

1.	Field of study	Pedagogy: Pre-School Education and Early School Education
2.	Faculty	Faculty of Fine Arts and Educational Science
3.	Academic year of entry	2025/2026 (winter term)
4.	Level of qualifications/degree	long-cycle studies
5.	Degree profile	general academic
6.	Mode of study	full-time

7.	General information about the module	
Module name		Methodology of Physical Education in Kindergarten and Grades I-III (sem. 1)
Module code		PP-E9-MWF1
Number of the ECTS credits		2
Language of instruction		Polish
Purpose and description of the content of education		Moduł ma na celu wyposażenie osoby studiującej w niezbędną wiedzę teoretyczną i metodyczną oraz umiejętności dydaktyczno-wychowawczych do prowadzenia zajęć ruchowych w przedszkolu i wychowania fizycznego w klasach I-III. Obejmuje zagadnienia dotyczące form ruchu stosowanych w przedszkolu i edukacji wczesnoszkolnej, typologie ćwiczeń ruchowych, gier i zabaw sportowych, możliwe do zastosowania metody i techniki oraz zasady projektowania zajęć zgodnie z potrzebami i możliwościami rozwojowymi dzieci oraz uczniów.
List of modules that must be completed before starting this module (if necessary)		not applicable

8.	Learning outcomes of the module			
Code	Description	Learning outcomes of the programme	Level of competenc (scale 1-5)	
PP-E9-MWF1_1	studentka/student zna i rozumie znaczenie i zasady demonstrowania ćwiczeń ruchowych, zasady planowania, organizowania i realizowania aktywności fizycznej dzieci/uczniów, w tym spontanicznej aktywności fizycznej oraz ćwiczeń fizycznych, zabaw i gier ruchowych, z zachowaniem zasad bezpieczeństwa, a także metody diagnozowania ogólnej sprawności fizycznej, w szczególności zdolności motorycznych powiązanych ze zdrowiem, zasady oceny wysiłku i osiągnięć dzieci/uczniów oraz strategie realizacji zajęć uwzględniających potrzeby i możliwości dzieci/uczniów ze specjalnymi potrzebami rozwojowymi, edukacyjnymi (E.9.W1; E.9.W2; E.9.W3; E.9.W4)	PP_W_09 PP_W_10 PP_W_13 PP_W_16	4 5 4 3	
PP-E9-MWF1_2	studentka/student potrafi poprawnie zademonstrować ćwiczenie ruchowe i zaplanować atrakcyjną aktywność fizyczną dzieci/uczniów, dostosowując zadania ruchowe do ich indywidualnych potrzeb i możliwości oraz czuwać nad bezpieczeństwem wychowanków podczas ćwiczeń ruchowych i diagnozować ich zdolności motoryczne (E.9.U1; E.9.U2; E.9.U3; E.9.U4; E.9.U5)	PP_U_02 PP_U_03 PP_U_04	4 4 4	
PP-E9-MWF1_3	studentka/student przejawia gotowość do formowania właściwych zachowań i postaw dzieci oraz uczniów, w tym wobec higieny, zdrowia i bezpieczeństwa oraz do krzewienia postawy dbałości o aktywność fizyczną we współpracy z nauczycielami, pedagogami, specjalistami, rodzicami/opiekunami wychowanków i innymi członkami społeczności przedszkolnej, szkolnej i lokalnej (E.9.K1)	PP_K_02 PP_K_04	4 4	

