Exergame video web–based per i break di educazione fisica. L’esperienza italiana nella scuola secondaria di secondo grado

Engl. transl.: Physical Education +Plus The use of digital platforms during school breaks for the improvement of physical education and health.

# Keywords

* physical education
* e-health
* physical education and media

# Details

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## Topics

## Sample

Ten students from a secondary school

# Abstract

"The contribution illustrates a best practice related to the use of web-based exergames in school breaks and intervals. The experience has been realized as an Italian contribution to the international project of the HOPSport (USA). The good practice illustrates the path of realization of web-based videos according to the Exergaming model" (Cazzoli, 2015, p.303, translated).

# Outcome

“Two videos were produced. The two choreographies have been edited on two different musical bases. One video was made for the standing activities and the other for the seated activities in order to include the student with a psycho-motor disability. Particular attention was paid to multicultural inclusion with the participation in the video of an African young man. The good practice was implemented with the mentoring of two adults, the physical education teacher and the choreographer […] During the project, which took place from February through May 2014, students reduced absences to 5%, compared to the other curricular activities that generally have absences in excess of 30%. Students worked with motivation, autonomy and responsibility.
The behaviors of disturbance and discomfort that are detected during ordinary classroom activities have been completely eliminated. There has been full inclusion at the multicultural level and of the student with disabilities. The activity of designing and implementing a multimedia product for the implementation of the practice of physical activity has been a
highly motivating moment for the students.
They actively participated in all phases of the project with original contributions, developing autonomy, self-control and self-esteem. The final product was very much appreciated. The two Italian videos are among the most used of those provided by the online digital library.
The possibility of working with direct experience on the content studied in the curricular hours has allowed everyone to move from theoretical to acted knowledge, developing skills and competencies transferable in other situations. Success has strongly supported self-esteem in generally fragile and low-achiever students […]” (Cazzoli, 2015, pp. 310-311).