



The CEReKi concept : an adapted physical education intervention for 3 to 6 year old children.

Jidovtseff Boris, Vandermeulen Mary, Delvaux Anne
Sport Science Department, University of Liège, Belgium

Aim

From 3 to 6 year old, it is very important to offer children an adapted physical education intervention in which they are playing and at the same time developing perceptual and basic fundamental movement skills.

Methods

The CEReKi concept has been developed at the University of Liege (Belgium), and consists in framing everyday kindergarten classrooms (3 to 6 years old) in its sport centrum. Activity content as well as the way of teaching are very important in order to encourage child participation and enthusiasm. However they have to be adapted to the group age because of the great differences in skills and behaviour observed between 3 and 6 year old children.

Main results

Nine categories of games have been defined and are derived from classical sports that have been adapted. Having fun, meeting success, dreaming and solicit imagination are important criteria in order to get children participating. Activities are organised in order to develop visual, auditory, kinesthetic, tactile discrimination and also body scheme construction and spatial orientation. Activities are also organised in order to propose a great variety of fundamental skills like running, jumping, throwing, climbing, gripping, pushing, pulling, twisting, manipulating, etc. With the same approach, an adapted circuit has also been developed in the swimming pool in order to get used to water without any fears. The use of customized material allows children to progressively enter in the water, get submerged, acquire horizontal position, learn floating and start swimming.

Conclusion

With more than twenty years of experience, the CEReKi has developed a successful concept for an adapted physical education which is oriented on the motor development but involve at the same time affective and cognitive development.

Key words

Physical education, fundamental skills, perceptual, kindergarten