DPC10D FUNDAMENTAL MOVEMENT SKILLS

COURSE OBJECTIVE
This course provides student-teachers with an understanding of the concepts, principles and practices of teaching fundamental movement skills in primary school, and of applying the knowledge of relevant fundamental movements to related specialised sports skills within the secondary school sports/games physical education curriculum.

It provides an overview of the role of fundamental movement within the Singapore’s school physical education curriculum, focusing on developing fundamental movement skill proficiencies at the lower primary, application in modified games in the upper primary, and relationship to the variety of specialised sports skills at the secondary levels. Specifically, this course will address the various manipulative, locomotor and non-locomotor skills applied within a movement framework that helps define the qualitative and quantitative aspects of human movement and effort in a variety of sports and physical activities.

Student-teachers will have the opportunity to develop their own movement proficiency, learn to design developmentally appropriate lesson plans that incorporate the relevant teaching approaches with appropriate equipment to facilitate progressions in the learning process. Furthermore, they will acquire the competencies to observe errors in performance, and use relevant teaching cues, to help pupils improve sports performance while remediating for fundamental movement inadequacies. Student-teachers will also learn to employ appropriate formative and summative assessment tools for diagnostic purpose to facilitate pupils’ learning.

LEARNING OUTCOMES
At the end of this course, student teachers should:

1. Know and understand the content of fundamental movement skills in the primary school physical education curriculum, and its relationship to specialised sports performance in the secondary school context.
2. Demonstrate the correct movement patterns relative to the locomotor, non-locomotor and manipulative skills as applicable to games and sports.
3. Design developmentally appropriate learning tasks and content progression consistent with the Direct Instruction teaching method.
4. Observe and analyse key aspects of pupils’ movement performance, and provide feedback with relevant teaching cues, and interventions to help pupils achieve mature movement patterns.
5. Employ appropriate formative and summative assessment tools.
COURSE CONTENT
1. The Singapore Physical Education Curriculum
2. Principles for Developmentally Appropriate Teaching and Learning
3. Fundamental Movement Framework: Skills, Concepts & Themes
4. Assessment for and of learning
5. Relationship between foundation in fundamental movement (patterns) and specialised sports skill performance
6. Designing developmentally appropriate movement tasks
7. Modification of rules, equipment and organisation for games creation
8. Teaching of Locomotor Skills & Non-locomotor skills
9. Teaching of Manipulative Skills
   - Rolling (Bowling) and Throwing
   - Throwing & Catching
   - Kicking & Punting
   - Trapping (Controlling)
   - Striking (Volleying) using Body Parts
   - Dribbling using Hands
   - Dribbling using Feet
   - Striking using Long-handed Implements
   - Trapping using Long-handed Implements
   - Dribbling using Long-handed Implements
   - Striking using Rackets and Paddles
10. Application of Manipulative Skills and Movement Patterns in the following 6 games and sports:
    - Basketball/Netball,
    - Badminton
    - Floorball
    - Football
    - Softball
    - Volleyball

ASSESSMENT

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<thead>
<tr>
<th>Component</th>
<th>Weightage</th>
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<tr>
<td>End-of-Course Assignment:</td>
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<td>Instructional Plan</td>
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<td>Skill Observation &amp; Analysis</td>
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COURSE REFERENCES

