

**Montessori  
Sports** 

**MONTESSORI  
SPORTS  
FUNDAMENTALS**

Course brochure



Accredited by Association Montessori Internationale (AMI)



## Course description

This hybrid 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
- 2 live Q&A's
- 1 final assignment
- 1 group graduation call

## Duration

You have 3 months to finish this hybrid course. During these 3 months there will be 2 live Q&A's (week 1 and week 7). Two weeks after the course has finished, a group 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)

	<ul style="list-style-type: none"> <li>II. The four planes and sports</li> <li>III. The Montessori Sports Curriculum</li> </ul> <ol style="list-style-type: none"> <li>6. Preparing the sports environment <ul style="list-style-type: none"> <li>I. Principles of the prepared sports environment</li> <li>II. Prepared sports materials</li> </ul> </li> <li>7. The Role of the adult in the sports environment <ul style="list-style-type: none"> <li>I. The prepared adult</li> <li>II. Observation</li> <li>III. Historical facts of observation</li> <li>IV. Observation in sports</li> <li>V. Lesson planning</li> </ul> </li> <li>8. Examples of different learning environments in sports</li> <li>9. Conclusion and evaluation</li> </ol>
<p>Learning outcomes</p>	<p>After you've completed this course you:</p> <ul style="list-style-type: none"> <li>• Understand the connection between sports and Montessori education across all planes of development.</li> <li>• Understand how sports will contribute to overall child development across all planes of development.</li> <li>• Have acquired basic sports skills to present to the children.</li> <li>• Are able to prepare Montessori sports environments.</li> <li>• Are able to guide Montessori sports sessions.</li> <li>• Are able to conduct observations on children during the sports sessions.</li> </ul>
<p>Assignments</p>	<p>You will receive the following assignments to complete each chapter:</p> <ul style="list-style-type: none"> <li>• Questionnaires</li> <li>• Practice own sports skills (send in videos)</li> <li>• Observations (not every chapter)</li> </ul> <p>You can upload all these assignments on our online course platform. A Montessori Sports team member will evaluate your assignments.</p> <p>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.</p>
<p>Certification requirements</p>	<p>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.</p> <p>*If the assignments are not approved, the participant needs to complete an alternative assignment that we will send by email.</p>