

BPRI324- Physical Education: Developing Active and Healthy Lifestyles

ECTS Value: 5 ECTS
Self-Study Hours: 60

Contact Hours: 25
Assessment Hours: 40

Overall Objectives and Outcomes

This module aims to sensitise the class teachers to the content of physical education in liaison with the peripatetic PE teacher to ensure that students are provided with better quality PE lessons.

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

Competences

- a. Devise a PE lesson in the specific subject area and in conjunction with the PE peripatetic teacher
- b. Conduct a PE lesson with a class of students concentrating on the outcomes of the particular subject area.
- c. Assess the students' progress
- d. represent each individual through differentiated learning and strategies.
- e. Plan lessons on each of these subject areas
- f. design practical sessions that help and promote individual differences;
- g. transform the session to become more learner-centred.

Knowledge

- a. Acquire practical knowledge in all the Physical Education subject areas and be confident with the outcomes enlisted in the primary PE curriculum that need to be achieved at these ages;
- b. Demonstrate how to progress in any specific subject area
- c. Illustrate specific movements required in each of the subject areas.
- d. Exercise a good understanding of experiential and discovery learning within a learner-centred approach;
- e. formulate a list of differentiating factors focusing on content, process & product;

Skills

Applying knowledge and understanding

The learner will be able to:

- a. Demonstrate movement skills that are required in line with the expected outcomes.
- b. Apply strategies to support students and show them how to modify their performance to progress further.
- c. Devise activities that enhance high time on task and enable students to have many repetitions of the task.
- d. demonstrate how readiness and individual level of the player need to be assessed;

Assessment Methods

This module will be assessed through: Filmed Lesson and Activities.

Suggested Readings

Core Reading List

1. Ministry of Education & Employment (2013) PE Curriculum – The Primary Years (Years 1-6)
2. Lundvall, S. (2015) Physical Literacy in the field of Physical Education – A challenge and a possibility. *Journal of Sport & Health Science* 4 (2) 113-118. PHE Canada (2017) What is Physical Literacy? Available at <http://www.phecanada.ca/programs/physical-literacy/what-physical-literacy> [Accessed on 16 Dec 2017]
3. Australian Sports Commission (2017) The Draft – Australian Physical Literacy Standard. Available at https://www.ausport.gov.au/__data/assets/pdf_file/0008/663443/Draft_Australian_Physical_Literacy_Standard_-_Explaining_the_Standard.pdf [Accessed on 18 Dec 2017]
4. TES (2017) Primary Physical Education Resources. Available at <https://www.tes.com/en-ie/teaching-resources/hub/primary/physical-education?page=3> [Accessed on 18 December 2017]
5. PE Central (2017) What works in Physical Education. Available at <http://www.pecentral.org/lessonideas/pelessonplans.html> [Accessed on 18 December 2017]
6. Primary Resources Available at <http://www.primaryresources.co.uk/pe/pe.html> [Accessed on 18 December 2017]
7. PE Games Available at <http://www.pegames.org/> [Accessed on 18 December 2017]
8. Colquitt, G., Pritchard, T., Johnson, C. & McCollum, S. (2017) *Differentiating Instruction in Physical Education: Personalization of Learning* *Journal of Physical Education, Recreation & Dance* 88, (7), 44-50.
9. Whipp, P., Taggart, A. & Jackson, B. (2014) *Differentiation in outcome-focused physical education: pedagogical rhetoric and reality*. *Physical Education and Sport Pedagogy*. 19, (4), 370-382.
10. Ellis, K., Lieberman, L. & Le Roux, D (2009) *Using differentiated instruction in Physical Education*. *Palaestra* 24(4), 19-23.
11. The PE Hub Available at <http://thepehub.co.uk/> [Accessed on 18 December 2017]
12. Walsh, J (2007) *Differentiated Instruction in Physical Education*. Ontario Physical Education. Available at <https://www.everactive.org/uploads/files/Documents/Beyond%20One%20Size%20Participant%20Handout.pdf> [Accessed on 17 December 2017]

Supplementary Reading List

1. SHAPE America (2014) National Standards & Grade-Level Outcomes for K-12 Physical Education Society of Health and Physical Educators
2. Australian Sports Commission (2017) Physical Literacy. Available at https://www.ausport.gov.au/participating/physical_literacy [Accessed on 18 December 2017]
3. Colquitt, G., Pritchard, T. Johnson, C., McCollum S. *Differentiating Instruction in Physical Education: Personalization of Learning* JOPERD, August 2017.
4. Schwartz, M. Best Practices in Experiential Learning. Available at <https://www.ryerson.ca/content/dam/lt/resources/handouts/ExperientialLearningReport.pdf> [Accessed on 17 December 2017]