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ENCOURAGING PHYSICAL ACTIVITY AT SCHOOL: THE EXPERIENCE OF GYMNASTICS FOR ALL IN THE SCHOOL OF APPLICATION OF THE FACULTY OF EDUCATION OF USP

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This work reports the experience of Gymnastics for All (GPT) by the students of the School of Application of the School of Education of USP through an extension project to the Elementary School and high school. The objective of the project is for these students to experience the GPT from a proposal that brings the body as a carrier of multiple languages and, consequently, enjoy all the possibilities that it provides in practice. This concern remains in view of the current sedentary scenario of young people, where corporal practices are easily replaced by digital practices. The aim is to insert a new modality in school, based on the principles of inclusion, pleasure by the practice of exercises and gymnastics, allows the participation of a large number of people and allows the incorporation of other corporal practices such as dance, circus, stimulation of the imagination and scenic expression as instigator of self-knowledge and facilitator of performance. These objectives are in line with those of basic education and are associated with the purposes of the School of Application: ethical, political, aesthetic and educational principles. Two of these principles clearly express the importance and relevance of GPT practice and ground it as an extracurricular project for the school; are: 1) Aesthetic principles: the cultivation of sensibility along with that of rationality; the enrichment of forms of expression and the exercise of creativity; of the valorization of the different linguistic and cultural manifestations, especially of the Brazilian culture; 2) Educational principles: education taught on the basis of equity and freedom to learn, teach, research and disseminate culture, thought, art and knowledge; the pluralism of ideas and pedagogical conceptions; the democratic management of public education; out-of-school experience; the link between school education, work and social practices. The project is supported by the Pro-Rector of Culture and Extension of USP and has



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the participation of a scholarship student, a Physical Education students of USP, and two coordinating teachers, one of which is linked to the School of Application, directly responsible for the scholarship and application of activities with the students and another linked to the School of Education of USP, responsible for planning the activities and professional training of the scholarship holder. The project completed three years in 2018, and currently counts on the participation of 25 students between boys and girls, between eleven and fifteen years of age. The classes take place in different spaces of the own school or university and have a duration of two hours a week. The students interested in the proposal enroll, and to participate no prerequisite was determined. The project was structured in such a way that the students experience varied body practices and through it they feel stimulated to elaborate compositions and presentations that involve the experiences acquired during the classrooms. For a better understanding of the GPT fundamentals and the students' inclusion in the project, a research on the subject was necessary, since from the contextualisation of the modality an environment is provided in which the adolescents feel encouraged to create in a collective way, interacting with the proposals given and mainly recognizing the importance of the practice of gymnastics in the sociocultural aspects, favoring health, physical condition as well as social integration, contributing to physical, psychic and social well-being.

Keywords: Gymnastics for all; Extracurricular Activity; Physical Activity; Extension Project.