```python
def insere(a, tab):
    l = list(tab) #l contient les mêmes éléments que tab
    l.append(a)
    i = len(l) - 2
    while a < l[i] and i >= 0:
      l[i+1] = l[i]
      l[i] = a
      i = i - 1
    return l


assert insere(3,[1,2,4,5]) == [1, 2, 3, 4, 5]
assert insere(10,[1,2,7,12,14,25]) == [1, 2, 7, 10, 12, 14, 25]
assert insere(1,[2,3,4]) == [1, 2, 3, 4]
```