

1. Record Nr.	UNINA9910461916703321
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Titolo	An introduction to primary physical education // edited by Gerald Griggs
Pubbl/distr/stampa	Hoboken, : Taylor and Francis, 2012
ISBN	1-280-68227-2 9786613659217 0-203-13188-6 1-136-47668-7
Descrizione fisica	1 online resource (257 p.)
Disciplina	372.86
Soggetti	Education, Elementary -- Activity programs Movement education -- Study and teaching (Elementary) Physical education for children Physical education for children - Study and teaching (Elementary) Movement education - Activity programs Education, Elementary Social Sciences Recreation & Sports Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Front Cover; An Introduction to Primary Physical Education; Copyright Page; Contents; List of figures; List of tables; Acronyms; Notes on Contributors; Editor's Preface; Acknowledgements; Part 1 Introducing Primary Physical Education; Chapter One Surveying the landscape of primary physical education; Chapter Two The importance of primary physical education; Chapter Three The challenges and potential within primary physical education; Chapter Four The future of primary physical education: A 3-14 developmental and connected curriculum; Part 2 Curriculum Chapter Five The development of the physical education curriculum in primary schools in the United Kingdom Chapter Six Games in the

primary school: They can't catch so what's the point in teaching them to play a game?; Chapter Seven Gymnastics in the primary years: The foundation of learning to move with enhanced confidence, competence and imagination; Chapter Eight Dance teaching and learning possibilities within the early years and primary school context; Chapter Nine Getting athletics off the track, out the sack and 'back on track' Chapter Ten Outdoor and adventurous activities: From desks to densPart 3 Issues in Primary Physical Education; Chapter Eleven Addressing training and development needs in primary Physical Education; Chapter Twelve Towards a more inclusive provision; Chapter Thirteen Placing an importance on health and physical activity; Chapter Fourteen Creative physical education: There is always another way!; Index

Sommario/riassunto

Physical Education is a core component of the primary school curriculum. The primary years are perhaps the most significant period for motor development in children, a time during which basic movement competencies are developed and which offers the first opportunity for embedding physical activity as part of a healthy lifestyle. This is the first comprehensive introduction to the teaching of PE in the primary school to be written exclusively by primary PE specialists, with primary school teaching experience. The book highlights the importance of PE in the primary curriculum and the ke
