

**Royal University of Bhutan
Paro College of Education
Spring Semester, Examination 2021**

Module: EPD306 (Movement and Safety Education) **Programme:** Diploma (ECCD)

Level : III

Full Marks : 100

Writing Time: 3 Hours

Instructions: You will get 15 minutes to download the questions, 15 minutes for reading the questions, full three hours for answering the questions and 30 minutes for uploading the answers on VLE. Read the directions to each section and each question carefully before answering the questions.

Instructions: There are **ELEVEN** questions. Choose and answer any **TEN** questions. All the questions carry equal marks.

Question 1

“According to the Curriculum Development Council (CDC, 2002) recommends that at Key Stage 1 students should acquire fundamental movement (FM) skills leaving the learning of specific physical activities to later stages”.

Based on the above statement, explain the learning targets for Key Stage 1 that the students should able to develop. (10)

Question 2

Define the following Fundamental Movement related terms with an example each. (5x2=10)

- Movement
- Fundamental movement
- Fundamental movement skills
- Stability skills
- Manipulative skills

Question 3

PE is “to educate students through physical activities”. So, explain five good practices of general guiding principles of learning and teaching of fundamental movement skills in PE that the teacher can follow. (10)

Question 4

- a. Why is it important to learn movement concepts? (5)
- b. What is the right time to include rhythmic elements to FM skills? (5)

Question 5

What are five important things to keep in mind to make the transportation process as safe as possible to reduce the chances of something catastrophic happening by the daycare providers. (10)

Question 6

- a. Explain the benefits of physical activity for children from the following perspectives. (4x2.5=10)
- Physical development
 - Social development
 - Emotional development
 - Cognitive development

Question 7

Explain, how the learning materials and equipment contributes to child's social development, cognitive development and physical development? (10)

Question 8

- a. What is play? (2)
- b. How does play helps in the holistic development of a child? (3)
- c. Explain the five principles for designing successful play spaces. (5)

Question 9

- Explain the following components related to motor fitness with suitable examples. (10)
- Agility
 - Balance
 - Coordination
 - Power
 - Reaction time

Question 10

“It is crucial to talk about emergency plans to children as it will help them to know what to do in an emergency and help them to keep themselves safe. It will also help them to manage anxiety they may have about emergencies from past experiences or what they have seen in the media”. (American Academy of Pediatrics)

Based on the above statement, what are some of the ways and means that you would use to talk to your children about preparing for emergencies? (10)

Question 11

- a. What is First Aid? (3)
- b. Explain the primary assessment procedures that can be carried out as a First Aider? (7)