

## MODULE DESCRIPTOR

<b>MODULE TITLE</b>	ESSENTIALS OF PHYSICAL EDUCATION		
<b>MODULE CODE</b>	TL1117 (L4)	<b>CREDIT VALUE</b>	20 UK CREDITS / 10 ECTS
<b>SCHOOL</b>	SCHOOL OF SCIENCES		

### MODULE AIMS

The aim of the module is to develop a practical and theoretical understanding of Physical Education. Students will understand when, how and why the National Curriculum evolved, and the influential policies and strategies that have contributed to its development. The practical element of the module will support the learners understanding of the requirements of the curriculum and develop an appreciation of the range of delivery and assessment methods used within Physical Education.

### MODULE CONTENT

#### Indicative syllabus content:

The module content will typically include:

#### **THE DEVELOPMENT OF PHYSICAL EDUCATION**

Philosophy and development of Physical Education and the National Curriculum

Contemporary government strategies to support Physical Education and Extra Curricular Sport

#### **COMPONENTS OF THE NATIONAL CURRICULUM AND SCHOOL PHYSICAL EDUCATION**

Introduction to Core and Foundation subjects.

Description for Key Stages, Attainment Targets and Level Descriptions.

Cross Curricular links and ICT opportunities

Examination PE – GCSE, BTEC, and A Level

#### **PEDAGOGY AND DELIVERY OF PHYSICAL EDUCATION**

Models of Physical Education – TGfU, Sport Education, Cooperative Learning, Personal Social Responsibility, Health Promotion, Individualise Learning, Outdoor Classrooms.

Physical Literacy, FMS and FSS

Assessment without levels – SOLO taxonomy

PCDE's, Mental Toughness 4 C's, and Growth Mindsets

Inclusion, Integration and Differentiated needs in PE - Models of differentiation – TREE, STEP

Skill Acquisition and Development

#### **TEACHING OF NATIONAL CURRICULUM ACTIVITIES**

Schemes of work and lesson planning.

Learning to deliver the Breadth of PE Study; Dance Activities, Games Activities, Gymnastics Activities, Swimming Activities and Water Safety, Athletic Activities, Outdoor and Adventurous Activities

### INTENDED LEARNING OUTCOMES

On successful completion of this module a student will be able to:

1. Evaluate the role of PE within the Context of Education and human development.
2. Display an understanding of the National Curriculum requirements of Physical Education throughout the Key Stage range and the development of the Physical Education curriculum. This will be measured in the assignments.
3. Demonstrate the knowledge and skills to be able plan and deliver a Physical Education lesson under the national curriculum framework. This will be measured in the assignments.

### TEACHING METHODS

The module will use a range of teaching and learning strategies. These will include lectures, seminars, discussion sessions, web-based material and practical sessions. Students will be required to read widely and develop their own professional practice. Guest speakers may be included.

### ASSESSMENT METHODS

This module is assessed through an activity demonstration and an essay.

