

**1. General information****Course:** MOTOR SKILLS AND HEALTH IN EARLY CHILDHOOD EDUCATION**Code:** 47301**Type:** CORE COURSE**ECTS credits:** 6**Degree:** 301 - UNDERGRADUATE DEGREE IN EARLY CHILDHOOD EDUCATION**Academic year:** 2021-22**Center:** 101 - FACULTY OF EDUCATION IN ALBACETE**Group(s):** 12 16**Year:** 1**Duration:** First semester**Main language:** Spanish**Second language:****Use of additional languages:****English Friendly:** Y**Web site:****Bilingual:** N**Lecturer:** JUAN CARLOS PASTOR VICEDO - Group(s): 12 16

| Building/Office                  | Department                                           | Phone number     | Email                     | Office hours |
|----------------------------------|------------------------------------------------------|------------------|---------------------------|--------------|
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**2. Pre-Requisites**

Not established

**3. Justification in the curriculum, relation to other subjects and to the profession**

Not established

**4. Degree competences achieved in this course****Course competences**

| Code        | Description                                                                                                                                                                                                                                   |
|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.1.4.II.01 | Know the basic principles of healthy development and behaviour.                                                                                                                                                                               |
| 1.1.4.II.02 | Identify disorders in sleep, diet, psychomotor development, attention, and auditory and visual perceptions.                                                                                                                                   |
| CB03        | Be able to gather and process relevant information (usually within their subject area) to give opinions, including reflections on relevant social, scientific or ethical issues.                                                              |
| CB04        | Transmit information, ideas, problems and solutions for both specialist and non-specialist audiences.                                                                                                                                         |
| CG03        | Design and regulate learning spaces within the context of diversity that attend to the singular educational necessities of the pupils, gender equality, equity, and respect for human rights.                                                 |
| CG08        | Know the fundamentals of childhood diet and hygiene. Know the fundamentals of early attention and the foundations and development that allow one to understand psychological, learning, and personality forming processes in early childhood. |
| CT03        | Correct oral and written communication.                                                                                                                                                                                                       |
| CT04        | Commitment and professional ethics.                                                                                                                                                                                                           |

**5. Objectives or Learning Outcomes****Course learning outcomes****Description**

Study and recognize body control and awareness, as well as the elements of the body scheme.

Critically analyse the educational potential of Physical Education in the stage of Early Childhood Education.

Analyse and interpret the motor abilities and their evolution in children of 0-6 years of age.

Know the elements of the evaluation of the physical condition that allow one to identify indicators of health in children in Early Childhood Education.

Know the most important elements that represent motor learning and development for children of 0-6 years of age.

Design activities related to healthy eating and sensorial education in the stage of early childhood (smells, colours, flavours, sounds, textures).

Identify and know how to put basic recommendations in practice that promote a healthy lifestyle in children in Early Childhood Education.

Interpret and comprehend the role of the senses and perception as a resource for the knowledge, organisation, and spatiotemporal structuralisation.

Manage the basic principles of healthy development and behaviour.

Utilise play as a didactic resource, as well as design learning activities based on ludic principles that allow the pupils to reach levels of physical activity that are adequate for health and proper development.

Know how to design action-plans to prevent and promote health from the school.

Know how to design adequate motor tasks so as to stimulate the proper development of motor skills, as part of a group learning project.

**6. Units / Contents****Unit 1:****Unit 1.1****Unit 1.2****Unit 1.3****Unit 2:****Unit 2.1****Unit 2.2****Unit 3:**

Unit 3.1  
Unit 3.2  
Unit 4:  
Unit 4.1  
Unit 4.2  
Unit 5:  
Unit 6:

