gymnastics, trampoline, acrobatic gymnastics, aerobics, gymnastics for all, minitramp and tumbling. Teaching the modalities of gymnastics at school age. The adaptations. The AIDS. Safety.

4.4.Course planning and calendar

Calendar of face-to-face sessions and presentation of works The dates of distribution of the Teaching-Learning Activities will be determined in each center, so we recommend the periodic visit to the "calendar" in the Teaching Digital Ring where the specific dates will be updated. At the beginning of the course, those responsible for it will facilitate the exact distribution of the sessions and their timing. At the beginning of the subject, in the presentation, the specific activities to be carried out and the key dates will be facilitated. This information will be available in the ADD from the first week of the course.

4.5.Bibliography and recommended resources

It is found on the library's website <http://psfunizar7.unizar.es/br13/eBuscar.php?tipo=>