

Programación semanal

En la programación semanal te presentamos un reparto del trabajo de la asignatura a lo largo de las semanas del cuatrimestre.

	Units	Activities (6 puntos)
Semana 1	Unit 1. Neuromotor development of the human being 1.1.How to study this unit? 1.2.The Primary Education stage (from 6 to 12 years old) 1.3.Neuromotricity and executive functions	Mandatory assistance to two virtual classes; to choose through the study period of the subject (0,1 points each).
Semana 2	Unit 1. Neuromotor development of the human being (continuation) 1.3. Neuromotricity and executive functions 1.4. Projects and organization of activities based on students' neuromotor development 1.5. Bibliographical references	Task 1: Neuromotor development (0,7 puntos) Test Unit 1 (0,2 puntos)
Semana 3	Unit 2. Motor learning and motor competence 2.1. How to study this unit? 2.2. Constructivist development applied to physical education: Key concepts 2.3. Ecological approach to motor competence 2.4. Bibliographical references	Task 2: The ecological approach (0,7 puntos) Test Unit 2 (0,2 puntos)
Semana 4	Unit 3. Fundamentals of motor-development games as a teaching resource 3.1. How to study this unit? 3.2. Motor skills and motor-development games 3.3. Motor-development games: Features and application	
Semana 5	Unit 3. Fundamentals of motor-development games as a teaching resource (continuation) 3.4. Teaching strategies for motor-development games 3.5. Types of games for the students in the Primary Education stage 3.6. Bibliographical references	Task 3: Teaching strategies (0,7 puntos) Test Unit 3 (0,2 puntos)
Semana 6	Unit 4. Basic curricular elements of physical education in the Primary Education stage: Competences, objectives, contents and assessment 4.1. How to study this unit? 4.2. Competences and objectives 4.3. Assessment process 4.4. Practical proposals for the development of teaching contents 4.5. Bibliographical references	Test Unit 4 (0,2 puntos)
Semana 7	Unit 5. Contents (I) Health and education: Hygienic-postural habits in physical education 5.1. How to study this unit? 5.2. Components of physical fitness	Task 4: Components of physical fitness (0,7 puntos)

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Semana 8	Unit 5. Contents (I) Health and education: Hygienic-postural habits in physical education (continuation) 5.3. Joint by joint 5.4. Strength as a fundamental component of physical fitness 5.5. References	Test Unit 5 (0,2 puntos)
Semana 9	Unit 6. Contents (II) Health and education: Components of physical fitness in physical education 6.1. How to study this unit? 6.2. Endurance 6.3. Speed 6.4. Range of motion 6.5. Bibliographical references	Test Unit 6 (0,2 puntos)
Semana 10	Unit 7. Contents (III) Fundamental motor skills in physical education 7.1. How to study this unit? 7.2. Displacements 7.3. Twists and turns	
Semana 11	Unit 7. Contents (III) Fundamental motor skills in physical education (continuation) 7.4. Jumps 7.5. Throwing skills 7.6. Receptions 7.7. References	Forum: Talking about early sport specialization (0,5 puntos) Test Unit 7 (0,2 puntos)
Semana 12	Unit 8. Contents (IV) Sports in physical education 8.1. How to study this unit? 8.2. Individual sports 8.3. Racquet/combat sports	
Semana 13	Unit 8. Contents (IV) Sports in physical education (continuation) 8.4. Collective sports 8.5. Models and conception of sport in the 21st century 8.6. Bibliographical references	Task 5: Models and conception of sport (0,7 puntos) Test Unit 8 (0,2 puntos)
Semana 14	Unit 9. New methodological proposals for physical education in the 21st century 9.1. How to study this unit? 9.2. Excellence, creativity and learning contexts 9.3. Nudge: Learning and movement environments 9.4. TIC - TAC in physical education 9.4 Gamification in education 9.5. Bibliographical references	Test Unit 9 (0,2 puntos)
Semana 15	Summary of the subject	
Semana 16	Semana de exámenes	