



SPORT · OPENS · SCHOOL

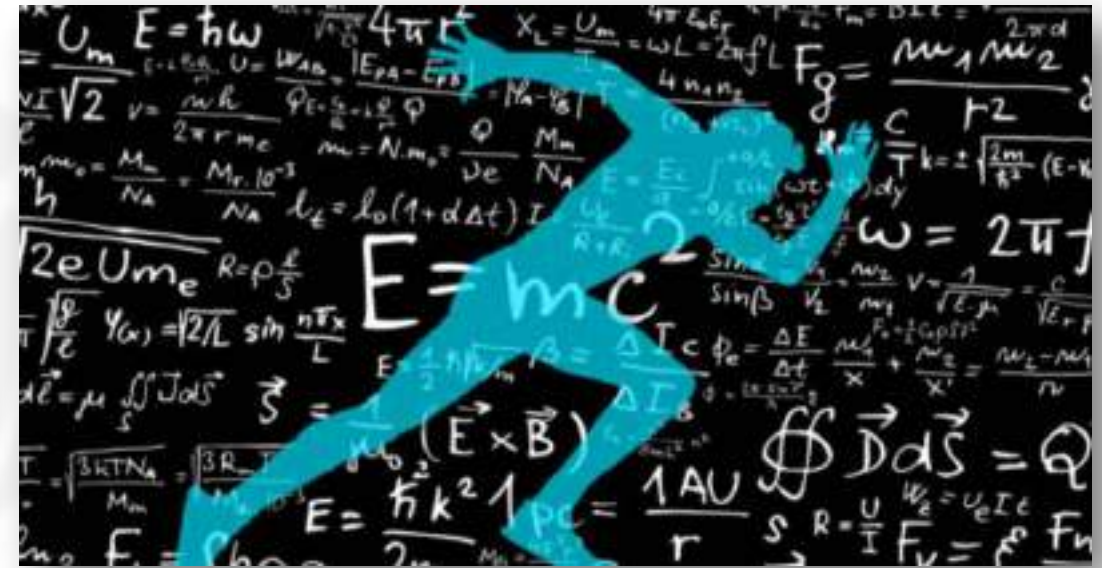
Project n. 603266-EPP-1-2018-1-IT -SPO-SCP



Sport Education adapted to school settings

Roberto Taffara – CUS Padova

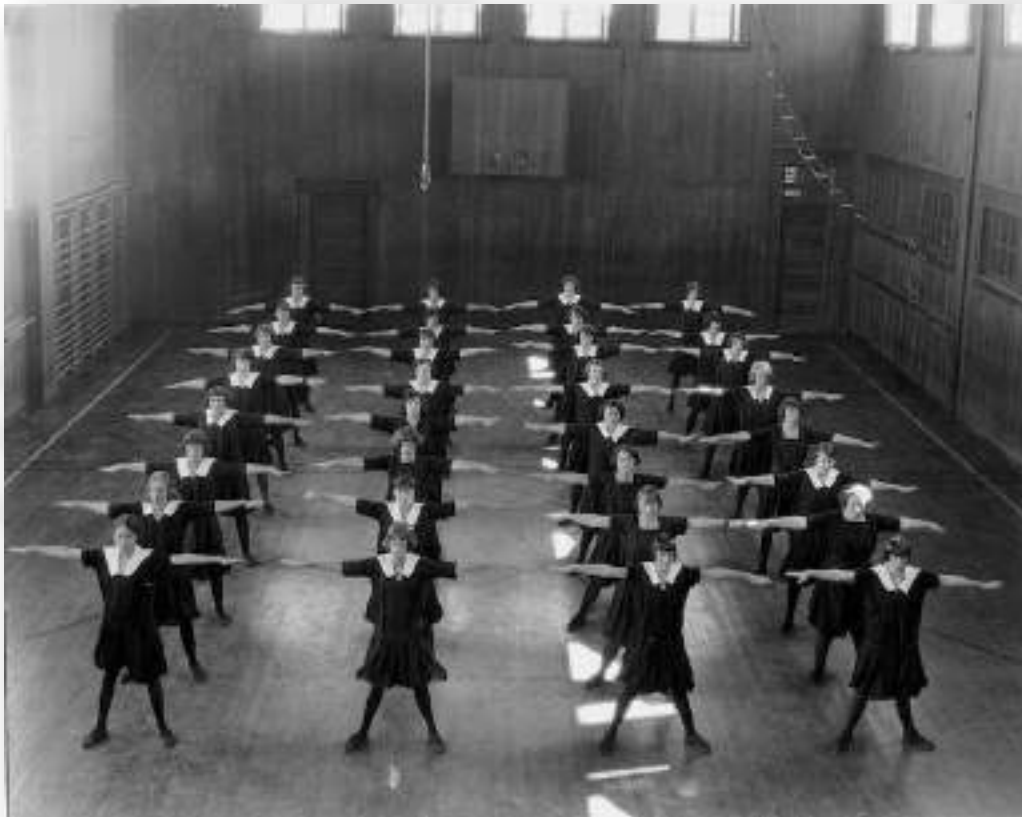
The role played by Physical Education and education widely conceived through physical and sport activity is universally known.



