

MICRO MODULE DETAILS	
Micro Module Title	Understanding Physical Education: Fundamental Movement Skills
Suggested Number of ECTS	1 ECTS
Dimensions Core	D1K1; D1S1, D1S2; D1C1, D2S1, D2S2, D2S4, D2S5; D2C1; D3S2; D3C1, D3C2, D3C3; D4S1; D4C3; D5S3; D5C1;
Dimensions Extended	D1C2, D1C3; D2K4; D2S6, D2S7, D2S8; D2C2; D3S3, D3S4, D3S6;
Setting (Online, Hybrid, Offline, Movement Based, Theory Based (Lecture or Seminar)	Movement Based
Short Description	Analysis of human movement as the basis for all physical activity and sport is undertaken with a focus on promoting the development of fundamental movement skills (FMS). Practical work examines (a) guidelines for best practice applied to lessons of physical education with a focus on the teaching of athletics and gymnastics, and (b) the teaching and learning of FMS. Digital technology is used to enhance the analysis of FMS and the assessment of the achievements of children.

MICRO MODULE LEARNING OUTCOMES	
<b>Upon successful completion of this micro module, the student will be able to:</b>	
LO1	engage critically and analytically, and develop a personal understanding of teaching physical education with reference to key considerations such as child development, skill acquisition, safety, teacher competence and pedagogy
LO2	use a range of strategies to support, monitor and assess children's fundamental movement skills
LO3	begin to use some digital tools (e.g., iPads) to enhance teaching of fundamental movement skills (FMS) in physical education.
LO4	develop assessment strategies to support and apply knowledge of children's learning to plan and teach activities that allow children to explore, develop and master fundamental movement skills with a focus on running, jumping and throwing
LO5	apply knowledge of children's learning to plan and teach activities to explore, that promote exploration, development and mastery of fundamental movement skills with a focus on adapting skills of athletics and gymnastics
LO6	report movement competency through feedback to children, parents and other teachers

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

Children's fundamental movement skill development and pedagogy related to teaching FMS in the context of overall movement skills

Knowledge of the key skill components/teaching points for a selection of fundamental movement skills

Practical exploration of stages of skill development (exploring, developing and mastering) through investigation of running, jumping and throwing activities appropriate for a range of age groups

Planning and teaching activities to peers that highlight progression of fundamental movement skill development including exploration of free online websites (see reading below)

Critical analysis of personal movement skills using assessment check lists, and digital technology to develop awareness of quality demonstration and explanation of skills

Application of teaching methodologies with a particular focus on assessment using checklists, and digital technology (e.g., video clips illustrating specific running, jumping and throwing skills)

Development of observation and feedback skills when critically analysing movement skills of peers both in real time and recorded

Critical reflection on the advantages and disadvantages of using real time and video recorded observations in teaching Physical Education

Application of Multiple Means of Representation (Universal Design for Learning) when teaching FMS

Application of safety principles and risk assessment related to teaching of running, jumping and throwing

Report movement competency to children, parents and other teachers using information gathered from observation assisted by use of digital technology and checklists

Selection of activities with a focus on fundamental skill development appropriate for practice at home by children

TEACHING METHODOLOGIES	
Teaching Methodologies	Practical with discussion woven in

FACILITIES: INDOORS AND/OR OUTDOOR
Indoors sports hall

MICRO MODULE WORKLOAD		
Type	Learning Outcomes	Total Hours
Lecture		0
Seminar/Workshop/Tutorial	LO1, LO2, LO3, LO4, LO5, LO6	2
Structured Independent Work		0
Independent Work		0
Total Workload		2

READING
Essential Reading
Graham, G., Holt-Hale, S., & Parker, M. (2020). Children Moving: A reflective approach to teaching physical education., 10th Ed., McGraw-Hill NY
Haynes, J., & Miller, J. (2015). Preparing pre-service primary school teachers to assess fundamental motor skills: two skills and two approaches, Physical Education and Sport Pedagogy, 20 (4), 397
O'Loughlin, J., Ní Chróinín D., & O'Grady, D. (2013). Digital video: The impact on children's experiences in primary physical education, European Physical Education Review, 19(2), 165
Website: Primary School Sports Initiative (2006). Primary school sports initiative resource materials for teaching physical education (PSSI) <a href="https://pssi.pdst">https://pssi.pdst</a>
PDST. (2022). Move Well, Move Often. <a href="https://www.scoilnet.ie/pdst/physlit/">https://www.scoilnet.ie/pdst/physlit/</a>



# PRIME PETE

PRIMARY EDUCATION PHYSICAL EDUCATION TEACHER EDUCATION