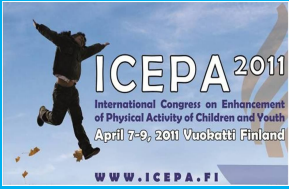


The CEReKi concept

When fundamental physical activity meet **IMAGINATION** and **AMUSEMENT**

BORIS JIDOVTSSEFF · MARY VANDERMEULEN · ANNE DELVAUX
Sport Science Department, University of Liege, Belgium



What does children need during preschool ?

<p>Psychomotor sequence of development</p> <p>Children from 3 to 6</p>	<p>Basic Fundamental Movements</p> <ul style="list-style-type: none"> Locomotor Movement <ul style="list-style-type: none"> ▶ Running, walking, leaping, jumping, sliding, skipping etc. Non-locomotor Movement <ul style="list-style-type: none"> ▶ Throwing, climbing, gripping, pushing, pulling, twisting Manipulative Movement <ul style="list-style-type: none"> ▶ Manipulating objects – fitting together, building, breaking etc... 	<p>Perceptual Ability</p> <ul style="list-style-type: none"> Visual Perception <ul style="list-style-type: none"> ▶ Color perception ▶ Shape and size perception ▶ Visual tracking ▶ Orientation ▶ Memorisation Kinesthetic Perception <ul style="list-style-type: none"> ▶ Body Scheme ▶ Lateralisation ▶ Movement perception ▶ Balance ▶ Tactile perception Auditory Perception <ul style="list-style-type: none"> ▶ Auditory localisation ▶ Auditory discrimination ▶ Auditory memorisation 	<p>Cognitive Stimulation</p> <ul style="list-style-type: none"> Counting Vocabulary Memorisation Reflexion
--	---	--	--

PHYSICAL ACTIVITY IS A GOOD WAY TO DEVELOP ALL THESE ASPECTS

More efficient with **Imagination** and **Amusement**

The cereki concept

University of Liege
CEREKi = Centre d'Etude et de Recherche en Kinantropologie (Study and research center in Kinantropologie)

Sport Centre
Adapted physical education + good conditions

- Schools are coming at the sport centrum
- Good conditions, quality equipment, swimming pool
- Specialised teachers
- Spending the whole day at the cereki
- 1X/month

Statistics:

- 4 to 8 groups /day
- 12 to 16 children/group => ± 80-90 children/day
- => 8000-9000 children/ year

9 categories of games

Track and field games Running, jumping and Throwing	Gymnastic circuits Twisting, rolling, jumping, climbing, hanging, etc.	Ball games Adapted football, basket ball, volley-ball, hockey...
Cooperation games Working, playing, building together	« strength » games Pushing, pulling, disbalancing, resisting, fighting etc...	Orientation games From simple notions (in front of, behind, over, under, inside, outside...) to complex orientation games
Building and imagination games Building blocks : an incredible source of Imagination	Other games Balls, hoops, ropes, scarfs, frisbee, cones, skateboard, etc.	Aquatic circuit Familiarisation, entering into the water, submersion, floating, propulsion, breathing

One day at the CEReKi

9:15 CHILDREN ARRIVE AT SPORT CENTRE	9:30 First Game : Football	10:15 Break for Biscuits Water Toilet	10:35 Second game : Rolling Circuit	11:30 Third game : Aquatic circuit	12:30 Lunch time	13:30 Fourth game : Running	14:05 Fifth game : Building blocks	14:40 Cool down Verbalization	14:45 Back to school
---	-------------------------------	--	--	---------------------------------------	---------------------	--------------------------------	---------------------------------------	----------------------------------	-------------------------

The keys of our succes

<p>Knowledge of children development</p> <p>To identify children level in fundamental motor skills is essential to offer an adapted intervention</p>	<p>Knowledge of the equipment « Discovery Chart »</p> <p>A good knowledge of the equipment is important to find more ideas about what to do with it, and you find more easily alternative solution when you want to individualize your teaching.</p>	<p>Adapt to children age</p> <p>These pictures are showing how we can adapt exercise to children level with the same equipment by modifying the instruction or the arrangement</p>	<p>Security</p> <p>We are very attentive to the security</p>	<p>stories / imagination / enjoyment</p> <p>Insert stories, stimulate imagination, favour the enjoyment, introduce variation are some important keys of our succes</p>	<p>Enthusiastic/communicative teachers</p> <p>Teachers have to be enthusiastic, communicative, and good actor for children. They should also gave positive feedback and emphasize children succes</p>
--	--	--	--	--	---