9. Methods of conducting classes		
Code	Category	Name (description)
a03	Lecture methods / expository methods	Description <i>a description of objects, phenomena, processes or people; it involves specifying the structure and characteristic features of the object, phenomenon, or process being described; it is usually accompanied by a demonstration of the described object or by its models, drawings, tables, charts, etc.; a description may take the form of an explanation, classification, justification or comparison</i>
a05	Lecture methods / expository methods	Explanation/clarification <i>explication involving the derivation of a predetermined theorem from other, already known ones, in the number of steps specified by the person teaching the course</i>
b01	Problem-solving methods	Problem-based lecture <i>an analysis of a selected scientific or practical problem accompanied by its assessment and an attempt to provide a solution to the issues presented in the lecture as well as the indication of the consequences of the proposed solution</i>
b02	Problem-solving methods	Lecture-discussion <i>transmission of content involving interaction with the lecture audience; discussion of lecture-related issues is one of its elements or constitutes its follow-up</i>
c02	Demonstration methods	Video show <i>reproducing a film or video material in its entirety or in fragments in order to illustrate the content taught in class, to submit it to analysis and evaluation or to use it as an exercise in image perception; a film/video can be a work of art, an illustration (also technical illustration) of a content/phenomenon/object, a private record of an action, a media image, etc.</i>
c06	Demonstration methods	Demonstration-imitation <i>a presentation of a model way of performing specific activities accompanied by a commentary; it aims at triggering imitation activities in an individual or in a group of participants observing the activities of the person teaching the course until the right habit is formed through regular exercise; the demonstration-imitation method is combined with a physical practice of activities/behaviours</i>
c07	Demonstration methods	Screen presentation <i>a presentation of synthetic image content using computer graphics, e.g., a series of slides or other multimedia forms, usually accompanied by a commentary; typical components of a screen presentation include text organized into bulleted points, charts, images and animations, sometimes sound effects or music; a multimedia illustration of course content presented in the form of a projected image</i>
d03	Programmed learning methods	Working with another teaching tool <i>e.g. using websites in any way or according to the rules set by the teacher; or making use of other subject-specific tools</i>
e04	Practical methods	Project scheduling <i>proceeding according to the steps proposed within a specific methodology for the completion of a task; e.g., identifying project objectives, determining the result, identifying strengths, limitations, opportunities and threats (SWOT), establishing a schedule of activities, assessing resources, establishing an implementation plan; the initial diagnosis; the reassessment of assumptions; the process of preparing the practical implementation of a project</i>
e07	Practical methods	Simulation <i>an indirect method; imitating reality in order to gain experience approximating a real one; recreating a real-world situation so that its participant can acquire an experience close to the authentic one; work on "replacement" material</i>

10. Forms of teaching					
Code	Name	Number of hours	Assessment of the learning outcomes of the module	Learning outcomes of the module	Methods of conducting classes
PP-E9-MWF1_fs_1	lecture	15	course work	PP-E9-MWF1_1	a03, b01, b02, c02, c07
PP-E9-MWF1_fs_2	practical classes	15	course work	PP-E9-MWF1_2, PP-E9-MWF1_3	a05, c06, d03, e04, e07
11. The student's work, apart from participation in classes, includes in particular:					
Code	Category	Name (description)			Is it part of the BUNA?
a02	Preparation for classes	Literature reading / analysis of source materials <i>reading the literature indicated in the syllabus; reviewing, organizing, analyzing and selecting source materials to be used in class</i>			No
a04	Preparation for classes	Consulting materials complementary to those indicated in the syllabus <i>agreeing on materials complementary to those indicated in the syllabus, supporting the implementation of tasks resulting from or necessary for class participation</i>			Yes
b01	Consulting the curriculum and the organization of classes	Getting acquainted with the syllabus content <i>reading through the syllabus and getting acquainted with its content</i>			No
b02	Consulting the curriculum and the organization of classes	Verification / adjustment / discussion of syllabus provisions <i>consulting the content of the syllabus, possibly in the presence of the year tutor or members of the class group, and, if necessary, reassessing the provisions concerning special conditions for class participation, e.g., space and time requirements, technical and other requirements, including conditions for participation in classes outside the walls of the university, classes organized in blocks, organized online, etc.</i>			Yes
c02	Preparation for verification of learning outcomes	Studying the literature used in and the materials produced in class <i>exploring the studied content, inquiring, considering, assimilating, interpreting it, or organizing knowledge obtained from the literature, documentation, instructions, scenarios, etc., used in class as well as from the notes or other materials/artifacts made in class</i>			No
c03	Preparation for verification of learning outcomes	Implementation of an individual or group assignment necessary for course/phase/ examination completion <i>a set of activities aimed at performing an assigned task, to be executed out of class, as an obligatory phase/element of the verification of the learning outcomes assigned to the course</i>			Yes
e01	Activities complementary to the classes	Undertaking, on one's own initiative and individually, activities aimed at expanding the scope or depth of the teaching content, also beyond the walls of the University <i>a set of activities undertaken independently and on the student's own initiative, aimed at expanding the depth and scope of knowledge and skills, their revision and repetition, retention or verification, also activities carried outside the university, e.g., in a culture promoting or educational institution, a laboratory, in the open air, etc.; also self-education</i>			No

Information on the details of the module implementation in a given academic year can be found in the syllabus available in the USOS system: <https://usosweb.us.edu.pl>.