

Physical Education and Health Education: an integrated approach

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**World Federation of Associations for Teacher Education (WFATE)
Fourth Biennial International Conference**

THEORETICAL BASIS

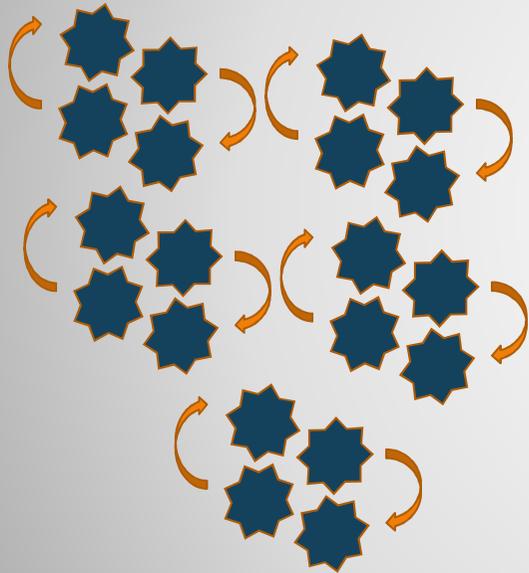


Physical Education ➡ INTEGRATED EDUCATION

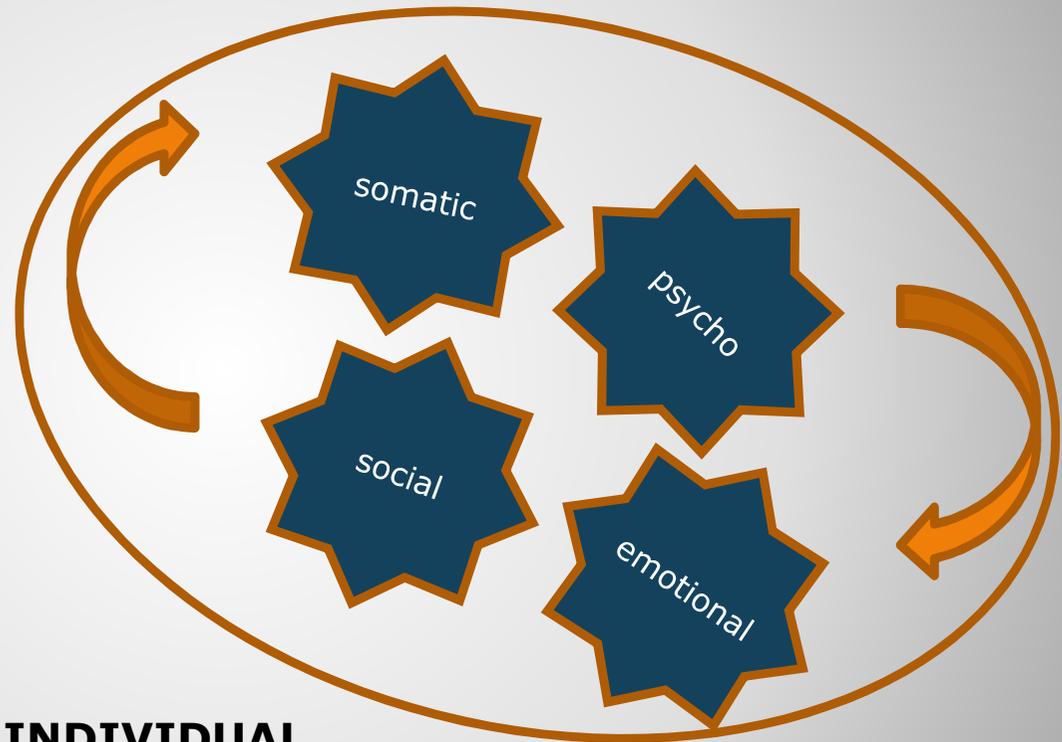
Contreras (2010); ICSSPE (2010); Kirk, D. (2012); Lleixà (2003)

THEORETICAL BASIS

COMMUNITY



INDIVIDUAL



Health is more than the absence of disease

Devís, J. (2001); Fernández, M. D., & Sánchez, P. T. (2002); Hillman, C. H., Erickson, K. I., & Kramer, A. F. (2008); World Health Organization (2006)

THEORETICAL BASIS

Understanding PE & Health Education through a comprehensive paradigm encourages us to reconsider new aims, practices and methodologies



VIDEO

<https://youtu.be/pGyB0Fib4CM>



Experience

Physical Education

Health

Education

Co-teaching

Active and participative methodologies

My Big
Challenge!!

Let's move &
you'll See!!

PE experiences: My Big Challenge!

Healthy Habits



New Physical Activities



Personal Growth



Health Education experiences: Institut Guttmann

**PE Cooperative
Activities**

**Inclusive
Proposal**

Healthy Habits



<https://youtu.be/802bbz3DES4>

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