#### 7. Activities, Units/Modules and Methodology

| Training Activity                           | Methodology                                  | Related Competences<br>(only degrees before RD<br>822/2021) | ECTS                                 | Hours | As | Com | Description |
|---------------------------------------------|----------------------------------------------|-------------------------------------------------------------|--------------------------------------|-------|----|-----|-------------|
| Class Attendance (theory) [ON-SITE]         | Combination of methods                       | 1.1.4.II.01 CB03 CB04 CG08                                  | 0.84                                 | 21    | Y  | N   |             |
| Class Attendance (practical) [ON-SITE]      | Practical or hands-on activities             | 1.1.4.II.02 CB03 CB04 CG03                                  | 0.78                                 | 19.5  | Y  | Y   |             |
| Project or Topic Presentations [ON-SITE]    | Cooperative / Collaborative Learning         | CB04 CG03 CT03 CT04                                         | 0.3                                  | 7.5   | Y  | Y   |             |
| In-class Debates and forums [ON-SITE]       | Cooperative / Collaborative Learning         | 1.1.4.II.01 CB03 CT03                                       | 0.36                                 | 9     | Y  | N   |             |
| Group tutoring sessions [ON-SITE]           | Guided or supervised work                    | CG03 CG08 CT04                                              | 0.04                                 | 1     | Y  | N   |             |
| Final test [ON-SITE]                        | Assessment tests                             | 1.1.4.II.01 1.1.4.II.02 CB04 CT03 CT04                      | 0.08                                 | 2     | Y  | Y   |             |
| Portfolio Development [OFF-SITE]            | Cooperative / Collaborative Learning         | 1.1.4.II.01 1.1.4.II.02 CB03 CT03 CT04                      | 0.96                                 | 24    | Y  | Y   |             |
| Writing of reports or projects [OFF-SITE]   | Self-study                                   | CB04                                                        | 0.4                                  | 10    | Y  | N   |             |
| Study and Exam Preparation [OFF-SITE]       | Self-study                                   | 1.1.4.II.01 1.1.4.II.02 CB03 CG08                           | 1.6                                  | 40    | Y  | N   |             |
| Analysis of articles and reviews [OFF-SITE] | Reading and Analysis of Reviews and Articles | CB03 CB04                                                   | 0.4                                  | 10    | Y  | N   |             |
| On-line debates and forums [OFF-SITE]       | Online Forums                                | 1.1.4.II.01 CB03 CT03                                       | 0.24                                 | 6     | Y  | N   |             |
| Total:                                      |                                              |                                                             | 6                                    | 150   |    |     |             |
| Total credits of in-class work: 2.4         |                                              |                                                             | Total class time hours: 60           |       |    |     |             |
| Total credits of out of class work: 3.6     |                                              |                                                             | Total hours of out of class work: 90 |       |    |     |             |

As: Assessable training activity

Com: Training activity of compulsory overcoming (It will be essential to overcome both continuous and non-continuous assessment).

#### 8. Evaluation criteria and Grading System

| Evaluation System                  | Continuous assessment | Non-continuous evaluation* | Description |
|------------------------------------|-----------------------|----------------------------|-------------|
| Portfolio assessment               | 40.00%                | 20.00%                     |             |
| Assessment of active participation | 10.00%                | 10.00%                     |             |
| Final test                         | 50.00%                | 70.00%                     |             |
| <b>Total:</b>                      | <b>100.00%</b>        | <b>100.00%</b>             |             |

According to art. 4 of the UCLM Student Evaluation Regulations, it must be provided to students who cannot regularly attend face-to-face training activities the passing of the subject, having the right (art. 12.2) to be globally graded, in 2 annual calls per subject, an ordinary and an extraordinary one (evaluating 100% of the competences).

#### 9. Assignments, course calendar and important dates

| Not related to the syllabus/contents                                                      |              |
|-------------------------------------------------------------------------------------------|--------------|
| <b>Hours</b>                                                                              | <b>hours</b> |
| Group tutoring sessions [PRESENCIAL][Guided or supervised work]                           | 1            |
| Final test [PRESENCIAL][Assessment tests]                                                 | 2            |
| <b>Unit 1 (de 6):</b>                                                                     |              |
| <b>Activities</b>                                                                         | <b>Hours</b> |
| Class Attendance (theory) [PRESENCIAL][Combination of methods]                            | 4.5          |
| Class Attendance (practical) [PRESENCIAL][Practical or hands-on activities]               | 3            |
| In-class Debates and forums [PRESENCIAL][Cooperative / Collaborative Learning]            | 2            |
| Portfolio Development [AUTÓNOMA][Cooperative / Collaborative Learning]                    | 4            |
| Writing of reports or projects [AUTÓNOMA][Self-study]                                     | 1            |
| Study and Exam Preparation [AUTÓNOMA][Self-study]                                         | 8            |
| Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles] | 1            |
| On-line debates and forums [AUTÓNOMA][Online Forums]                                      | 1            |
| <b>Unit 2 (de 6):</b>                                                                     |              |
| <b>Activities</b>                                                                         | <b>Hours</b> |
| Class Attendance (theory) [PRESENCIAL][Combination of methods]                            | 3            |
| Class Attendance (practical) [PRESENCIAL][Practical or hands-on activities]               | 3            |

