



## Variability of practice

as an interface between motor and cognitive development promotion  
(Pesce, Croce, Vazou, Ben-Soussan, McCullick, Tomporowski, & Horvat, 2016)

# LA VARIABILITA' DEGLI APPRENDIMENTI

Favorisce

## L'ARRICCHIMENTO DELLE STRUTTURE MOTORIE E COGNITIVE

(secondo la teoria di Bernstein)

Per un ADATTAMENTO a livelli educativi piu' alti e complessi che garantiscano forme di evoluzione consapevoli ed autoorganizzate, proporre attivita' pratiche diversificate ed a forte contenuto cognitivo.

DETERMINANTE attraverso le funzioni esecutive, il coinvolgimento di tutte le aree della personalita' attraverso le funzioni esecutive:

OSSERVARE, PERCEPIRE, INIBIRE-ATTIVARE, PIANIFICARE, AGIRE, VALUTARE.



OSSERVARE, PERCEPIRE, INIBIRE-ATTIVARE, PIANIFICARE, AGIRE, VALUTARE,  
azioni che conducono a:

“educare alla ragione” (by ceciliani)

STRATEGIA CHE PRODUCE EFFETTI COLLATERALI EDUCATIVI,  
a partire da:

- CAPITALI : sociale - intellettuale - tecnico - fisico emotivo
- CONTENUTI : complessita' - diversita' - novita' - scoperta
- MODALITA': astrazione - decisione - interpretazione - soluzioni

VARIABILITA' DEGLI STIMOLI, VARIABILITA' DEGLI APPRENDIMENTI  
PER PIU' ALTI LIVELLI DI RENDIMENTO COGNITIVO MOTORI



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THE VARIABILITY OF LEARNING IS DETERMINING IN ORDER TO ENRICH  
MOTOR AND COGNITIVE STRUCTURES  
(according to Bernstein's theory)

For an ADAPTATION to higher and more complex educational levels that  
guarantee conscious and self-organized forms of evolution,  
thanks to a practical activity but with a strong cognitive content.

It is IMPORTANT to involve all areas of the personality and executive  
functions:

OBSERVE, PERCEIVE, INHIBIT-ACTIVATE, PLAN, ACT, EVALUATE.

- METHODOL OBSERVE, PERCEIVE, INHIBIT-ACTIVATE, PLAN, ACT, EVALUATE,
- actions that lead to:
- "Educate to reason" (by ceciliani)
  
- STRATEGY THAT PRODUCES EDUCATIONAL SIDE EFFECTS,
- starting from:
  
- - CAPITALS: social - intellectual - technical - emotional physical
- CONTENTS: complexity - diversity - novelty - discovery
- - METHOD: abstraction - decision - interpretation - solutions
  
- VARIABILITY OF STIMULI, VARIABILITY OF LEARNING
- FOR MORE HIGH LEVELS OF COGNITIVE PERFORMANCE OGY ENGINES