

CLASS CARD

Polish team games

Basic classes	Code in the study plan	ECTS
Polish team games	WFI-41	2

Education profile	General education
Faculty and field of study	Physical Education
Studies program in which the subject is realized	Physical Education
Professor's name	Dr Michał Sadowski
Level of studies (eg. bachelor, master)	bachelor
Study year and semester	III/V
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	0/30
Form of passing classes	
Type of subject (obligatory/ facultative)	facultative
Prerequisites	-

DETAILED INFORMATION

Course aims and objectives

1	Transfer of basic knowledge of various team games of Polish origin and its skillful use in practical activities in the process of educating children and youth.
2	Acquisition of skills in effective use of presented team games in developing physical fitness and improving health.
3	Acquisition of skills in conducting recreational and utilitarian activities in various conditions and with different age groups.
4	Preparation for participation in the implementation of basic physical culture tasks set for children, youth and adults.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	
P_W01	Has advanced knowledge of execution techniques, belaying and teaching methodology in selected team sports as well as the principles of safe organisation of educational activities, sports and recreational events.

P_W02	Has advanced knowledge of theories of games and movement and the methodology of teaching them. Understands the importance of movement games in the process of social, mental and physical development of a person with particular emphasis on niche disciplines.
SKILLS	
P_U01	Demonstrates performance techniques and correctly applies teaching methods in selected individual and team sports in groups of different age and fitness levels.
P_U02	Is able to safely organize and conduct various individual and team sports in the form of educational activities and sports and recreational events.
SOCIAL COMPETENCES	
P_K01	With his attitude, he inspires and advises participants of physical recreation classes to undertake independent physical activity in different periods of life. He is prepared to act as a free time animator, as well as co-create educational programs of a free time (recreational and health) nature.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject	Reference to subject-specific learning outcomes
FORM OF CLASSES – CLASSES – subject	Reference to subject-specific learning outcomes
Organization of classes. Health and Safety regulations. Requirements for passing the course. Introduction, organization and refereeing of polish traditional and less known team games like: two fire, four fire, ringo, ringo on goals, smolball, fistball, kwadrant, palant, taspony ultimate, Zośka, indiacca depending on weather and number of students.	P_W01 P_W02 P_U01 P_U02 P_K01

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Practical classes	Practical classes, demonstration, description, explanation, conducting chosen parts of the games.
Teaching resources: Sports equipment necessary to conduct the above sports disciplines, tactical board, numbering table.	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
P_W01, P_W02, P_K01	assessment of technical skills, conducting selected parts of the game (judging), organization of a tournament to activate the group, expert assessment
P_U01, P_U02	technical skills assessment, expert assessment

CONDITIONS FOR PASSING CLASSES:

- Attendance and active participation in classes. Any missed content due to absence must be made up during consultations and/or by attending practical classes with other groups.
- Theoretical test in the form of open questions verifying knowledge of previously given and discussed issues, as well as from the indicated literature.
- Practical assessment in refereeing selected fragments of team games.

SAMPLE ASSESSMENT/EXAMINATION TOPICS

- Rules of the presented games.
- Rules of organizing sports and recreational tournaments,
- Methodology of teaching the presented team games depending on the type of target group.

ENGLISH BIBLIOGRAPHY

Basic	<ol style="list-style-type: none">1. Kowalewski M, Kalecińska J. (2017) Euroean Folk Games Adam Marszałek, Toruń2. There is no literature on all the games presented. The most practical way is to find out about them through YouTube or websites.
Additional	

SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
30	1,2	classes
20	0,8	Familiarization with the assigned literature

Number of ECTS points that a student obtains in classes developing practical skills: 2

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