

## 26658 - Individual Physical Activities

### Syllabus Information

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**Academic Year:** 2019/20

**Subject:** 26658 - Individual Physical Activities

**Faculty / School:** 107 -

202 -

301 -

**Degree:** 298 - Degree in Primary School Education

299 - Degree in Primary School Education

300 - Degree in Primary School Education

**ECTS:** 6.0

**Year:** 300 - Degree in Primary School Education: 4

299 - Degree in Primary School Education: 4

298 - Degree in Primary School Education: 4

**Semester:** 298 - First semester

298 - First semester

298 - First semester

298 - First semester

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300 - First semester

**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.

Different work spaces will be combined, such as the classroom, the teaching office and the sp

#### 4.2.Learning tasks

The program offered to the student to help him achieve the expected results includes the foll

In the following table are related the competences of the degree that the subject develops, it

Title Competencies	Results of learning	Instr. Evaluation	Learning activities			
			classroom	Seminar	Sport facilities	No Presential
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	<i>Written Procedures:</i> theoretical-practical questions	1.- Master lesson 2.- Participatory		5.- Motor Practice Activities 2.- Participatory	6.-Individual non contact

	physical education class in primary education.		group techniques		group techniques	
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### **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 content.
- 2.- Participatory group techniques. Description:  
Group activities in which the student assumes active participation in their learning, as for example in the case of group games.
- 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 learning process.
- 5.- Motor practice activities. Description:  
Active participation in the motive action proposals that are proposed for the development of the learning process.
- 6.- Individual / group non-contact activities. Description:  
Realization of activities aimed at learning the contents of the subject through the search, research and discovery.

## **4.3.Syllabus**

### **Assignment program**

The program due to the variability of resources in the centers of the University of Zaragoza will be:

1. Introductory module to the activities.
2. Athletics. Teaching of athletics at school age. Run. Types of career tests. Skip. Types of jumps.
3. Swimming. Teaching of swimming at school age. Floatation. Glide. Propulsion. Basic styles (freestyle, breaststroke, butterfly, backstroke).
4. Skating and sliding. Teaching of skating at school age. Equipment and materials. Preparatory exercises.
5. Juggling and circus activities. Teaching of juggling and circus equilibrium at school age.
6. Modalities of gymnastics. Types of gymnastics: male and female artistic gymnastics, rhythmic gymnastics.

#### **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 centre

At the beginning of the course, those responsible for it will facilitate the exact distribution

At the beginning of the subject, in the presentation, the specific activities to be carried out

#### **4.5. Bibliography and recommended resources**

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