



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Yr Athrofa
Centre for Education
Addysg i Gymru | Education for Wales



Partneriaeth Dysgu Proffesiynol Yr Athrofa
Yr Athrofa Professional Learning Partnership

Trawsnewid Addysg Gyda'n Gilydd Transforming Teaching Together

Learning about Meaningful Physical Education(LAMPE) Pedagogical Approach

ECAD5018



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Trawsnewid Addysg,
Trawsnewid Bywydau

Transforming Education,
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Session intention

- Learning about Meaningful Physical Education(LAMPE) Pedagogical Approach
- Prepare a Meaningful P.E. practical session for Yr 3 learners.



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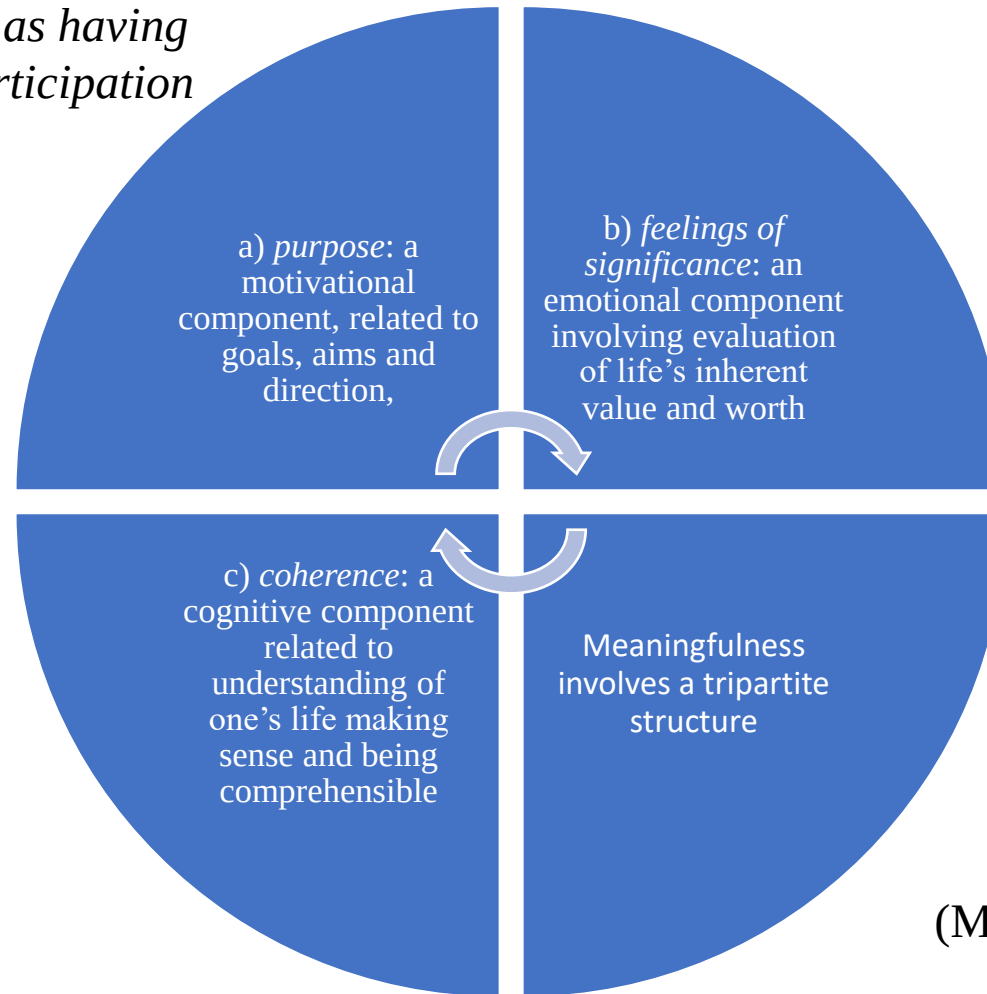
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<https://youtu.be/9VybNdTG6wo>

