



Teaching Physical Education in Kindergartens and Primary Schools

By [Ivana Kvasina](#)

Course details

- 🕒 One week course
- € Starting from 480€ (Cultural activities included)*
- 👥 Min. 4 - max. 14 participants
- 📄 Certificate of attendance included (80% of attendance required)
- 📍 Available in [Split](#) and [Valencia](#)

* A 60 € late registration fee will be applied if you register less than 8 weeks before the course start date.

Course description

Children's minds and bodies require movement to function properly. They enjoy it for the happiness it brings!

This course is designed for teachers in kindergartens and primary/elementary schools who want to learn new exercises and games for their classrooms, while also discovering the neuroscientific evidence that supports the effectiveness of movement for learning.

During the course, participants will discuss and practice various examples of indoor and outdoor activities, as well as active breaks for teaching physical education. They will also explore how to use physical education as a practical tool for learning and revising lessons.

Through teamwork and active participation, course participants will gain an innovative approach to physical education activities.

They will learn how to integrate physical education activities with curricular subjects such as arts, actively discuss the presented activities, and generate new ideas.

By the end of the course, participants will be equipped with practical tools for creating a more engaging and effective learning environment through physical education activities.





Learning outcomes

Participants in the course will learn to:

- Explain the importance of physical education in kindergartens and primary/elementary schools;
- Understand the background of movement from a neuroscience perspective;
- Identify fun and innovative ways to teach sports gymnastics;
- Describe the importance of fine motor skills for children's development;
- Learn fun ways to improve motor skills in a physical education class;
- Understand the connection between arts and physical education for sensory organ development;
- Apply knowledge of brain development and cognitive development to develop physical education activities that can be used to affect cognitive development.

Tentative schedule

Day 1 – Introduction to the course and setting goals

- Introduction to the course, introduction of teacher and participants;
- Icebreaker activities;
- Identification of the needs and goals of each participant;
- The importance of physical education in kindergartens and primary/elementary schools;
- Introduction of neuroscience: the backgrounds of movement.

Day 2 – Sports gymnastics as a base

- Discussing the importance of all sports;
- Learning fun and innovative ways to teach sports and gymnastics;
- Teamwork to make new ideas and create common digital materials.

Day 3 – Fine motor skills and rhythm

- Why are fine motor skills important for children's development?
- Learning fun ways to improve fine motor skills;
- How to affect fine motor skills development in a physical education class;
- Learning fun ways to improve rhythm;
- Team working to make new ideas and create common digital materials.





Day 4 – Arts and physical education together

- Introduction of neuroscience: the importance of arts for development;
- Introduction of neuroscience: sensory organs;
- Learning how to combine arts and physical education activities;
- Teamwork to make new ideas and create common digital materials.

Day 5 – Using physical education activities to affect cognitive development

- Introduction of neuroscience: brain development;
- Learning how to affect cognitive development using physical education activities;
- Learning how to use physical education activities to learn new lessons or repeat already learned;
- Team working to make new ideas and create common digital materials.

Day 6 – Course closure & cultural activities

- Course evaluation: round-up of acquired competencies, feedback, and discussion;
- Awarding of the course Certificate of Attendance;
- Excursion and other external cultural activities.

*The schedule describes likely activities but may differ significantly based on the requests of the participants, and the trainer delivering the specific session. Course modifications are subject to the trainer's discretion. If you would like to discuss a specific topic, please indicate it at least 4 weeks in advance.

Our courses usually include two cultural activities. Further information is available on the webpage of each course location.

About the provider

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