



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Theoretical Seminars 1

2324-1-I0202D038

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#### Aims

The seminar aims to introduce students to psychomotor education, and to the construction of the project for kindergarten: physical and mental setting, psychomotor areas and targets for children from 3 to 5 years of age. Analysis of the scan of a session type

#### Contents

PSYCHOMOTOR EDUCATION: Initial theoretical introduction to psychomotor education. Ability to read different types of psychomotor education projects. Ability to analyze different types of psychomotor education projects. Preparation, construction and testing of different types of settings in relation to the targets previously included in the project. Reading and analysis of different types of psychomotor education projects, trying to stress their strengths and weaknesses.

#### Detailed program

##### PSYCHOMOTOR EDUCATION

? Initial theoretical introduction to psychomotor education.

? Construction of the project for kindergarten: physical and mental setting, psychomotor areas and targets for children 3 - 4 and 5 years.

? Analysis of the scan of a session type.

? Preparation, construction and testing of different types of settings in relation to the targets previously included in the project.

? Reading and analysis of different types of psychomotor education projects, trying to stress particular strengths and weaknesses.

## **Prerequisites**

none

## **Teaching form**

Lectures and exercises

In the Covid-19 emergency period, lessons will be held remotely asynchronously with synchronous videoconferencing events

## **Textbook and teaching resource**

1. Lapierre A., Aucouturier B., La simbologia del movimento, Edipsicologiche, Cremona, 1978
2. Aucouturier B., Il metodo Aucouturier, Franco Angeli, Milano, 2005
3. Le Boulch J., L'educazione psicomotoria nella scuola elementare, Unicopli, Milano, 1989
4. Formenti L., Psicomotricità a scuola, Edizioni Erickson, Gardolo (Tn), 2009

## **Semester**

Second Semester

## **Assessment method**

Attendance

## **Office hours**

You receive by appointment

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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