Promoting sport aims at eliciting collaboration among peers and supporting students along a path which might fulfill one's status:

“Assuming the personal and economic responsibilities of citizens situating their lives in a broader social context and acting autonomously, facing unsolved problems, existential crisis, taking responsibility for managing their own lives”. World Health Organization - WHO

Looking back at history we have to admit it hasn't always been so.



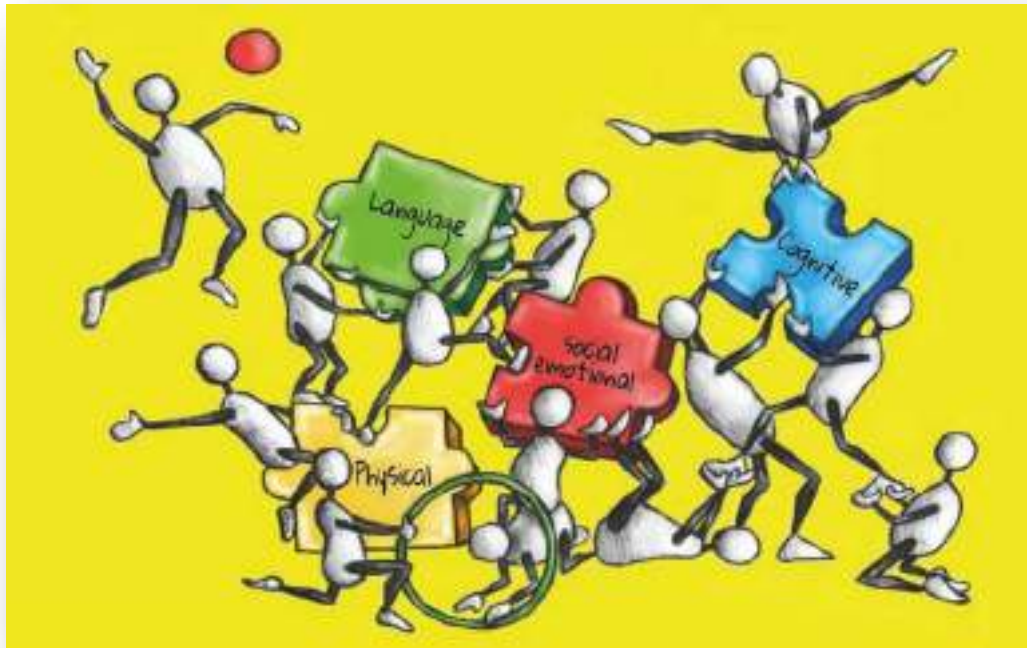
Sport became aware of its intrinsic importance for the creation of a national identity only at the end of the 19th century. At that time physical education as a school subject was introduced for the first time.

