

BPHY205 A Learner-centred Approach to Physical Education

ECTS Value: 5 ECTS

Module Description

Through this module, the course participant will become fluent with a host of teaching skills that need to be applied in Physical Education to give more colour to the content. It will help the course participant to embrace and adapt a more learner-centred approach to Physical Education. Throughout, this module, the course participant will consider the PE curriculum and determine how this can be taught in an effective and cohesive manner to *all* students so that learning is facilitated.

Overall Objectives and Outcomes

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

Competences

- a. create physical education lessons with clear and cohesive methodological principles;
- b. adopt the best physical education methodological principle in any given situation;
- c. resolve the physical education outcomes through appropriate methodological principles.

Knowledge

- a. systematically identify the terminology used when referring to physical education methodology;
- b. detail the main criteria of a successful lesson in physical education;
- c. contrive the methodological process involved in the specific topic / lesson of physical education.

Skills

- a. develop specific methodological principles relative to PE outcomes;
- b. demonstrate methodological principles within a PE lesson.

Mode of Delivery

This module adopts a blended approach to teaching and learning. Information related to the structure and delivery of the module may be accessed through the IFE Portal. For further details, kindly refer to the Teaching, Learning and Assessment Policy and Procedures found on the Institute for Education's website.

Assessment Methods

This module will be assessed through: Practical Assignments

Suggested Readings

Core Reading List

1. Alcalá, D.H. & Garijo A.H. (2017) *Teaching Games for Understanding: A Comprehensive Approach to Promote Student's Motivation in Physical Education*. Journal of Human Kinetics. 59, 17-27.
2. Butler J.I. & Griffin L.L., (2010) *More Teaching Games for Understanding - Moving Globally*. Human Kinetics
3. Ericsson, I. & Karlsson, M. K (2012) *Motor skills and school performance in children with daily physical education in school – a 9-year intervention study*. Scandinavian Journal of Medicine & Science in Sport. 24, (2), 273–278.
4. Griffin L.L. & Butler J.I. (2005) *Teaching Games for Understanding - Theory, Research & Practice*. Human Kinetics.
5. Kleynen M, Braun SM, Rasquin SMC, Bleijlevens MHC, Lexis MAS, Halfens J, et al. (2015) *Multidisciplinary Views on Applying Explicit and Implicit Motor Learning in Practice: An International Survey*. PLoS ONE 10(8): e0135522. <https://doi.org/10.1371/journal.pone.0135522>
6. [Magill R.A.](#) & [Anderson D.](#) (2016) *Motor Learning and Control: Concepts and Applications 11th Edition*. McGraw Hill Education.
7. Mitchell, S.A., Oslin, J.L., Griffin L.L. (2013). *Teaching Sport Concepts and Skills: A Tactical Games Approach for Ages 7 to 18*. Human Kinetics.
8. National Association for Sport and Physical Education. (2007). *Physical education teacher evaluation tool* [Guidance document]. Reston, VA: Author.
9. [Schmidt, R.](#) & [Lee, T.](#) (2014) *Motor Learning and Performance 5th Edition with Web Study Guide: From Principles to Application*. Human Kinetics.
10. Silverman,S & Mercier, K. (2015) *Teaching for physical literacy: Implications to instructional design and PETE*. *Journal of Sport and Health Science*,4, 150-155. Available at <https://www.sciencedirect.com/science/article/pii/S2095254615000265> [Accessed on 8 January 2018]
11. Stolz S & Pill S. (2014) *Teaching Games and Sport for Understanding: Exploring and Reconsidering its Relevance in Physical Education*. EPER, 20, 36-71

Supplementary Reading List

1. *Approaches to teaching Physical Education*. Available at http://www.meshguides.org/wp-content/uploads/2015/01/PE-2014.16.0-DAD_MESH_TeachingApproachesSubmitted.pdf [Accessed 2 January 2018]
2. Stidder, G. & Hayes, S. (2017) *The Really Useful Physical Education Book. Learning & Teaching across the 11-16 age range*. Second Edition