



## Diseño de tareas encaminadas al aprendizaje de los deportes de cooperación-oposición-invasión [

2022

text (article)

Analítica

Despite the presence of opposition and invasion cooperation sports in Physical Education, there is an early and decontextualized specialization focused especially on technique. It is important to make a progression in the learning process of these contents following an evolution from basic to specific motor skills without forgetting the development of decision-making capacity. Due to this, the objectives of this work are to develop a system that helps design the progression of tasks aimed at learning cooperation-opposition invasion sports (COI) (handball, basketball, rugby, soccer and hockey) according to the degree of difficulty that appears in the presentation and execution in these and show a battery of examples of these progressions that goes from the first cycle of Primary to the second cycle of Secondary and where motor skills and decision-making are developed. This task sequencing is justified by its difficulty following three variables: task definition (defined, semi-defined, undefined), task specificity (specific, semi-specific and nonspecific) and motor execution mechanisms (perception, decision and execution). Thanks to this system a progression is made by increasing the difficulty to adapt it to the level of the students, thus promoting a significant learning

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