

**Montessori  
Sports** 

**MONTESSORI  
SPORTS  
FUNDAMENTALS**



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:

- 57 videos
- 5 questionnaires
- 3 observation assignments
- 6 self-practice assignments
- 1 final assignment
- 1 graduation call

## Duration

You have 3 months to finish this self-study course. After the course has finished, a graduation call will take place.

## 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. Outline and objectives
  - IV. About Ruben Jongkind
  - V. About Patrick Oudejans
  - VI. 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. Sports as a point of interest
  - II. Benefits of sports
  - III. Why do sports in Montessori?
4. Systems of sports education
  - I. Traditional sports education
  - II. Montessori sports education
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. Prepared 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. Lesson planning
8. Examples of different learning environments in sports
9. 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 (not every chapter)

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.