|                                                                                           |              |
|-------------------------------------------------------------------------------------------|--------------|
| Project or Topic Presentations [PRESENCIAL][Cooperative / Collaborative Learning]         | 1.5          |
| In-class Debates and forums [PRESENCIAL][Cooperative / Collaborative Learning]            | 1            |
| Portfolio Development [AUTÓNOMA][Cooperative / Collaborative Learning]                    | 4            |
| Writing of reports or projects [AUTÓNOMA][Self-study]                                     | 2            |
| Study and Exam Preparation [AUTÓNOMA][Self-study]                                         | 6            |
| Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles] | 2            |
| On-line debates and forums [AUTÓNOMA][Online Forums]                                      | 1            |
| <b>Unit 3 (de 6):</b>                                                                     |              |
| <b>Activities</b>                                                                         | <b>Hours</b> |
| Class Attendance (theory) [PRESENCIAL][Combination of methods]                            | 4.5          |
| Class Attendance (practical) [PRESENCIAL][Practical or hands-on activities]               | 4.5          |
| Project or Topic Presentations [PRESENCIAL][Cooperative / Collaborative Learning]         | 1.5          |
| In-class Debates and forums [PRESENCIAL][Cooperative / Collaborative Learning]            | 2            |
| Portfolio Development [AUTÓNOMA][Cooperative / Collaborative Learning]                    | 5            |
| Writing of reports or projects [AUTÓNOMA][Self-study]                                     | 2            |
| Study and Exam Preparation [AUTÓNOMA][Self-study]                                         | 8            |
| Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles] | 2            |
| On-line debates and forums [AUTÓNOMA][Online Forums]                                      | 1            |
| <b>Unit 4 (de 6):</b>                                                                     |              |
| <b>Activities</b>                                                                         | <b>Hours</b> |
| Class Attendance (theory) [PRESENCIAL][Combination of methods]                            | 3            |
| Class Attendance (practical) [PRESENCIAL][Practical or hands-on activities]               | 3            |
| Project or Topic Presentations [PRESENCIAL][Cooperative / Collaborative Learning]         | 1.5          |
| In-class Debates and forums [PRESENCIAL][Cooperative / Collaborative Learning]            | 1            |
| Portfolio Development [AUTÓNOMA][Cooperative / Collaborative Learning]                    | 4            |
| Writing of reports or projects [AUTÓNOMA][Self-study]                                     | 2            |
| Study and Exam Preparation [AUTÓNOMA][Self-study]                                         | 6            |
| Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles] | 2            |
| On-line debates and forums [AUTÓNOMA][Online Forums]                                      | 1            |
| <b>Unit 5 (de 6):</b>                                                                     |              |
| <b>Activities</b>                                                                         | <b>Hours</b> |
| Class Attendance (theory) [PRESENCIAL][Combination of methods]                            | 1.5          |
| Class Attendance (practical) [PRESENCIAL][Practical or hands-on activities]               | 1.5          |
| Project or Topic Presentations [PRESENCIAL][Cooperative / Collaborative Learning]         | 1            |
| In-class Debates and forums [PRESENCIAL][Cooperative / Collaborative Learning]            | 1            |
| Portfolio Development [AUTÓNOMA][Cooperative / Collaborative Learning]                    | 2            |
| Writing of reports or projects [AUTÓNOMA][Self-study]                                     | 1            |
| Study and Exam Preparation [AUTÓNOMA][Self-study]                                         | 4            |
| Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles] | 1            |
| On-line debates and forums [AUTÓNOMA][Online Forums]                                      | 1            |
| <b>Unit 6 (de 6):</b>                                                                     |              |
| <b>Activities</b>                                                                         | <b>Hours</b> |
| Class Attendance (theory) [PRESENCIAL][Combination of methods]                            | 4.5          |
| Class Attendance (practical) [PRESENCIAL][Practical or hands-on activities]               | 4.5          |
| Project or Topic Presentations [PRESENCIAL][Cooperative / Collaborative Learning]         | 2            |
| In-class Debates and forums [PRESENCIAL][Cooperative / Collaborative Learning]            | 2            |
| Portfolio Development [AUTÓNOMA][Cooperative / Collaborative Learning]                    | 5            |
| Writing of reports or projects [AUTÓNOMA][Self-study]                                     | 2            |
| Study and Exam Preparation [AUTÓNOMA][Self-study]                                         | 8            |
| Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles] | 2            |
| On-line debates and forums [AUTÓNOMA][Online Forums]                                      | 1            |
| <b>Global activity</b>                                                                    |              |
| <b>Activities</b>                                                                         | <b>hours</b> |
| Class Attendance (theory) [PRESENCIAL][Combination of methods]                            | 21           |
| Class Attendance (practical) [PRESENCIAL][Practical or hands-on activities]               | 19.5         |
| Project or Topic Presentations [PRESENCIAL][Cooperative / Collaborative Learning]         | 7.5          |
| Portfolio Development [AUTÓNOMA][Cooperative / Collaborative Learning]                    | 24           |
| In-class Debates and forums [PRESENCIAL][Cooperative / Collaborative Learning]            | 9            |
| Group tutoring sessions [PRESENCIAL][Guided or supervised work]                           | 1            |
| Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles] | 10           |
| Study and Exam Preparation [AUTÓNOMA][Self-study]                                         | 40           |
| On-line debates and forums [AUTÓNOMA][Online Forums]                                      | 6            |
| Final test [PRESENCIAL][Assessment tests]                                                 | 2            |
| Writing of reports or projects [AUTÓNOMA][Self-study]                                     | 10           |
| <b>Total horas: 150</b>                                                                   |              |

