

## DOCUMENTS ON PHYSICAL EDUCATION AND SPORT IN MIDDLE SCHOOL IN ITALY: DIDACTICS ASPECTS, MOVEMENT THEORY AND LEARNING

### **Abstract**

*Physical education and sport in Italian school is in evolution because of the ministerial education document is continuously updated and the lower secondary school, common namely middle school, has been changed. In the same time, new discoveries on the neurological aspects of the brain and the mechanism of motor control opens a new scenario on education, didactics and motor learning. The study addresses the new scientific basis of movement and its related didactics, so the aim is to verify if there is the update on contents, didactics and teaching methods. It uses an integrated method that joins in a historical documentary approach and theoretical one on scientific paradigms. To conduct in an argumentative deductive approach to talk about new discoveries on motor control and learning to apply in ministerial documents. Results do not carry out any particular aspects connected to the new neurological theories applied motor control and learning. All ministerial documents does not provide any reference of motor imagery, open loop, closed loop and didactics of movement about cognitive, ecological-dinamic approach. In conclusions the data are in opposite way to update regulation documents according to new scientific evidences. It may be useful to deepen further the study and deliver the results to the governmental experts for the necessary updates to fill up the vacuum.*

**Keywords:** *closed and open loop, motor imagery, cognitive, ecological-dynamic approach, regulation papers*

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