

Determining the background for implementation of sports-oriented teaching techniques in training of children age of 5–6 years old under the conditions of a preschool educational establishment

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Purpose: to identify and substantiate the necessity of the implementation of physical training elements and sports games in education of late preschools.

Material & Methods: the analysis of scientific-academic literature and regulatory documents, polling, survey, pedagogical observation, test execution.

Results: the attitude toward sports-oriented physical training is based on the analysis of children's attitude to their sporting activities as well as of their parents and of personnel at pre-school institutions. This article provides the results of children's motor skills assessment and reveals the necessity of implementation of sports-oriented physical training to the educational experience at pre-school educational institutions. pedagogical observation, test execution.

Conclusions: a poor physical health leads to the implementation of physical training technologies and sports games in teaching process at pre-school institutions as an alternative to traditional physical training techniques is the most effective way to motivate preschools to exercise which has a great impact on children's health and well-being.

Keywords: pre-school education, sports oriented technologies, children of late pre-school age.

Introduction

The current state of health of preschool children causes a big concern. Results of various researches testify to the available tendency of deterioration in indicators of health of children and teenagers in Ukraine. The role of physical education increases considerably in the system of preschool education under such circumstances. But the traditional system of physical education not completely satisfies requirements of versatile development of a children's organism, fills emotionally classes on physical culture which pushes on need introduction of the innovative sports focused technologies in the teaching-educational process of preschool educational institutions for the purpose of improvement of the system of work with children.

It is noted in paragraph 1.3 of the article of the I International charter of physical education and sport that special conditions need to be provided to youth, including *children of preschool age*, to elderly people and persons with physical or intellectual defects for the purpose of all-round development of their personality by means of the programs of physical education and sport which are adapted for their requirements [13].

The works of many domestic and foreign scientists are devoted to introduction of achievements of sports science for the solution of methodological problems of physical education, including preschool.

The special place is taken by the concept of conversion of the chosen elements of sports education which is developed by V. K. Balsevich [3] for the benefit of improvement of contents

and forms of the organization of physical education at comprehensive schools and preschool educational institutions.

L. V. Volkov [5] developed the program of sports game preparation which (for the purpose of optimization of physical education of children of 5-7 years old) provides use of various methods and means of performance of physical exercises by game and sports game methods. The maintenance of means of training influence and technological model of selective size of physical activity are developed.

L. I. Lubyshva [12] considers sportization as an active use of sports activity, sports technologies, competitions and elements of sport in the educational process for the purpose of formation of sports culture of pupils.

Sports lifestyle, according to N. E. Pangelova [14], is one of the priority directions in physical education for the harmonious development of the identity of a preschool child.

Yu. Babachuk [2] gives the characteristic of maintenance of motive actions of games with sport elements; I. Surinov and Z. Varfolomeyeva [16] pay a considerable attention to sports game activity as means of the Olympic education of the senior preschool children.

Now the wide circulation together with the term «sports training» was received by terms «physical training» (E. Myak-inchenko, V. N. Seluyanov, 2000), «improving training» (T. A. Kravchuk, 1996; V. G. Bugrov, 1999), and in physical education of children of preschool age some authors operate with terms «classes of the training direction» (E. N. Pimonova, A. M.

Voropayev, 1989), «training classes» (M. A. Runova, 2000).

According to L. D. Glazirina, V. A. Ovsyankin [6], a competitive method can be included in the study process of movements of children, but a teacher needs to know how to make it. Everything depends on pedagogical skill of tutors. For example, such questions: «Who can better do?», «Who will bring quicker a «jack at a pinch?» set the purpose before a child - it is a methodical technique of a competitive method.

Researchers O. L. Boginich, Yu. M. Babachuk [4] developed a methodical textbook «Outdoor games and game exercises with elements of sports for children of the advanced preschool age».

Various latest technologies of physical education which include track and field athletics exercises will promote formation of a correct posture, beautiful gait, development of coordination of movements, and also improve physical fitness of a child [11].

O. D. Dubogai, N. V. Makovetska [7] consider that application of rhythmical gymnastics and dancing therapy in the educational process of a preschool institution is expedient.

M. Aleksandrovska [1], I. Kuzina [10], I. Tereshchenko [17] assign a significant role in the system of physical education to rather new look – step-aerobics (to use of a step-ladder as a mean of the development of coordination of movements at preschool children).

That is, a positive influence of introduction of achievements of sports science in teaching and educational process of preschool educational institutions is implicit, but this fact not always finds support from parents and tutors of preschool educational institutions.

The purpose of the research: to analyze and prove need of introduction of elements of sports training and sports in physical education of children of the advanced preschool age in the conditions of a preschool institution.

Research task:

1. To analyze scientifically-methodical literature and normative documents concerning introduction of the innovative sports which are oriented technologies in teaching and educational process of preschool institutions.
2. To carry out the analysis of medical cards of children of the studied groups.
3. To find out the relation to sports oriented physical education of children of the senior groups, their parents and tutors.

Material & Methods

The following methods were used in the course of the research: theoretical analysis of scientifically methodical literature, pedagogical supervision, poll, questioning.

