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SEARCH

SPORT EDUCATION FOR ACTIVE
AND RESPONSIBLE CITIZENSHIP
THROUGH HEALTH CARING





MODULE 1
Enhancing the educational activity of sport

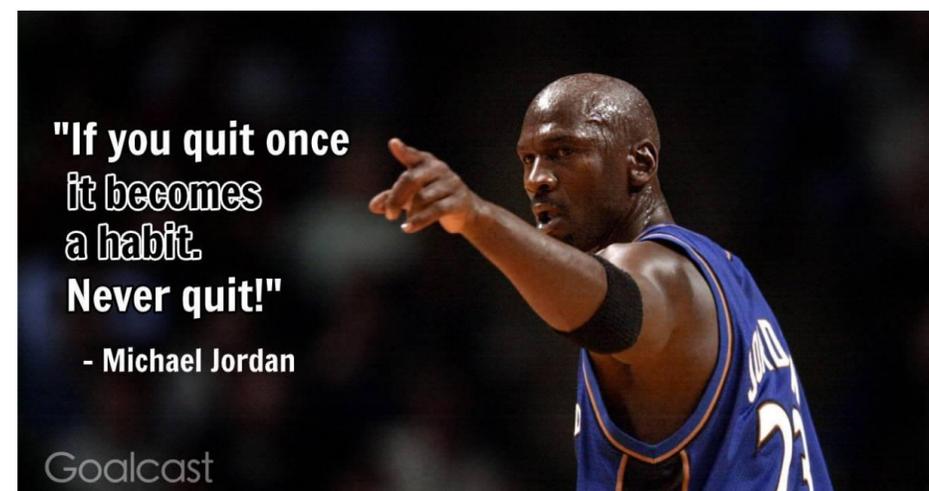
SEGMENT 3

Learning to communicate through body movement

In order to understand the importance of body movement in communication, it is necessary to consider first of all how gestures are highly significant in human oral transmission, which represents the main path of expressive art:

A) Gestures have, indeed, a strong COMMUNICATIVE POWER:

- they are the link between body and word
- they significantly emphasize the different moments of a speech



For example, gestural communication of the child anticipates and supports oral expression. In addition, teaching the child to support his or her words with the gesture is very useful to foster language development:

- First of all, the gesture helps and increases communication: children are able to coordinate the movements of large muscular districts, including those of the arms, earlier before they are able to perform fine movements such as those involved in the articulation of language.
- Secondly, children looking at their hands are able to correct the movement to make it much more accurate and more communicative.

B) the body and its ability to move develop simultaneously, resulting in a process that is called psychomotor development.

- Such a process leads creating the **body plan**, which represents the sense of self and of the body, both stationary and moving, depending on environment, objects and people.
- This acquisition is the result of the exchange of information originating from the external world through the **sense organs**.

Movement helps entering into a relationship with others:

- This kind of communication involves sending a message from an issuer to a receiver by means of a **code of signs**.
- *Verbal* and *bodily language* are part of different codes: the first is made of words, the second of voluntary and involuntary gestures.
- Involuntary gestures reveal inner states and emotions, communicating meanings which the sender does not intend to transmit.
- Voluntary gestures communicate meanings that are intended to be conveyed.
- Even the position of the body in space has a different meaning depending on the type of communication.

Body movement is crucial throughout the development across childhood and school-age, just as gestures are fundamental for children to achieve their modes of communication.

There is something more. Movement is the first tool enabling the child to relate to **him/herself, to the surrounding environment and to others**: it is the first way to turn the action of an individual into reality, thus deserving the suggestive metaphorical definition of the driving wheel of life.





The movement of the body if coordinated with a group movement gives rise to a self-training team process which turns the athletic gesture into a collective gesture

Let's see how this step takes place. The team lives two dimensions:

- a formal dimension: composed by internal and external rules and regulations generally shared by the adult;
- an informal dimension:
 - it consists in relational and symbolic plots supporting organization and management of the performance of the group
 - they relate to the needs of the subjects to take part also in other forms of experience.



It is possible to identify other dimensions which are typical of the practice of sport and which involve pedagogy:

- **PLAYFULNESS:** PLAYING MEANS GETTING INVOLVED AND NOT PRETENDING, AND FEELING THE BODY WITHIN RELATIONAL AND EXPRESSIVE FORMS SUCH AS THOSE TRIGGERED BY THE SYMBOLIC RITUAL SPACE OF THE TEAM.
- **MATERIALITY:** THE BODY OF THE MAN AND THE WOMAN COMES INTO CONTACT WITH TOOLS, SPACES, BOUNDARIES, LIMITS AND THRESHOLDS.

- **Rituality:** sport is a ritual that thrives on its own rituality: schedules, colors, symbols, sounds, flags, songs, words.
- **Sensitivity:** it is possible and desirable to involve all affections and emotions, even negative ones, within the containing time-space guaranteed by the ritual. As a matter of fact, the sports experience activates:

Sport practice should be a powerful device for processing growth particularly during adolescence.

Communicating through the movement of the body allows being part of **an experience able to elaborate both positive and even negative feelings** as for example defeat and anxiety in order to focus on other goals to be reached which belong to the future.



Keywords

Gesturality

Psycho-motor development

Body plan

Sense organs

Playfulness

Materiality

Ritual

Sensitivity

Remember

Students who use body movements well

- They do not have difficulty in communicating with people, they make friends quickly and socialize thanks to easy and quality communication.
- He is constantly focused and motivated in his lessons.
- Follows the pure attention teacher, wants to keep eye contact with him.
- Creative features and imagination are developed.
- They can be easily stripped off the printing environment and problems.
- They act comfortably in the community and do not hesitate to express themselves in public.
- They affect the people in the community easily, their leadership skills are developed.

