# Teaching and Methodology of Motor Activities (with a teaching workshop)

## Prof. Francesco Casolo

***COURSE AIMS AND INTENDED LEARNING OUTCOMES***

The course aims to teach students the objectives and forms of movement motor activities for children intended as a period of growth, not only physically, but socially and intellectually and cognitively. At the end of the course, students will know and understand:

a) the theories of movement and be able to collocate them in a psychological-pedagogical context;

b) psychomotor characteristics in children and the main aspects of teaching motor activities suitable for age and gender;

c) methodology and strategies for inclusion, self-control and perception of self:

Students will know how to apply this knowledge to the planning and execution of recreational motor activities for cognitive, social and motor growth in children.

In addition, students will know communication skills which are useful for educational relations and for the ability to assess pupils’ learning in an appropriate manner.

***COURSE CONTENT***

Theory part

* Human movement and its forms in the environment of culture and contemporary values
* Functions and structures of human movement
* Lack of movement : hypokinesia and motor illiteracy
* Motor development: ontogeny and development of basic motor patterns from birth to 11
* Functional prerequisites and their structure
* The various aspects of psycho-motor education and relations with bodily growth, neuro- motor and mental development.
* Learning skills and the development of coordination and conditional skills in childhood
* Body and self-efficacy
* Motor activity and social-intellectual, emotional and moral development
* General principles of graduality and progressivity in movement and methodological-teaching variables
* Teaching strategies

Practical part

* Development of sociability
* Sensorial education
* Postural education
* Breathing education
* Body expression
* Spatial-temporal perception and organisation, lateral development
* From basic motor patterns to forms of gestures applied to sport
* From macro planning to operative programming: teaching sequences, work units and learning units for different ages.

The course is supplemented by didactic-workshop activities entrusted to expert conductors, and characterised by specific themes and methodologies agreed upon with the course teacher. Each workshop edition will be aimed at the production of a project/artefact, the assessment of which will be entrusted to the above-indicated conductor/s on the basis of parameters shares with the course teacher, and based on criteria of: completeness, coherence, originality, didactic value.

***READING LIST***

F. Casolo, *Didattica delle attività motorie per l’età evolutiva*, Vita e pensiero, Milan 2011

F. Casolo-G. Frattini*, Crescere giocando: neurodidattica dei giochi di movimento,* Vita e pensiero, Milano 2023.

F. Casolo-G. Frattini, *Educazione motoria: percorsi ludici di apprendimento,* Scholé Editrice Morcelliana, Brescia 2021.

F . Casolo-S. Melica, *Neuroscienze, corporeità ed espressività,* Vita e Pensiero, Milano 2022.

M. Mondoni – C. Salvetti, *Didattica del movimento per la scuola dell’infanzia*,Vita e Pensiero, Milano, 2015

D. Coco, *Pedagogia del corpo ludico-motorio e sviluppo morale*, Editoriale Anicia, 2014

***TEACHING METHOD***

The course consists of: theory lectures in the classroom, theory-practical lectures in the multi-media gym and practical workshops in the gym.

***ASSESSMENT METHOD AND CRITERIA***

Final assessment, consisting in two different parts (compulsory for all students):

1) a written exam (interim test) on the theoretical part of the course, based on 20 multiple choice items. Students will get 1 point for each correct answer and 0 points for each wrong answer. The maximum is 20 points). The overall score out of 20 is then divided into fifteenths representing the admission mark for the oral exam, which can be accessed with a minimum score of eight fifteenths. Students can prepare for this part using the first two textbooks in the reading list.

2) an oral exam, based on the theoretical-practical part of the course, the learning paths and the workshops. Students will be assessed on accuracy of their answers, use of appropriate terminology, ability to create a structured and coherent argumentation, and ability to identify conceptual connections. The mark will be expressed in fifteenths. Students can prepare for this part studying the 3rd textbook + one chosen from the 4th, 5th and 6th textbook in the reading list.

The final mark will result from the sum of the points obtained in the two different exams.

***NOTES AND PREREQUISITES***

There are no prerequisites for attending the course. However, students should be interested in the subject and willing to take an active part in both theoretical and practical lectures. Proper sports attire is recommended for the practical lectures.

Additional information regarding course and content is avilable on the Blackboard platform.

Further information can be found on the lecturer's webpage at http://docenti.unicatt.it/web/searchByName.do?language=ENG or on the Faculty notice board.