

UDC 796.012.35-057.874(075.3)

SUTULA V., DEYNEKO A. VYSHNYA O.*Kharkiv State Academy of Physical Culture
Kharkov National Medical University*

Building a culture of motor activity in students of secondary schools

Abstract. Purpose: to justify the connection and the sequence of the process of formation of culture of motor activity at pupils of elementary and primary schools and to define the role of means of the main gymnastics. **Material and Methods:** the analysis and synthesis of scientific and methodical literature on use of the main gym in building a culture of motor activity in primary and secondary schools. **Results:** showed that the concept of “culture of movement” is used only in primary school; it is the first step in creating the culture of motor activity of schoolchildren. The development of pupils motor activity culture is not provided as the main task of the secondary school. Teaching material for pupils of the fifth-ninth grade is not accompanied by a continuation of the formation of their culture of motor activity. **Conclusions:** the use of basic exercises in creating a culture of pupils motor activity of the primary school is a continuation of “movement school” formed in elementary school.

Keywords: culture of movement; the culture of motor activity; pupils, elementary and primary school.

Introduction. There is a requirement of education of healthy generation by the creation of appropriate conditions for a healthy lifestyle of student’s and student’s youth taking into account physiologic norms of improving physical activity, the creation of conditions for the development of physical culture, mass sport, and so forth at the present stage of the development of the Ukrainian society. It is defined by the Provisions of Laws of Ukraine “About education”, “About physical culture and sport”, The nation-wide target social program of the development of physical culture and sport for 2012-2016. In this difficult process the important role is appointed to a school, after all the foundation of physical and mental health of children is laid during this period, their requirements and motives concerning the use of physical exercises for the sake of support of own health are formed and values of a healthy lifestyle are acquired [1].

Communication of the work with scientific programs, subjects, plans. The research is executed within the Built plan of the research work in the sphere of physical culture and sport for 2011-2015 from a subject 1.3 “A paradigm of healthy lifestyle in a discourse of physical training and sport”. The number of the state registration: 0111U001716, and also the complex scientific project “Theoretic-methodological principles of the formation of personal physical culture at children and youth as bases of their health” (number of the state registration: 0113U001205).

The objective of the research: to prove an interrelation and following process of the formation of culture of the motive activity at pupils of elementary and main schools and to define a role of means of the main gymnastics in it.

Material and methods of the research: the analysis and generalization of scientifically methodical literature on a problem of use of the main gymnastics in the course of the formation of culture of the motive activity at pupils of elementary and main schools.

Results of the research and their discussion. The modern concept of physical training puts not only a physical improvement of a human body for the purpose, but also a formation of physical culture of the identity of the younger generation in the education system [2; 7]. The works of M. Vilensky (2001), L. Lubisheva (2012), V. Sutula (2012), O. Shiyani (2012), M. Sainchuk (2013), T. Kutek (2013) and other authors are devoted to the research of this phenomenon. They characterize physical culture of the personality as one of the components of the general culture of the person which is shown in the conscious activity which is connected with the use of physical exercises and is directed on the increase of level of its health and physical improvement. The culture of the motive activity which includes, on the one hand, technique of an execution of the motive activity, on the other hand - concerns the sphere of motives, requirements and values of a person [3]. It is provided by the program on the discipline “Physical culture”[8] that the main objective of a subject is the development of a key health care competence at pupils by acquisition of skills of preservation, strengthening of health and a caring attitude by them to it. As a result of the achievement of this purpose pupils have to carry out not only exercises of the main gymnastics: front and organizing, kinds of walking and run, jumps, all-developing exercises for the development of speed, dexterity, endurance, force, flexibility, high-speed and power qualities but also to realize their value for support of health and intellectual working capacity. However in a modern scientific discourse it is paid not enough attention to the main gymnastics as to a significant factor and means of the formation of culture of the motive activity of the personality. It should be noted that gymnastic means and methodical receptions are considered the most effective in the course of the formation of culture of the motive activity that exercises of the main gymnastics are an effective remedy of a purposeful formation of fund of basic physical actions, that is cultures of the motive activity in the context of basic physical training of children of a school age [4].

The analysis of school programs on physical culture of Ukraine shows that the concept of culture of movements is used only at the elementary school and its essence isn’t opened. The training material for the 1–4 classes is distributed after ways of physical activity where there is a speech about culture of movements only in one section connected with gymnastics, and in other sections (“schools”) this concept isn’t present. We pay attention that the formation of a school of culture of movements is the initial stage of physical training and study which places emphasis on the complex development of physical activity of children and forms the general motive competence. At this stage the initial knowledge of rather physical activity is formed, however children doesn’t understand a real requirement and advantage of classes by physical culture