Results and discussion

The research on the bases of preschool institutions of Lutsk and Kiev was conducted for obtaining objective data of influence of sports focused physical education on formation at children of motives and incentives to classes by physical culture and sport. 80 senior preschool children who were created in groups (40 persons – control, 40 – experimental) took part in the research. Classes with children of the control group were carried out according to the Basic program, and in the experimental group elements of sports training and sports were applied on classes in physical culture and during walks.

Results of the analysis of medical cards confirm the existence of tendency of deterioration in a state of health at children of the advanced preschool age (tab. 1).

It is noted by the results of medical examination that 47,5% of children of the first group of health in the control group, 42,5% – the second from which 65% of children the main to classes by physical culture and 35% – preparatory. 42,5% of children of the first group of health in the experimental group, 57,5% – the second, from which 57,5% of children the main to classes by physical culture and 42,5% – preparatory.

That is, the main attention during classes with children of the advanced preschool age is necessary to pay to children of the second main group and the second preparatory group («risk group»).

Negative tendencies of deterioration in a state of health of modern children induce to pay special attention to quality of physical education of preschool children. The main priorities have to be: the development of new, most adequate programs, the search of the most effective techniques in physical education of the senior preschool children, introductions of elements of different types of sport for the benefit of improvement of contents and forms of the organization of physical education in preschool educational institutions.

Work with parents and tutors included at itself questioning, lectures and individual conversations. Poll of parents and pedagogical workers of children's institutions were carried out for the purpose of specification of the place and a role of sports focused physical education in teaching and educational process. As a result we increased the level of knowledge and interest of parents in education at children of values of

Table 1
Indicators of medical examination of children of the senior groups (September), n=80

Groups	Group of health				Group of physical education			
	I		II		Main		Preparatory	
	n	%	n	%	n	%	n	%
C (n=40)	19	47,5	21	52,5	26	65	14	35
E (n=40)	17	42,5	23	57,5	23	57,5	17	42,5

the Olympic Movement. Polls of children were conducted by means of parents (for bigger reliability of results).

Sports, elements of sports training, exercise of sports character, which are already adapted by scientists for use in sports focused physical training of the senior preschool children, were offered for carrying out the research.

The number of children was evaluation criterion, who visits sports sections at the beginning of the research, and information, about what sports sections were chosen for classes by children and their parents at the end of the research, and also results of poll of children before and after the termination of the research.

340 parents, 180 tutors of PEI of Lutsk and Kiev answered the question of questionnaires. Results of the poll of parents indicated the positive relation to classes of their children by physical culture for the sports focused program: 96% (326) parents have the positive relation, 4% (14) – hesitated in connection with the lack of information on the matter. That is, the vast majority of parents agree with introduction of elements of different types of sport to the program of physical training of PEI and expressed desire that to put them were brought up according to the Olympic education from preschool age when the socialization of the personality begins.

And a little other situation is observed at the poll of tutors: 47% (84) – prefer as the traditional system of physical education of the senior preschool children, 53% (96) – support introduction sports focused physical education of the senior preschool children.

That is, the desire of parents isn't supported by a half of the interrogated tutors that in turn indicates unavailability to cardinal changes in physical education of children of the advanced preschool age of pedagogical personnel of preschool institutions.

The poll of tutors found requirement to introduction in practice of work of children's preschool institutions of the latest technologies on physical education due to additional methodical classes, both in the conditions of PEI, and at advanced training courses which will give an opportunity to increase efficiency of physical training of children and to improve their health, will give an opportunity to better prepare children for school.

External selective observations were made for the purpose of identification of need of children of the advanced preschool age to classes with elements of sport which the main purpose was diagnostics of a situation which provided non-interference to the process which is studied [8].

Younger pupils came to a preschool institution for carrying out joint walks by the invitation of administration (in which carrying out pedagogical experiment was provided). Children of the elementary grades were suggested playing with kids sports on their discretion, and to the senior preschool children to take part in these games.

The supervisions over children of the experimental groups were carried out both during walks in a preschool institution, and during walks outside a kindergarten. The senior preschool children were willingly connected to pupils of the elementary grades which played football, basketball and other sports.

By the results of supervision it is possible to draw a conclusion that practically all children (boys and girls) seized the offered sports game during 2–3 general games. That is, the senior preschool children created skills of performance of the main physical exercises (run, jumps, throwing but other) which gives the chance to children rather quickly to seize different sports by the simplified rules.

For more effective planning of classes, regulation of dispensing of loading, pedagogical supervision and control, children of the senior groups were distributed on subgroups during classes.

Not only an age and a sex, but also indicators of physical development, a state of health were considered during an assessment of physical training of children by a complex of quick tests.

Especially remarkable is that children of the senior groups independently organized games during a day and evening walks which they have acquired during the general games with younger school students. It is possible to note with confidence what children of the advanced preschool age willingly play sports what they seized, not depending on a sex.

The poll of children of the experimental group about their relation to the sports offered by pupils, easy mastering and interest in studying and assimilation of new games indicates interest of children to classes of a competitive character that provided us the bases for introduction of the sports focused technologies in physical training of children of the advanced preschool age.

