




SPORT CLASSES AT THE CEReKI :

A COMPLETE DAY FOR PRESCHOOL FUNDAMENTAL MOTOR DEVELOPMENT

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

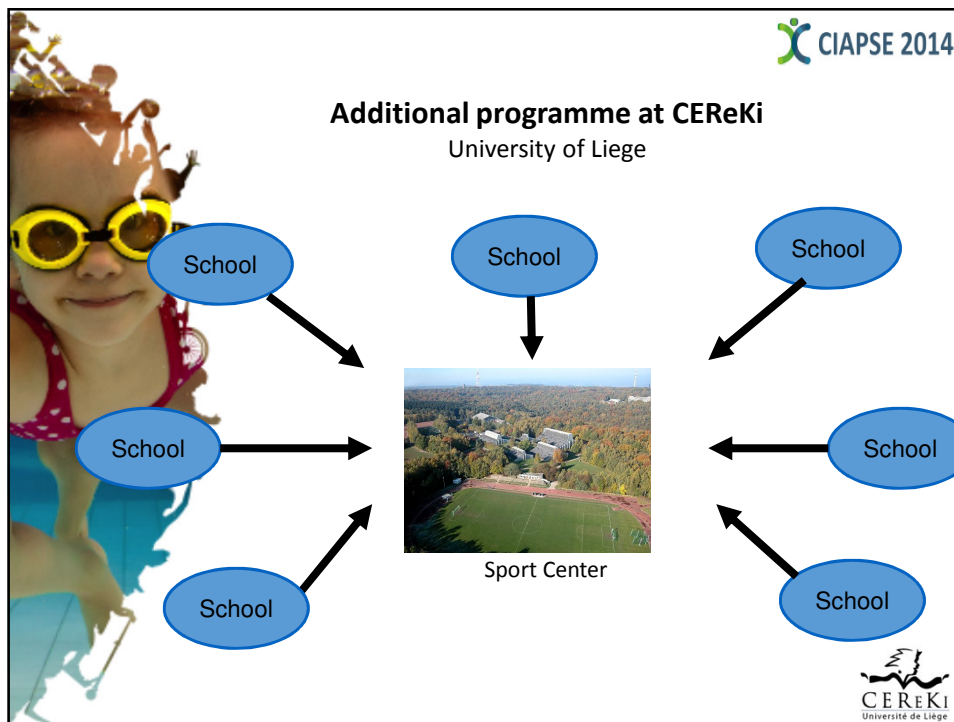
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Physical education programme is developed
(2H / week) => « Psychomotricity »

► In most case : {

- **Big classes**
- **Insufficient infrastructures**
- **Non adapted equipment**






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

► **Physical education has to be adapted to children characteristics**

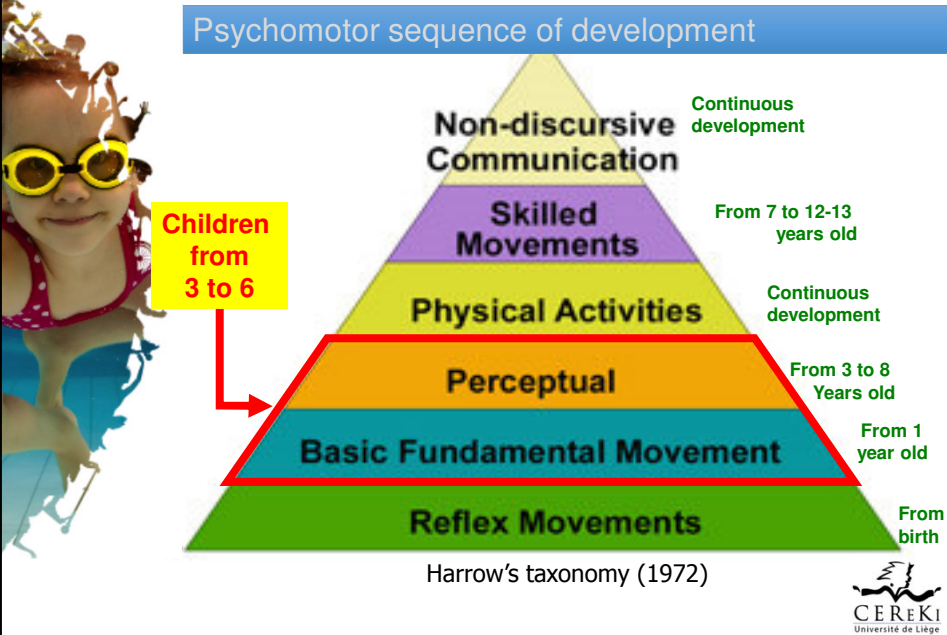
- What does children need during preschool ?
- Which kind of games do we do ?
- How do we organise the activities ?
- How do we organise the day ?
- What are the key of CEReKi success?



