

## 26657 - Outdoor Physical Activities

### Syllabus Information

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**Academic Year:** 2019/20

**Subject:** 26657 - Outdoor Physical Activities

**Faculty / School:** 107 -

202 -

301 -

**Degree:** 300 - Degree in Primary School Education

298 - Degree in Primary School Education

299 - Degree in Primary School Education

**ECTS:** 6.0

**Year:** 300 - Degree in Primary School Education: 4

299 - Degree in Primary School Education: 4

298 - Degree in Primary School Education: 4

**Semester:** 298 - First semester

298 - First semester

298 - First semester

298 - First semester

298 - First semester

298 - First semester

298 - First semester

298 - First semester

298 - First semester

298 - First semester

298 - First semester

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298 - First semester

299 - First semester

299 - First semester

300 - First semester

300 - First semester

**Subject Type:** Optional

**Module:** ---

## 1.General information

### 1.1.Aims of the course

### 1.2.Context and importance of this course in the degree

### 1.3.Recommendations to take this course

## 2.Learning goals

### 2.1.Competences

### 2.2.Learning goals

### 2.3.Importance of learning goals

### 3. Assessment (1st and 2nd call)

#### 3.1. Assessment tasks (description of tasks, marking system and assessment criteria)

### 4. Methodology, learning tasks, syllabus and resources

#### 4.1. Methodological overview

The learning process that has been designed for this subject is based on the following:

The subject presents different methodological strategies to develop the assigned competences. The main characteristic of the combination of learning activities is the search for an emancipative methodology so that students can acquire competences with autonomy and solvency.

Different work spaces will be combined, such as the classroom, the teaching office and the sports facilities. At the same time, different strategies will be developed as a master lesson, participatory group techniques, learning by problems or projects, group and individual academic tutoring and motor practice activities.

#### 4.2. Learning tasks

The program offered to the student to help him achieve the expected results includes the following activities ...

In the following table are related the competences of the degree that the subject develops, its learning outcomes, the evaluation instruments that are going to be requested to the students and the teaching-learning activities associated to each one of them.

Title competencies. Results of. Learning Instr. Learning Activities Evaluation

Classroom Seminar Non-attendance Sports Facilities

C61 1.- Compile, apply and use different resources related to the specific didactic (curricular proposals throughout the stage, learning situations, methodology and evaluation) of the different activities of school physical education.

Procedures: didactic backpack

1.- Master Lesson

2.- Participatory group techniques. 4.- Academic activities in small group. 5.- Motor Practice Activities

2.- Participatory group techniques.

3.- Problem-based learning. 6.- Individual Non-contact.

2.- Design learning situations adjusted to specific educational purposes in a specific context for each of the activities

proposed. Written procedures: theoretical-practical questions. 1.- Master Lesson

2.- Participatory group techniques. 5.- Motor Practice Activities

2.- Participatory group techniques.

3.- Problem-based learning. 6.- Individual Non-contact.

3. Know the didactic foundations of each proposed activity to take them to the physical education class in primary education.

Written procedures: theoretical-practical questions. 1.- Master Lesson

2.- Participatory group techniques. 5.- Motor Practice Activities

2.- Participatory group techniques. 6.- Individual Non-contact.

Table of Learning Activities.

1.- Magisterial Lesson (Theoretical-expository classes, in a large group) Description:

Presentation in the classroom of the fundamental concepts and development of the proposed contents. The teacher's expositions will be combined with the presentation of questions, cases and educational situations that involve the students in a discovery process through which learning can take place. In each of the subjects, the faculty will inform the students of the bibliography used for their development.

2.- Participatory group techniques. Description:

Group activities in which the student assumes active participation in their learning, as for example and among others:

Questions and answers, Debates, Panel with experts, Whirlwind of ideas, Case studies, etc ...

3.- Problem-based learning. Description:

Carry out a learning project according to the parameters that are defined.

4.- Academic activities in small groups. Description:

Actions of monitoring and control of the development of the work of the students related to the subject in any of its aspects, in attention in small groups.

5.- Motor practice activities. Description.

Active participation in the motive action proposals that are proposed for the development of the proposed activities.

6.- Individual / group non-contact activities. Description:

Realization of activities aimed at learning the contents of the subject through the search, review and analysis of documents, databases, web pages, etc. that culminate in the study and appropriation of said documentation and contents.

#### 4.3. Syllabus

Assignment program

The program due to the variability of resources in the centers of the University of Zaragoza will be specified at the beginning of each of them in the different centers. Therefore, this agenda is orientative and only supposes an example of the possible activities.

1. Introductory module to the activities.

2. All-terrain bicycle. The bicycle at school. The mechanics on the bicycle. Advice and possibilities in the urban environment and in the natural environment.

3. Climbing. Types of climbing. Most used techniques. Initiation in school. Materials: its use and care.

4. Snow activities. The ski. History. Different modalities Equipment and materials. Preparation of skis. Different techniques for skiing. Teaching of skiing at school age. Safety rules in skiing.

5. Hiking. Games in nature. Different modalities Hiking in primary. Great games in nature.

6. Orientation. History. Different modalities Characteristic elements of orientation: the map and the compass. Basic techniques Orientation at school. Survey techniques. Interdisciplinary possibilities.

#### **4.4.Course planning and calendar**

4.4.Planning of learning activities and calendar of key dates

Calendar of face-to-face sessions and presentation of works

The dates of distribution of the Teaching-Learning Activities will be determined in each center, so we recommend the periodic visit to the "calendar" in the Teaching Digital Ring where the specific dates will be updated.

At the beginning of the course, those responsible for it will facilitate the exact distribution of the sessions and their timing.

At the beginning of the subject, in the presentation, the specific activities to be carried out and the key dates will be facilitated. This information will be available in the ADD from the first week of the course.

#### **4.5.Bibliography and recommended resources**

It is found on the library's website

<http://psfunizar7.unizar.es/br13/eBuscar.php?tipo=>