Starting from the beginning of the 20th century it took several years to recognize the importance played by sport in a country, either practised by a team or individual athletes, in boosting the national virtues of an entire country making sport an instrument of political and social propaganda.



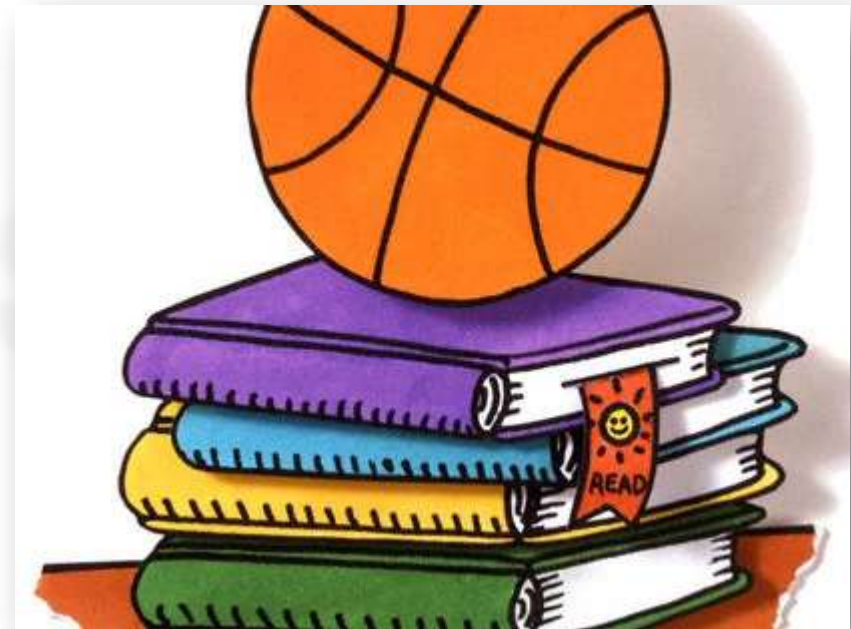
After the collapse of totalitarian regimes such as the Russian and Yugoslavian ones the Eastern view on sport gradually started to be replaced by the Western one: these days the globalized Sport world expresses itself mainly through individual interest and above all through economic profit.





In the third millennium as trainers and teachers we cannot forget the evolution sport education has undergone in history and we need to develop and rework the principles on which clearly founding the planning of physical education school curricula.

They are principles which aim at developing a concept of physical education more and more global and cross-sectional to all abilities each individual has to develop.



Sporting and motor skills need to evolve along with personal, cognitive, social, emotional and relational abilities. That's why nowadays physical education teachers need also:





Overall all sport activities need to be faced as means and not as ends, thus becoming the privileged instruments to reach the educational goals the schools sets out.

LIFE SKILLS



performance under stress

peer trust



self-confident, self esteem



leadership problem solving

willpower



decision making



managing negative emotions

sense of responsibility

effective communication

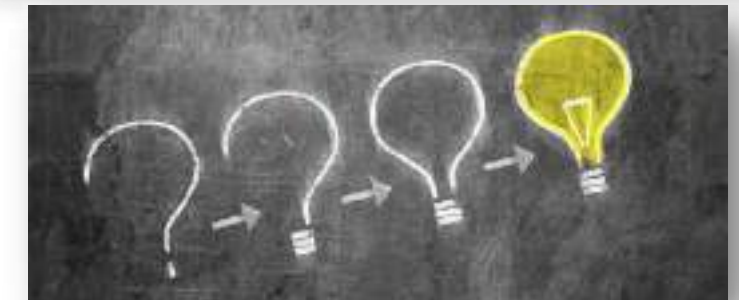


physical confidence



self efficacy

team work





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Thanks for your attention and patience!