

MPRI107 Fostering a Lifelong Healthy Lifestyle through Physical Education

ECTS Value: 1 ECTS
Self-Study Hours: 12

Contact Hours: 5
Assessment Hours: 8

Overall Objectives and Outcomes

This module will focus on the physical development of the student through stimulating and challenging physical activities that are primarily based on a Sport for All approach rather than a competitive one with physical literacy at the core. Module complements the rest of the modules in terms of a holistic provision of education for all.

By the end of this module, the learner will be able to:

Competences:

- a) Prepare lessons that cater for all different types of abilities
- b) Adapt activities to also include students with physical disabilities
- c) Instil within students a lifelong approach towards a healthy lifestyle through physical activity

Knowledge:

- a) Primary Physical Education syllabus
- b) Main principles of teaching PE at this level
- c) Different strategies and approaches when teaching different content areas

Skills:

- a) Cope with unplanned situations that may arise during lesson time
- b) Gauge the appropriate level and demands of each and every student
- c) Strike a balance between curricular demands and the fun element

Assessment Methods

This module will be assessed through: Portfolio

Suggested Readings

Core Reading List:

1. Ministry of Education and Employment (2015) The Learning Outcomes framework
<http://www.schoolslearningoutcomes.edu.mt/en/>
2. Teaching Sport and Physical Activity, Paul G. Schempp (2003)
3. Health and Fitness Through Physical Education, Pate & Hohn (1994)
4. Teaching Children Physical Education, George Graham (2008)

5. A Teacher's Guide to Including Students with Disabilities in General Physical Education, Martin E. Block – third edition (2015)
6. Physical Literacy – 12 Steps Pledge Ambassadorship, Steven C. McCartney (2015)
7. The Physical Education Teacher's Book of Lists, Marian Milliken-Ziemba (2001)
8. Physical Literacy, Margaret Whitehead (2010)
9. Cross Curricular Physical Education, MEDE (2015)