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What does children need during preschool ? 


Psychomotor sequence of development



Children from 3 to 6

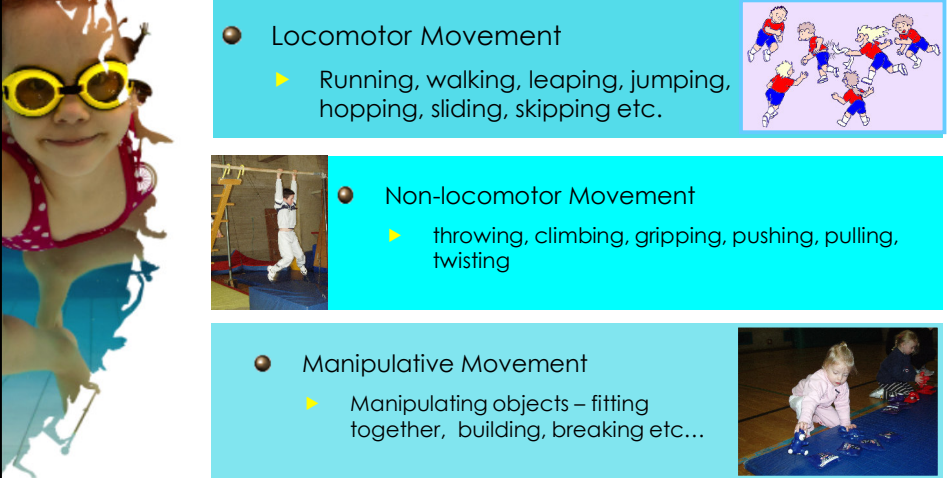
Harrow's taxonomy (1972)

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What does children need during preschool ? 

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...




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What does children need during preschool ? CIAPSE 2014


Perceptual

● Visual perception




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

● Tactile and kinesthetic perception




- ▶ Body Scheme
- ▶ Lateralisation
- ▶ Movement perception
- ▶ Balance
- ▶ Tactile perception

● Auditory perception



- ▶ Auditory localisation
- ▶ Auditory discrimination
- ▶ Auditory memorisation
- ▶ Rythme



+ inter-sensorial integration





What does children need during preschool ? CIAPSE 2014

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

Twisting, rolling, jumping, climbing, hanging, etc.



Ball games

Adapted football, basket ball, volley-ball, hockey...



Cooperation

Working, playing, building together



Orientation games

Front of, behind, over, under, 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











Explore all kind of movement
&
Vary as much as possible



How do we organize the activity ?

One day at the CEReKi (example)

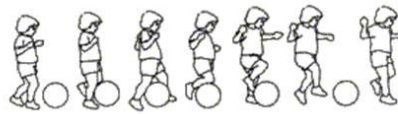
9:15 CHILDREN ARRIVE AT SPORT CENTRE	9:30 First Game : Football 	10:15 Break for Biscuits Water Toilet	10:35 Second game : Rolling Circuit 	11:30 Third game : Aquatic circuit 	
12:30 Lunch time					
13:30 Fourth game : Running 	14:05 Fifth game : Building blocks 	14:40 Cool down Verbalization 	14:45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



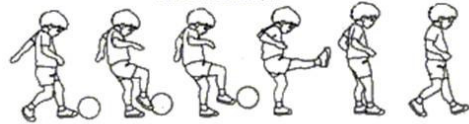
What are the keys of 25 years of CEReKi success ?

