

## **Exercise with Hand Equipment**

(30 contact hours – 5 ECTs)

**Course Instructor: Dr. Diana Issan**

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Reception Hours: Tuesdays from 1 pm - 2 pm

By appointment

### **Aims:**

1. Using hand equipment as auxiliary devices in physical education classes at school.
2. Developing and improving student ability in movement skills with auxiliary devices.
3. Knowledge about unconventional devices and accessories and their use in physical education classes.
4. Providing creative ideas with or without accessories for diverse school teaching purposes.

### **Methods:**

1. The study will include practice.
2. Emphasis will be placed on differences between learners.
3. The process will include self-guided work.
4. The study will be accompanied by written homework exercises.

### **Lessons:**

<b>Week</b>	<b>Study Topics</b>	<b>Topic Components</b>	<b>Sources</b>
<b>1</b>	Components of Strength: Different types of strength with the help of sticks	Understanding and developing the types of power.	8,5
<b>3-2</b>	Skipping Rope Personal Ropes Heavy Ropes	How to teach kids to skip and understand the different types of jumps. Using long ropes for games in groups	4,1
<b>4</b>	Balls	Improve coordination and development of the theme of space - directions and tracks	2,1

	Rubber balls and fitness balls	Development of range of motion, flexibility, (personal space) and orientation in space while moving with a ball	
5	Balls in pairs and ball groups in games	Balls in games. Agility and accuracy in throwing and catching skills (power regulation) Space movement in preparation for ball games	4,1
6-7	Hoola-hoops	movement in general space, paths and directions. Develop concepts of relativity using hoops. Games combined with balls and hoops	4,2
8	Newspapers	Integration of unconventional accessories, diverse use of newspapers: sticks, ball.	
9	Bottles	Integration of unconventional accessories for designing diverse activities	
10	Benches	Improving balance and posture development, balancing and jumping in small groups on benches	3 ,1
11	Cones, sticks and balls	Balancing short sticks, agility and reaction time, strength while using the accessory.	
12	Chairs	Dynamic and static balance. Group work with music.	2,3
13	Cones, sticks and balls	Combining auxiliary devices to build a challenging and fun activity	8 ,2,1
14	Practical Exam	Presentations	

**Remarks:**

1. In each lesson, emphasis is placed on building creative games using an accessory.
2. In class, objects and instruments will be incorporated as accessories that invite and influence movement.

**Student Obligations and Assessment Criteria:**

1. Active participation in lessons.

2. Suitable outfit for movement.
3. Required Reading
4. Submitting exercises.
5. Compliance with tests.
  - a. Two practical tests during the semester
  - b. Presentation of final work
  - c. Theoretical final exam

### **Grade Composition:**

The course is practical. Active participation is a prerequisite for assessment.

Active participation, initiative and personal progress - 10%

Practical tests and final work - 40%

Registration of teaching units. Exercises and notebook management - 30%

A theoretical exam - 20%

According to the decision of the teaching committee: "A student must obtain at least 50% in the theoretical part and at least 50% in the practical part in order for his final grade to be weighted for a total grade."

### **Sources:**

- Ben - Dor, N. (1997) An unusual device. Wingate Institute of Physical Education and Sport. Israel.
- Ben - Dor, N. (2010). Motivational accessory - and also surprising. Wingate Academic College.
- Clemenceau, J.P., Delavier, F (2015). Fitness. Ed Vigot. Paris.
- Halperin, H. (1983) Exercise in Handheld Devices. Wingate Institute of Physical Education and Sport. Israel.
- Hansel, B. (2013). Perdez votre ventre pour une meilleur sante. Ed Hachette. Paris.
- Mentheour, E. (2013). It is on arretait they are mentir. Ed Solar. Paris.
- Oak, D. (1988). Movement and object. Wingate Institute of Physical Education and Sport. Israel.
- Reifman-Levitsky, S.W. (2003). Not on the muscle alone. Focus Publishing. Israel
- Tamir, H. (1983). Gymnastics on instruments. Wingate Institute of Physical Education and Sport. Israel.
- Trustee, N. Bartle, L.A. (1978). Traffic awareness and creation. Workers' Library. Israel.
- Wall, J., & Murray, N. (1990). Children and Movement. Dubuque, IA: Wm. C. Brown Publishers.
- Zulberg, C. (2004). Posture and movement. Israel.