



El atletismo en pista: propuesta didáctica para su integración en la Educación Primaria [

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text (article)

Analítica

This article contains a didactic proposal developed to integrate track and field in the penultimate course of Primary Education. The objective was to present track and field in an inclusive and universal way so for the whole population of students enrolled in the fifth year of Primary Education to become interested in it. The method combines the design of a Didactic Unit to be implemented in the fifth year of Primary Education prior to participate in a track and field competition with a categorization based on class groups rather than age, as well as a teacher training plan. The pilot study was carried out in 34 schools from 18 towns in the province of Pontevedra (Galicia), with a total of 868 schoolchildren from 5th grade of primary education and 131 teachers. Considering participants' high engagement, it seems that this methodology could represent an interesting way to teach students about specific contents of introduction to sports, as they develop motor skills needed for their motor development at the same time as they get experience in authentic sports practices with no emphasis on the competitive component

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