

Programme PRIME PETE Erasmus +

MODULE DETAILS	
Module Title	Learning to Move in Water in Physical Education
Suggested Number of ECTS	1
Dimensions Core	D1K1, D1C1 D2S1, D2S2, D2S3
Dimensions Extended	D2K3
Setting (Online, Hybrid, Offline, Movement Based, Theory Based (Lecture or Seminar))	Predominantly movement based, with an introductory lecture.
Short Description	This module builds the basics to teach in the domain/area 'moving in water' in any curriculum in primary education. It focuses on the development of the competence of primary education teachers to teach primary students of different ages. A focus will lie on age-appropriateness, situation-appropriateness, safety as well as physical, mental and social well-being of pupils in a swimming lesson as principles of teaching to move in water and/or swimming.

MODULE LEARNING OUTCOMES	
Upon successful completion of this module, the student will be able to:	
LO1	organize age-appropriate swimming lessons (getting used to water and learning to swim) considering safety aspects (behaviour in the swimming pool and in the water, swimming rules)
LO2	understand and apply the basics of lifeguarding
LO3	plan, carry out and reflect on activities any domain/area on the topic of 'moving in water' of a primary school curriculum in an age-appropriate, situation-appropriate and movement-appropriate manner

Indicative Content (list topics to be covered)

- become familiar with the water
- slide in the water
- swim in the water
- move under water
- jump into the water
- play in the water.

TEACHING METHODOLOGIES	
Teaching Methodologies	Face-to-face lecture; Self-directed group work (swimming-pool)

FACILITIES: INDOORS AND/OR OUTDOOR	
Lecture or seminar room	
Swimming-pool	

MODULE WORKLOAD		
Type	Learning Outcomes	Total Hours
Lecture		2
Seminar/Workshop/Tutorial		8
Structured Independent Work		
Independent Work		16
Total Workload		26

READING
Essential Reading
<p>1. Kuhn, P. (2009). <i>Kindgemäße Bewegungserziehung</i>. Bad Heilbrunn: Verlag Julius Klinkhardt.</p> <p>2. LASPO (2010). <i>Schwimmen unterrichten: Grundwissen und Praxisbausteine</i>. Donauwörth: Auer.</p> <p>3. Ministère de l'Education nationale, de l'Enfance et de la Jeunesse (2017). <i>Plan d'études école fondamentale</i> (Règlement grand-ducal du 2 août 2017. Mémorial A. N° 697 du 9 août 2017). Luxembourg: MENJE. Retrieved from http://data.legilux.public.lu/eli/etat/leg/rgd/2017/08/02/a697/jo</p>

RESOURCE	
(Expansion of Indicative Content)	
<p>Note: This module resource is based on a structure of 5 weeks x 2 hours</p>	
1	<p>Theory-Based Lecture (2 hours)</p> <ul style="list-style-type: none"> - Introduction - Organisational framework <ul style="list-style-type: none"> - Importance and objectives of swimming lessons - The educational requirements of school swimming - General organisational principles - Safety aspects in swimming lessons <ul style="list-style-type: none"> - Planning and implementation of school swimming - Principles of safe swimming lessons - Aims of learning to save - JUNIOR LIFESAVER Requirements
2	<p>Learning to swim: getting familiar with water</p> <p>Theory-Based Lecture (0,5 hours)</p> <ul style="list-style-type: none"> - Theory-Based Lecture (0,5 hour) - The movement field "Moving in water" - "Moving in water" in the curriculum - Expected competences/basic competences - Didactic-methodical principles in the context of "Moving in water" Learning, performing and laughing - Swimming games <p>Movement-Based (1,5 hours)</p> <ul style="list-style-type: none"> - Splash and frolic - Walk, run, jump - Roll and wallow - Push, pull, carry - Diving - Breathing correctly

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	<ul style="list-style-type: none"> - Float and glide - Jumping
3	<p>Learning to swim: breaststroke, crawl and backstroke</p> <p>Theory-Based Lecture (0,5 hours)</p> <ul style="list-style-type: none"> - Objective of learning to swim - First type of swimming? - Movement characteristics common to all swimming techniques - Basic instructions for teaching the swimming techniques - Methodology of learning to swim - Organisational forms for swimming lessons - Breaststroke - Crawl swimming - Backstroke <p>Movement-Based (1,5 hours)</p> <ul style="list-style-type: none"> - Learning at stations with station cards with three levels of difficulty
4	<p>Error correction: breaststroke, crawl and backstroke</p> <p>Movement-Based (2 hours)</p> <ul style="list-style-type: none"> - Practising at stations with station cards with error indicators and associated exercises - (Gliding, water position, leg movement, arm movement, breathing, overall movement)
5	<p>Lifeguarding - Junior Life Saver requirements</p> <p>Theory-Based Lecture (0,5 hours)</p> <ul style="list-style-type: none"> - Safety aspects in swimming lessons - Aims of learning to rescue - The requirements of the Junior Lifesaver (FLNS) <p>Movement-Based (1,5 hours)</p> <ul style="list-style-type: none"> - Trying out the requirements of the lifeguard - Preparation for the lifeguard course

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PRIMARY EDUCATION PHYSICAL EDUCATION TEACHER EDUCATION