1. Knowledge of children development


Stade initial




Stade intermédiaire



Stade final



To identify children level in fundamental motor skills is essential for adapted intervention

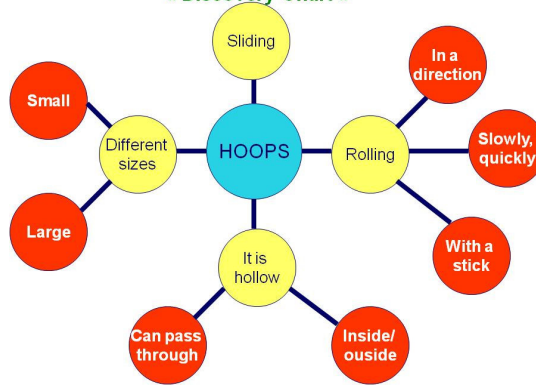


What are the keys of 25 years of CEReKi success ?



2. Knowledge of the equipment

« Discovery Chart »



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 ?

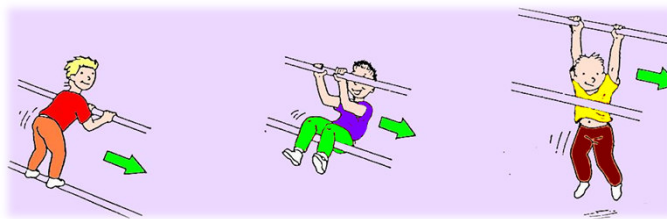


2. Knowledge of the equipment



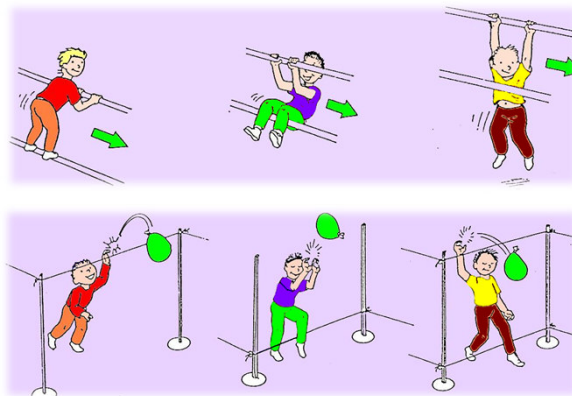
What are the keys of 25 years of CEReKi success ? 

2. Knowledge of the equipment



What are the keys of 25 years of CEReKi success ? 

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



What are the keys of 25 years of CEReKi success ?



4. Objective and subjective security



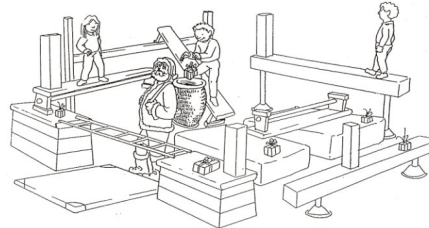
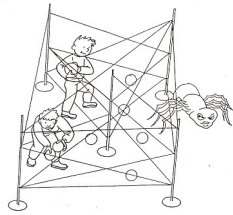
Objective security is very important, however, it is also important that children feel himself in security and then **DARE !**



What are the keys of 25 years of CEReKi success ?



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 actor for children. They should also gave positive feedback and emphasize children succes



What are the keys of 25 years of CEReKi success ?



... and don't be afraid to PLAY with children !!!



Questions ?



What are the keys of 25 years of CEReKi success ?



Questions ?

