Physical Education

“Basketball: the discovery of one’s own body through basketball exercises

Through the practice of basketball you create an ideal context for learning and educates in acceptance and respect of the rules and helps the pupils to understand theirself and others and their potentials better.

the pupils will first have to enter into empathic relationship with each other.

after having acquired the fundamentals and rules of basketball, they will begin to have an approach with the ball and with the various shots.

they will learn to manage the space of the field, to recognize the roles assigned to them and to manage any moments of tension.

pupils after training will discuss the match and the behavior that they observed, analyzing the strengths and trying to find solutions about any wrong behavior.