

MICRO MODULE DETAILS	
Micro Module Title	School Physical and Health Education: Swimming as a Tool to Support Lifelong Physical Activity
Suggested Number of ECTs	1 ECTs
Dimensions Core	D1K2; D1S2; D3S1; D3S2; D3S3; D3C1; D3C2; D3C3; D4S1; D4S2; D4C1; D4C4, D4C5; D5S3; D5C1;
Dimensions Extended	
Setting (Online, Hybrid, Offline, Movement Based, Theory Based (Lecture or Seminar))	Movement Based
Short Description	This micro-module is focused on a complex understanding of quality physical education in primary schools and its implementation. The student will especially get information on teaching methods and strategies related to swimming. The theoretical part will focus on importance of swimming and possibilities to teach swimming from early age. The practical activities will focus on demonstration of teaching methods and strategies in the swimming pool.

MICRO MODULE LEARNING OUTCOMES	
Upon successful completion of this micro module, the student will be able to:	
LO1	Identify and apply procedures for the implementation of quality physical education, including swimming in primary PE
LO2	Evaluate and assess PE curriculum and motor skills development
LO3	Demonstrate understanding of children's development of basic motor skills

#### Indicative Content (list topics to be covered)

- Curricular and legislative documents
- Health and its components, health-oriented activities (e.g., swimming)
- Methods, organizational forms and planning in PE lessons
- PE lesson and its structure (e.g., swimming lesson)

#### Practice in gym

- Basic motor competencies (e.g., swimming)
- Technique and didactics of seasonal physical activities (swimming)

TEACHING METHODOLOGIES	
Teaching Methodologies	Theoretical seminar in the classroom and practical seminar in the swimming hall, group work (preparation of swimming activities examples that will be implemented by the teacher students in the swimming pool).

FACILITIES: INDOORS AND/OR OUTDOOR
Classroom and swimming pool

MICRO MODULE WORKLOAD		
Type	Learning Outcomes	Total Hours
Lecture		1
Seminar/Workshop/Tutorial	LO1, LO2, LO3	1
Structured Independent Work		0
Independent Work		0
Total Workload		2

READING
Essential Reading
Online resources:
Swimming instructor handbook and guidelines. 2021. Western Australia: Department of Education. ISBN: 978-0-7307-4651-5. Retrieved from: <a href="https://www.education.wa.edu.au/dl/lqvkov">https://www.education.wa.edu.au/dl/lqvkov</a>
Masaryková, D. 2021. Pohybové kompetencie v predprimárnom a primárnom vzdelávaní. Trnava: Pedagogická fakulta Trnavskej univerzity v Trnave. ISBN 978- 80- 568- 0224- 3 Retrieved from: <a href="file:///C:/Users/danac/Downloads/masarykova-pohybove-kompetencie-ppv-2021%20(3).pdf">file:///C:/Users/danac/Downloads/masarykova-pohybove-kompetencie-ppv-2021%20(3).pdf</a>
Whitehead, M. 2011. Questions answered on Physical Literacy. Retrieved from: <a href="http://www.physical-literacy.org.uk/what-is-physical-literacy-FAQ.pdf">http://www.physical-literacy.org.uk/what-is-physical-literacy-FAQ.pdf</a> .