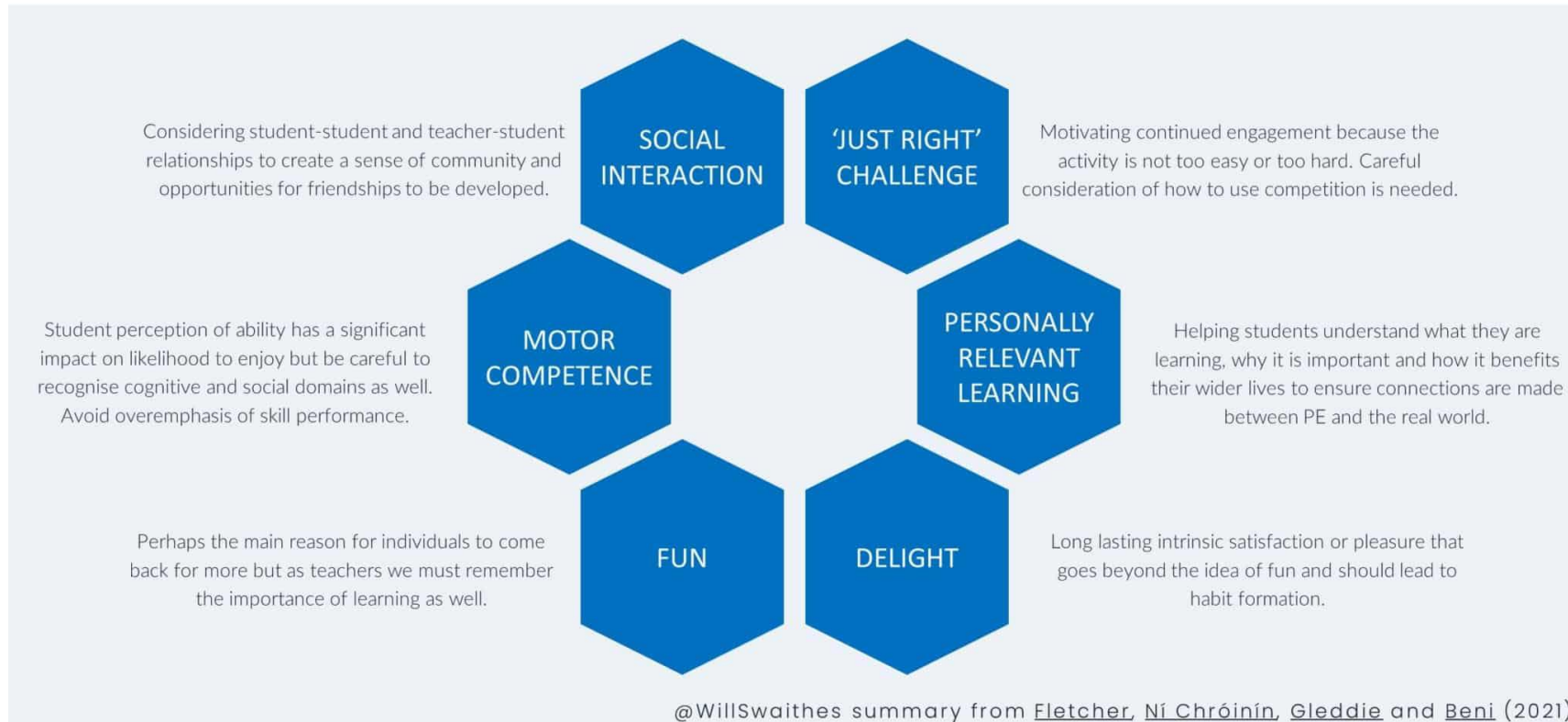
[Publications](#)

The primary theme of Meaningful PE is to *support students in coming to value physical education through experiencing meaningfulness (i.e., interpreting an experience as having personal significance) and recognizing ways participation enhances the quality of their lives.*



(Martela & Steger, 2016)

FEATURES OF MEANINGFUL PHYSICAL EDUCATION



Fletcher, T., Chróinín, D.N., Gleddie, D. and Beni, S., 2021. The why, what, and how of meaningful physical education. In *Meaningful Physical Education* (pp. 3-19). Routledge.

Now, to link theory to practice!



Task:

Prepare a Meaningful P.E. session for a Year 3 cohort incorporating throwing, catching, kicking, dribbling and an obstacle course.