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Autore	Garcés-Manzanera Aitor
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Sommario/riassunto	This book offers a grounded and practical guide for integrating content and language learning in Physical Education, without reducing movement time or overloading the lesson. Based on recent empirical

studies, it brings together CLIL pedagogy, motivation theory, and inclusive principles such as Universal Design for Learning, showing how these can work together to support both participation and learning. The chapters move from core concepts to a structured pedagogical model organised around pre-task preparation, communication through movement, and post-task reflection. Alongside this sequence, the book presents real classroom examples, ideas for adapting to diverse learners - including those with SEN - and concrete strategies for assessment through dual-purpose rubrics. The book also discusses how technology (e.g. video feedback, wearables, and AR) can support language and content learning in active contexts. Designed with both teachers and researchers in mind, it addresses classroom practice, initial teacher education, and broader implementation challenges.