By the results of the research it is possible to draw a conclusion that acquaintance of children of the experimental group in the course of classes in physical culture with different types of sport, elementary skills of performance of exercises of sports character, forms resistant interest in sports activities. And, on the contrary, children of the control group had an insignificant interest to sports activities (tab. 2).

Results of the poll of children of control and experimental groups concerning desire to be engaged in sports sections demonstrate that generally it was sports which were used in the teaching and educational process of a preschool institution.

Children of the experimental group expressed desire to be engaged: football – 57,5%, hockey – 20%, basketball – 32,5%, floorball – 70%, track and field athletics – 50%, gorodki – 15%, gymnastics – 40%, tennis – 22,5%, acrobatics – 35%.

Children of the control group would like to be engaged in the following sports: football – 27,5%, basketball – 15%, track and field athletics – 35%, acrobatics – 7,5%; gorodki – 17,5%, gymnastics – 5%.

Interest of children in such sports which aren't in the program of physical training, speaks: oriental martial arts – revision of television programs and desire, generally boys, to be able to protect themselves (control groups – 40%, experimental – 30%); figure skating – visit of children with parents of skating rinks (experimental – 10%); cycling – most of children have bicycles and in free time (outside a children's institution) willingly ride bikes (control groups – 22,5%, experimental – 30%).

Table 2

Indicator of interest of children sports at the end of the research (%)

Groups	Kinds of sport											
	Acrobatics	Basketball	Cycle racing	Gymnastics	Gorodki	Track and field athletics	Floorball	Oriental martial arts	Tennis	Figure skating	Football	Hockey
C (n=40)	7,5	15	22,5	5	17,5	35	–	40	–	–	27,5	–
E (n=40)	35	32,5	30	40	15	50	70	30	22,5	10	57,5	20

Results of the poll of parents of children of the experimental groups concerning classes of children in sports sections at the beginning of the research the following: 37,5% (15) parents for sports, from them 10% (4) – sent children to sections of gymnastics and football; 62,5% (25) parents consider that to play sports at such age early. At the end of the research: 82,5% (33) parents for sports, from them 30% (12) – sent children to sports sections (football, gymnastics, acrobatics, oriental martial arts, swimming); 17,5% (7) parents consider that to play sports at such age early (pic. 1).

Conclusions

1. The analysis of scientifically methodical literature testified that introduction of the innovative sports focused technologies is one of the priority directions of the improvement of contents and forms of the organization of physical education in preschool educational institutions.
2. The results of the analysis of medical cards confirm the ex-

istence of tendency to deterioration in state of health at children of preschool age. The main attention is necessary pay on children of the second main group and the second preparatory group during classes with children of 5-6 years old («risk group»).

3. Results of the poll, the questioning indicate the positive relation of children, parents to introduction of the sports focused technologies in physical education of children of the advanced preschool age.

Prospects of the subsequent researches

Will be connected with more detailed studying and the subsequent introduction of elements of sports training in physical education of the senior preschool children, and also studying of influence of sports focused physical training at choice of boys and girls of sports for classes in sports sections.

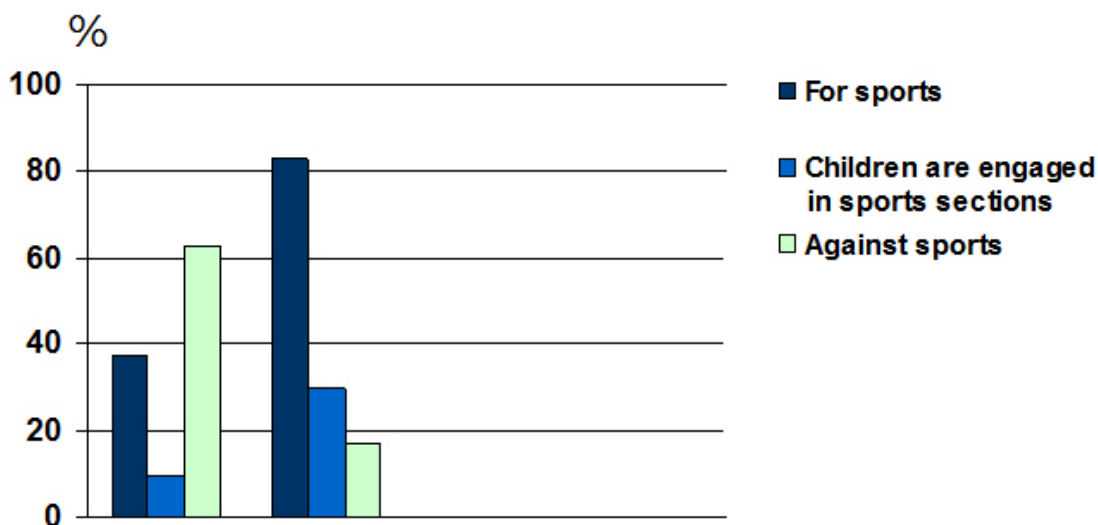


Fig. 1. Indicators of the poll of parents of children of the experimental groups at the beginning and at the end of the research of %

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