

1. **Subject:** Popular recreational games
2. **Type of classes:** lecture and exercises
3. **Form of pass:** participation and activity (no examination)
4. **Semester in which the classes will be carried on:** winter semester
5. **Proposed numbers of hours:** 20 hours of exercises
6. **Syllabus:**
 - ✓ **Purpose of teaching:** conveying information and abilities necessary to teach the selected recreational games: **floorball, rugby, frisbee ultimate, bowling, billiards, palant and ringo (as the typical Polish recreational games)** in various social environments.
 - ✓ **Learning content:** teaching and improving the basic elements of technique, knowing the techniques and rules of the games, as well as knowing the rules of refereeing the recreational versions of the above-mentioned games. Organising sports competitions according to the simplest systems, e.g. the point system (everyone vs everyone).
 - ✓ **Teaching methods:** synthetic, mixed and analytical methods
 - ✓ **References:**
 - Bator A., Buła A., Stanek L., 2002, Popularne gry rekreacyjne, Wyd. AWF Kraków
 - Wołyniec J.,(red.) 2006, Przepisy gier sportowych w zakresie podstawowym, Wyd. BK, Wrocław
7. **Expected outcomes of education:**
 - ✓ **Knowledge:** knowing the terminology and methodology of teaching the basic elements of technique and tactics of the selected recreational games
 - ✓ **Skills:** demonstrating and teaching elements of techniques of the games, knowing how to personalise tasks and adjust the teaching content and methods to the needs and abilities of the students, knowing how to organise and referee sports games within the scope of the proposed recreational games
 - ✓ **Social competence:** fulfilling the need of competition and self-development, caring for the mental and physical development, observing the safety rules during physical education classes
8. **Determination of qualification:** after the course, the students should be ready to conduct the selected team games on the recreational level (simplified versions of the games). Suitable for the 1st or 2nd degree.
9. **Organizational unit executing the course:** Institute of Sports and Recreational Games
10. **Lecturer:** Lucyna Stanek, PhD
11. **Conditions in which the classes will be conducted:** team games sports hall (HGS)
12. **The proposed number of ECTS points:** 3