| 10. Bibliography and Sources |                                                                                       |                  |      |      |      |             |
|------------------------------|---------------------------------------------------------------------------------------|------------------|------|------|------|-------------|
| Author(s)                    | Title/Link                                                                            | Publishing house | Citv | ISBN | Year | Description |
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|                                                                                                                                                                                                                                                                               | <a href="https://doi.org/10.1056/NEJMoa1614362">https://doi.org/10.1056/NEJMoa1614362</a>                                                 |                                 |      |
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| de Waal, E.                                                                                                                                                                                                                                                                   | Fundamental Movement Skills and Academic Performance of 5- to 6-Year-Old Preschoolers.                                                    |                                 | 2019 |
|                                                                                                                                                                                                                                                                               | <a href="https://doi.org/10.1007/s10643-019-00936-6">https://doi.org/10.1007/s10643-019-00936-6</a>                                       |                                 |      |
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| Barnett, L. M., Stodden, D., Cohen, K. E., Smith, J. J., Lubans, D., Lenoir, M., Iivonen, S., Miller, A. D., Laukkanen, A., Dudley, D., Lander, N. J., Brown, H., & Morgan, P. J.                                                                                             | Fundamental Movement Skills: An Important Focus.                                                                                          |                                 | 2016 |
|                                                                                                                                                                                                                                                                               | <a href="http://dx.doi.org/10.1123/jtpe.2014-0209">http://dx.doi.org/10.1123/jtpe.2014-0209</a>                                           |                                 |      |
| Brown, W. H., Pfeiffer, K. A., McIver, K. L., Dowda, M., Almeida, M. J., & Pate, R. R.                                                                                                                                                                                        | Assessing preschool children's physical activity: the Observational System for Recording Physical Activity in children-preschool version. |                                 | 2006 |
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