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INSTITUT DE FORMATION
DE L'ÉDUCATION NATIONALE

IFEN *inspire* Podcast

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Did you know ...? New curriculum for movement and health

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Did you know that a new curriculum comes into force in September in Cycle 1 and Cycle 2 of primary school? In the area of movement and health it provides for the following six competence areas:

First — Activité motrice de base: developing basic motor skills: moving oneself, moving something, and moving along with something.

Second — Activités motrices de base (in the water): from getting used to and coping with water through to learning to swim.

Third — Activités de coopération, de compétition et de confrontation: taking part in cooperative and competitive games, respecting the rules and one's teammates and opponents.

Fourth — Activités de création et d'expression corporelle: moving to music, imitating movement sequences, and expression through movement.

Fifth — Perception de soi: perceiving one's own body in movement, getting to know one's strengths and limits in order to make the right decisions.

Sixth — Mode de vie sain et bien-être: a brand-new area focused on recognising opportunities for movement within the school setting, in order to develop a positive impact on physical, mental and social well-being.

From the start of the school year in September, the IFEN will offer a series of training courses on implementing these competence areas — in the format of a Réseau d'échange guidé, where exchange and reflection among participants are central. So keep an eye on the IFEN catalogue to register.