



## "ODS 5. Igualdad de género" y Educación Física: propuesta de intervención mediante los deportes alternativos [

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text (article)

Analítica

The aim of this work was to make a proposal for a co-educational intervention through Alternative Sports in order to promote Sustainable Development Goal 5. Gender equality (SDG 5) in Physical Education classes. The number of participants in the didactic intervention proposal was 188 students from 1st, 3rd and 4th ESO of IES Martínez Uribarri (Salamanca, Spain). The proposal called "Let's venture into alternative sports" was carried out in the third term of the academic year 2021/2022 and consisted of 8 sessions. In order to implement the work of SDG 5, alternative sports were considered as a tool to promote co-educational learning in the subject. Specifically, the contents addressed within the proposal focused on the new sports of Pinfuvote, Rugby Tag and Tripela. Based on the intervention and the evaluation of the proposal, the positive assessment of the alternative sports by the pupils is highlighted. This is due to the fact that these sports offer new technical-tactical challenges, coordination, perceptual and cognitive skills, from an inclusive and participatory perspective far removed from social stereotypes. It also calls for the need to increase training in gender perspective from the different subjects or curricula that make up the Degrees and Masters in Teacher Training in the speciality of PE so that future teachers in the speciality are better prepared to achieve the results expected and demanded by SDG 5

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