SPORT CLASSES AT THE CEReKl :
A COMPLETE DAY FOR PRESCHOOL FUNDAMENTAL MOTOR DEVELOPMENT

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3-5 Y : Preschool (free, but not obligatory)

Physical education programme is developed
(2H / week) => « Psychomotricity »

• Big classes
• Insufficient infrastructures
• Non adapted equipment

In most case :
Additional programme at CEReKi
University of Liege

School ➔ School ➔ School ➔ School ➔ School

Sport Center

Moving is very important !!!
...but in a thinking way!

Physical education has to be adapted to children characteristics

- What does children need during preschool?
- Which kind of games do we do?
- How do we organise the activities?
- How do we organise the day?
- What are the key of CEReKi success?
Psychomotor sequence of development

What does children need during preschool?

Harrow’s taxonomy (1972)

Continuous development

From 1 year old

From 7 to 12-13 years old

Continuous development

From 3 to 8 years old

From birth

Children from 3 to 6

Basic Fundamental Movement

Locomotor Movement
- Running, walking, leaping, jumping, hopping, sliding, skipping etc.

Non-locomotor Movement
- throwing, climbing, gripping, pushing, pulling, twisting

Manipulative Movement
- Manipulating objects – fitting together, building, breaking etc.
What does children need during preschool?

### Perceptual

- **Visual perception**
  - Color perception
  - Shape and size perception
  - Visual tracking
  - Orientation
  - Memorisation

- **Tactile and kinesthetic perception**
  - Body Scheme
  - Lateralisatoin
  - Movement perception
  - Balance
  - Tactile perception

- **Auditory perception**
  - Auditory localisation
  - Auditory discrimination
  - Auditory memorisation
  - Rythme

+ inter-sensorial integration

### Cognitive stimulation

- **Counting**
- **Geometry**
- **Vocabulary**
- **Memorisation**
- **Reflexion**
- **Imagination**
- **Structuration**
What does children need during preschool?

Affective well-being situations

- Keep amusement!
- Stimulate imagination
- Self-confidence
- Positive feedback

What kind of games do we do?

9 categories of games

- Track and field games
- Gymnastic circuits
- Ball games
- Cooperation
- Building and image
- Team games
- Competitive circuit

Explore all kind of movement & Vary as much as possible
One day at the CEReKi (example)

9:15
CHILDREN ARRIVE AT SPORT CENTRE

9:30
First game: Football

10:15
Break for snacks

10:35
Second game: Water games

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

14:45
Back to school

How do we organize the activity?

What are the keys of 25 years of CEReKi success?

1. Knowledge of children development

To identify children level in fundamental motor skills is essential for adapted intervention.
2. Knowledge of the equipment

What are the keys of 25 years of CEReKi success?

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.
What are the keys of 25 years of CEReKi success?

2. Knowledge of the equipment

1 + 2 = 3. Adaptation to children age and/or level

How we can adapt exercise to children level with the same equipment by modifying the instruction or the arrangement.
4. Objective and subjective security

Objective security is very important, however, it is also important that children feel himself in security and then DARE!

5. Stories / imagination / enjoyment

Insert stories, stimulate imagination, favors the enjoyment and are important keys to successful activities.
What are the keys of 25 years of CEReKi success?

6. Enthusiastic and communicative instructors

Priority: to enjoy games and activities

Teachers have to be enthusiastic, communicative, and good actors for children. They should also give positive feedback and emphasize children’s success.

Questions?

... and don’t be afraid to play with children!!!
What are the keys of 25 years of CEReKi success?

Questions?