

TEACHING PLAYFUL ACTIVITIES

Course code	ECTS	Lecturer	Department	Language of Instruction
ERA63E	4	Mr. Dávid Horváth horvathdavidakos@gmail.com	Physical Education	English

Course Aim

Students will be exposed to free-time, sports and physical recreation activities that can be conducted within a school environment. Students will learn how to organize physical activities for the purpose of promoting a healthy lifestyle, establishing a sense of well-being, preventing illness, reducing stress and providing an opportunity for active relaxation. The aim of the course is for students to gain familiarity with many types of free-time sports activities, including outdoor forms of exercise.

Acquired Knowledge

Students will learn

- physically active methods for spending free-time
- recreational forms of activity for both indoor and outdoor situations
- the role of physical exercise in preventing disease and developing a sense of well-being
- the fundamentals of organizing and conducting recreational activities

Abilities

The students must be able to

- apply the theoretical framework for free-time forms of exercise
- utilize recreational activities, with particular emphasis on usage of adaptive sports recreation
- plan and conduct recreational trainings

Attitude

Students must

Genuinely Represent:

- the importance of free-time, physical exercise conducted over a lifetime
- the significance of a health-conscious lifestyle

Be Open Toward:

- different types of lifestyle sports, or to becoming familiarized with a wide range of other recreational sports activities

Strive For:

- the inclusion of elements related to a healthy lifestyle into their own daily practices
- the continuation of a lifestyle that is also exemplary in the area of disease prevention.

Autonomy, responsibilities

Students must independently complete the following aspects:

- practice of the exercises and techniques connected to the material covered during the semester

Accept responsibility for:

- preserving their own and others physical well-being as the course material is being practiced

Requirements, Compulsory Literature

Gallahue, D. A. (1996). *Developmental physical education for today's children* (3rd ed.). Madison, WI: Brown and Benchmark.

Graham, G., Holt/Hale, S. A., & Parker, M. (1998). *Children moving: A reflective approach to teaching physical education*. Mountain View, CA: Mayfield.

Gruber, J.J. 1985. "Physical Activity and Self-Esteem Development in Children: A MetaAnalysis." *The Academy Papers* 19: 30–48.

Lund, Jacqueline (2015) *Standards-Based Physical Education Curriculum Development*, Jones and Bartlett Learning, US.

Mitchell, S. A., Griffin, L. L., & Olsin, J. L. (1994). Tactical awareness as a developmentally appropriate focus for the teaching of games in elementary and secondary physical education. *Physical Educator*, 51(1), 21-28.

Competencies, Topics

- the fundamentals of recreational trainings, connected forms of activities and their methods
- physical activities that can also be used for free-time recreation
- recreational sports/physical activities that can be done individually or in groups
- outdoor sports