



Course Code EDUP-256	Course Title Physical Education in Pre-Primary School	Credits/ECTS 4
Department Pedagogical Studies	Semester Fall/Spring	Prerequisites None
Type of Course Required	Field Physical Education	Language of Instruction Greek
Level of Course Undergraduate	Year of Study 2 nd	Lecturer Dr Marios Christou

Objectives of the Course:

The theoretical and practical preparation of students into the subject of teaching physical education in Pre-primary education.

Learning Outcomes:

1. Understanding the purpose and objectives of physical education lessons in the pre-primary school.
2. Consolidation of the importance of physical education in the pre-primary school and the major goal of “Exercise for Lifelong Health”.
3. Knowledge of basic anatomy, anthropological physiological and motor skills characteristics of children aged 3-6 yrs
4. Knowledge of cognitive, emotional and social development of children aged 3-6 years
5. Acquiring the necessary skills and attitudes (theoretical and practical) about the course of Physical Education
6. Organize and design plans, and implementation of daily physical education lesson (adapted according to the developmental level of each child).
7. Development and implementation of interdisciplinary lesson of physical education, including themes or issues that arise from other disciplines (eg language, mathematics).

Course Contents:

1. Introduction to physical education. Consolidation of the importance of physical education in pre-primary school and the major goal of “Exercise for Lifelong Health”.
2. Basics of anatomy, physiology. Anthropometric characteristics and physical abilities of children aged 3-6 years.
3. Emotional and psychomotor development. Motor skills and physical capacities for children aged 3-6 years
4. The importance of “Games” in teaching Physical Education. Interdisciplinary Physical Education program "The Physical Education in relation to mathematics, environment, music, language etc.
5. Organize physical education lessons (daily, weekly, monthly, and yearly plans)
6. Practical implementation (application of theory to practice)

Teaching Methods:

Lecture, individual and group work, student theoretical and practical presentations

Assessment methods

Individual project, group project, presentation, final examination

Required Textbooks:

Authors	Title	Publisher	Year	ISBN
Gallahue, D.L. (Translation- Editing: Evangelinou, Ch., & Pappa, A.)	Developmental Physical Education for Today's Children	University Studio Press.	2002	900-12-1062-8

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
1. Papaioannou, A., Theodorakis, G., & Goudas, M.	For a Better Physical Education	Christodoulidis Publications	2003	
2. Batllori, J.	50 Physical Education Games .	Malliaris	2003	
3. Riga, B. .	Body Expression in Pre-Elementary and Elementary School	Tepothito	2001	
4. Graham, G., Ann Holt/Hale S., Parker.	Children moving. Sixth edition. A reflective approach to teaching physical education	Mc Graw Hill.	2004	
5. Kaufman, K.A.	Inclusive creative	Human	2006	

	movement and dance.	Kinetics		
6. Malina and Bouchard	Growth, maturation, and physical activity. 2 nd Edition.	Human Kinetics.	2004	
7. Overby, L.Y., Post, B.C., Newman, B.	Interdisciplinary learning through dance.	Human Kinetics.	2003	
8. Kambas, A.	Introduction to Motor Development	Athlotypo	2004	
9. Kambas, A.	Motor skills: Development and practice in pre-elementary and elementary school and in club.	University Studio Press	2003	