The CEReKi concept
When fundamental physical activity meets imagination and amusement

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What does children need during preschool?

- Physiological development
- Cognitive development
- Social development
- Emotional development

Psycho-motor development sequence

Basic motor skills are essential to the child's development.

First game:
- Track and field games
- Gymnastic circuits

Second game:
- Building and imagination games
- Other games

Third game:
- Aquatic circuit

Fourth game:
- Orientation games
- Ball games

The CEReKi concept
- Continuous and adapted physical education
- Social and communicative skills

The keys of our success
- Knowledge of the child's development
- Knowledge of the equipment
- Adaptation to the child's age
- Security, stories, and imagination
- Enthusiastic and communicative teaching

9 categories of games

- Locomotor Movement
- Visual Perception
- Non-locomotor Movement
- Kinesthetic Perception
- Manipulative Movement
- Auditory Perception
- Auditory memory
- Apperception
- Visual memory

Visual memory
Visual memory

More efficient with imagination and amusement

One day at the CEReKi

9:15 Children arrive at the CEReKi centre
9:30 First game: Football
10:15 Second game: Rolling Circuit
10:35 Third game: Aquatic Circuit
11:30 Lunch time
12:30 Fourth game: Building blocks
13:30 Fifth game: Building blocks
14:05 Cool down
14:40 Back to school

The cereki concept
- Adapted football, basketball, volleyball
- Other games
- Enthusiastic and communicative teachers

Adaptation to children's age

Charts and tables
- CEReKi - Centre d'Etude et de Recherche en Kinanthropologie (Study and Research Centre in Kinanthropology)
- University of Liege

Schools are coming at the sport centre
- First Game:
- Track and field games
- Gymnastic circuits

- Second Game:
- Building and imagination games
- Other games

- Third Game:
- Aquatic circuit

- Fourth Game:
- Orientation games
- Ball games

Enthusiastic and communicative teachers
- Knowledge of the child's development
- Knowledge of the equipment
- Adaptation to the child's age
- Security, stories, and imagination
- Enthusiastic and communicative teaching

Building blocks: an incredible source of imagination

Building, playing, building together

Familiarisation, entering into the water
- From simple notions (in front of, behind, over, under, inside, outside...) to complex orientation games
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Visual memory
Visual memory

Vegetables, fruits, imagination, fun/ the enjoyment, diversity/variation are some important keys of our success

Feedback and empathy children need

To individuality children's needs:
- Fundamental muscular activity to offer an adapted intervention

A good knowledge of the equipment is important:
- A good knowledge of the equipment is important when you want to offer an adapted intervention

Categories of games
- Locomotor Movement
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These pictures are showing how we can adapt exercise to children's level with the same equipment by modifying the instruction or the arrangement

We are very attentive to the security

Innovations, diverse imagination, fun/ the enjoyment, diversity/ variation are some important keys of our success

These teachers need to be enthusiastic, communicative, and good actors for children. They should also give positive feedback and empathy children need