

# Montessori Sports

# MONTESSORI SPORTS FUNDAMENTALS

Course brochure



Accredited by Association Montessori Internationale (AMI)



## Course description

This self-paced course will help you to acquire the basic knowledge on how to integrate sports into Montessori environments across all planes of development. The course contains:

- 11 modules
- 101 lessons
- 5 questionnaires
- 3 observation assignments
- 6 self-practice assignments
- 1 final assignment

## Duration

You have 122 days to finish this self-study course.

## Workload

The total workload of this course is 40 hours. The course is pre-recorded, so you can do this course at your own pace and in your own time within 3 months.

## Course topics

1. Introduction
  - I. Welcome to the course
  - II. A message from Lynne Lawrence (CEO of AMI)
  - III. Origins of Montessori Sports
  - IV. Casa de Montessori Sports
  - V. Outline and objectives
  - VI. Platform explanation
  - VII. Practical assignments
  - VIII. About Ruben Jongkind
  - IX. About Patrick Oudejans
  - X. About Jip Bartels
  - XI. About Heidi Philippart
2. Montessori and Sports
  - I. Who was Maria Montessori?
  - II. The Montessori educational philosophy
  - III. Montessori versus traditional education
  - IV. The history of sports
  - V. About movement and sports
  - VI. Analysis of sports in Montessori
3. The importance of sports in contemporary society
  - I. Popularity of sports in culture
  - II. Sports as a bridge to learning
  - III. Going out and role play
  - IV. Benefits of sports
  - V. Human tendencies and sports
4. Paradigms of sports education
  - I. The Coach Paradigm
  - II. The Player Paradigm

III. TedXtalk - Ruben Jongkind

5. Movement development

- I. The approach to movement
  - i. First plane (0-6)
  - ii. Second plane (6-12)
  - iii. Third plane (12-18)
  - iv. Fourth plane (18-24)
- II. The four planes and sports
- III. The Montessori Sports Curriculum

6. Preparing the sports environment

- I. Principles of the prepared sports environment
- II. Principles of prepared sports clothing and materials
- III. Montessori Sports Materials

7. The Role of the adult in the sports environment

- I. The prepared adult
- II. Observation
- III. Historical facts of observation
- IV. Observation in sports
- V. Praise in education and sports
- VI. Lesson planning

8. Examples of different learning environments in sports

9. Final assignment

10. Conclusion and evaluation

## Learning outcomes

After you've completed this course you:

- Understand the connection between sports and Montessori education across all planes of development.
- Understand how sports will contribute to overall child development across all planes of development.
- Have acquired basic sports skills to present to the children.
- Are able to prepare Montessori sports environments.
- Are able to guide Montessori sports sessions.
- Are able to conduct observations on children during the sports sessions.

## Assignments

You will receive the following assignments to complete each chapter:

- Questionnaires
- Practice own sports skills (send in videos)
- Observations after chapter 1, 3 and 6

You can upload all these assignments on our online course platform. A Montessori Sports team member will evaluate your assignments. Your final assignment is a presentation of a sport activity to a group of children or an individual child. Besides this you have to write a paper in which you explain how the Montessori theory applies to that activity.

## Certification requirements

In order to obtain the Montessori Sports Fundamentals certificate all assignments will be checked and approved\* by the Montessori Sports team. After the final assignments are approved, the participant will receive the certificate by email.

\*If the assignments are not approved, the participant needs to complete an alternative assignment that we will send by email.