

University of Luxembourg

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Physical Education 3.1 – School in Motion

Spezielle Aspekte einer kindgemäßen Bewegungserziehung



1. School development
2. Encouragement of movement and education
3. School in Motion
4. School in Motion: Practical examples

1. School development

What does "school development" mean?

Definition (Stibbe 2004, S. 24f)

Mission Statement

- ✓ Overall concept
- ✓ In the mission statement, the underlying image of humans and society becomes visible.

School profile

- ✓ School profile
- ✓ Real focal points of the teaching and educational work
- ✓ Aspiration and development of an intended, changed target profile

1. School development

What does “School development” mean?

School program

Written documented concept of action and procedure for the initiation, *reflection and future design of an intentional school development process, which describes the essential development tasks, the special circumstances and the common basic pedagogical orientation of a school. It contains the initial situation, the school mission statement, which forms the basis of the development process, as well as process-oriented factors such as implementation steps, evaluation projects or agreements on responsibilities.*

1. School development

What does “School development” mean?

Development focus areas in a school program

(Stibbe 2004, S. 162)

- ✓ Organizational development (e.g. teamwork)
- ✓ Personnel development (e.g. continuing education and training programs)
- ✓ Curriculum development (e.g. creation of school-specific curriculum)
- ✓ Teaching development (e.g. development of methodological diversity)
- ✓ Educational work (e.g. encouragement of reflective coeducation and social learning)

Which aspects include movement encouragement, or movement education in a school in motion?

- Brainstorming
- Mindmap

Model: School in motion (BASPO, 2011)

Die Bewegte Schule ...

... motiviert Kinder zu einem bewegten Lebensstil und lebenslangem Sporttreiben

... begleitet täglich das Lernen und Lehren mit Bewegung und trägt dadurch zum Gelingen des Schulalltags bei

... vermittelt die Inhalte der Bewegungsförderung differenziert

... bietet für Bewegung, Spiel und Sport den notwendigen Raum und macht sie damit zu wesentlichen Elementen der Schulkultur.

3. School in Motion

Die drei Welten der Kinder und Jugendlichen (BASPO, 2011)



Modell: Die Bewegte Schule in der Lebenswelt der Kinder und Jugendlichen

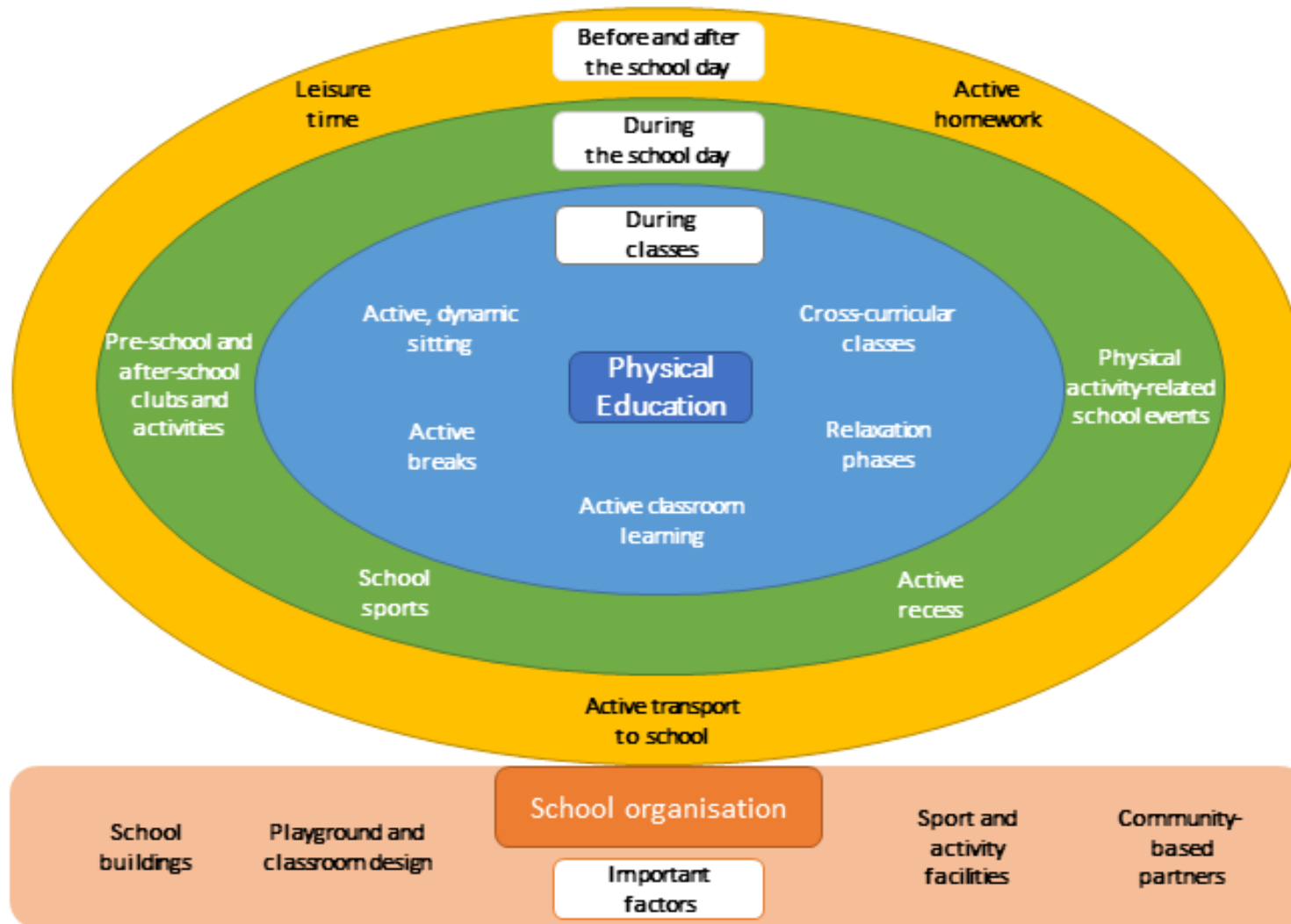
3. School in Motion

Model: School in Motion (BASPO, 2011)



Modell: Bewegte Schule

3. School in Motion



A model of an Active School (Scheuer & Bailey, 2020)

Effects of a school in motion (Dordel & Breithecker, 2003)

- ✓ Good physical motoric
- ✓ Cognitive ability
- ✓ Social competence
- ✓ Self-sufficiency
- ✓ Development of a positive self-concept
- ✓ Current state of mind
- ✓ School satisfaction and enjoyment of learning

Physical activity promoting school

- Changing environment / context
- Responsibility of the school
- Concept
- Contribution of
 - ✓ politics
 - ✓ school
 - ✓ parents

4. Practical Examples

Lessons in motion

Breaks

Learning in motion

Homework of movement exercises

Movement-friendly equipment and material

Voluntary school sports

Compulsory physical education

Health and physical activity programs

School environment and free time

School events