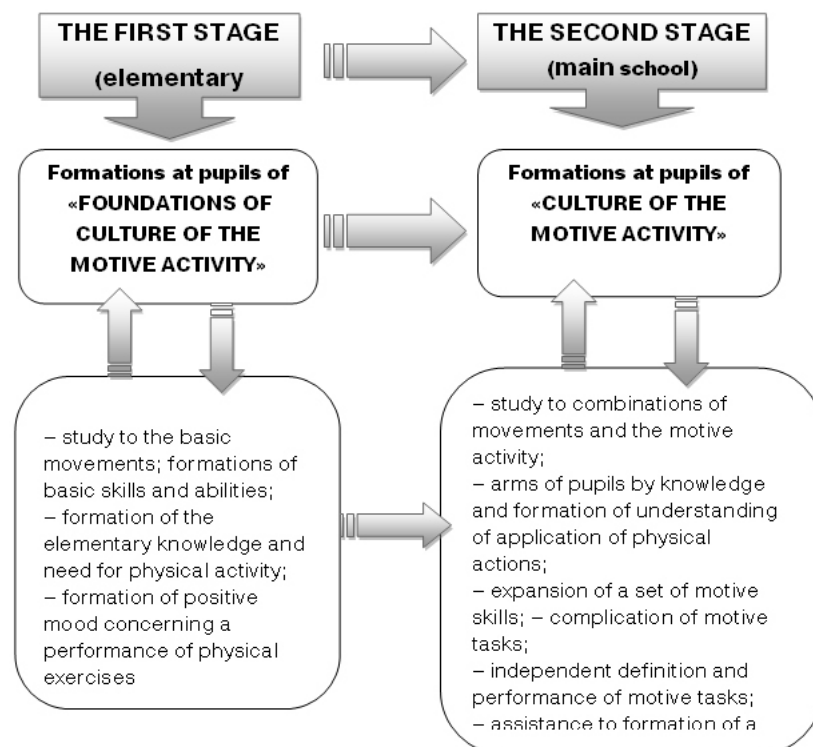
yet, and perceives them as a “game”, “entertainment”, “toy”, as in them yet not created the valuable and motivational sphere. At this stage children can’t show creativity in the conscious designing of movements yet, can’t create motive combinations.

The program material of the 5-9 classes consists of 2 parts: invariant (the theory and the general physical preparation) and variable – corresponding to kinds of sport (gymnastics, track and field athletics, volleyball, basketball, etc.) and in the essence is continuation of the training program which is realized at the elementary school that is displayed in the corresponding State standards [5; 6]. The transition of children to the main school is followed by the continuation formation of culture of the main movements at them as there is a high-quality improvement not only the acquired movement skills, but also the valuable and motivational sphere is formed. Besides pupils learn to design more difficult motive complexes, have an opportunity to create motive combinations, to show creativity in this process on the basis of the studied movements. Thereby the practical realization of the principles of systemacity, sequence and continuity of the educational process is provided. So, for example, if in the first or fourth classes school students acquire the main ways of the motive activity: “school of movements with gymnastics elements”, “school of movement”, “school of development of physical qualities” and another, and this period a certain school formation can really be considered at them initial culture of performance of movements (run, jumps, throwings, walking, different movements, extremities and so forth). At the main school the tasks concerning the formation of culture of motive activity by the program are not provided at pupils. That is the training material for pupils of the fifth or ninth classes actually isn’t followed by the continuation of formation at school students of culture of the motive activity. Though at this age pupils have a high-quality improvement not only movement skills, but also the valuable and motivational sphere starts being formed actively (an understanding of advantage of physical culture appears, knowledge of its positive influence on health of a person is formed who promotes the motivation for classes by physical exercises). The stages of the educational process which are directed on the formation at pupils of culture of the motive activity by means of the main gymnastics are caused antecedently by the program “Physical Culture at school” [8].

The first stage of the Program “Physical Culture at school” – is the elementary school, and the second – the main school (pic). The tool component of these stages includes at itself an existence of fund of physical actions at pupils, ability to use this fund for designing of the motive activity according to a situation and requirements, conscious to apply physical actions according to circumstances of the environment and so forth.

At the first stage (pic.) there is a study of children to the main movements, formations of the leading movement skills and abilities, elementary knowledge and requirements in physical activity, positive mood concerning use of physical exercises. Thus, the training program focuses attention on the use of gymnastic exercises, and own section of the program received the name “School of culture of movements with gymnastics elements”.

Respectively the culture of the motive activity has to be a sense of the second stage logically (pic.).



Pic. The structure of the process of the formation of culture of the motive activity of pupils of elementary and main schools

During this stage pupils improve fund of physical actions of the previous stage and expand its contents; study combinations of movements and motive activity, in particular, complicating them with the age; seize knowledge and realize application of these or those exercises in everyday life; accustom to independent performance of educational and improving tasks.

Conclusions. Results of the analysis of special literature showed that the concept “culture of movements” is used only at the elementary school and its essence isn’t opened. At the main school the task concerning the formation of culture of motive activity by the program is not provided at pupils. That is the training material for pupils of the fifth or ninth classes isn’t followed actually by the substantial continuation of the formation at of culture of the motive activity pupils. For the solution of this problem we suggest to use means of the main gymnastics as a continuation of the created “school of movements” at elementary school. There are two stages in this process.

Prospects of the subsequent researches. In the subsequent it is planned to develop a technique of the formation of culture of the motive activity by means of the main gymnastics for the fifth and sixth classes.

References:

1. Galaydyuk M., Krasnobayeva T. *Teoriya i metodika fizichnogo vikhovannya i sportu [Theory and Methodology of Physical Education and Sport]*, 2012, vol.3, p. 123–126. (ukr)
2. Golovchenko O. I. *Slobozans'kij nauk. -sport. visn. [Slobozhanskyi science and sport bulletin]*, Kharkiv, 2012, vol.3, p. 148–152. (ukr)
3. Deyneko A. Kh. *Pedagogika, psikhologiya ta mediko-biologichni problemi fizichnogo vikhovannya ta sportu [Pedagogy, psychology and medical-biological problems of physical education and sports]*, 2015, vol.8, p. 24–32. (ukr)
4. Deyneko A. Kh. *Pedagogika, psikhologiya ta mediko-biologichni problemi fizichnogo vikhovannya ta sportu [Pedagogy, psychology and medical-biological problems of physical education and sports]*, 2015, vol. 1, p. 24–28. (ukr)
5. *Derzhavnyi standart bazovoi i povnoi serednoi osviti : postanova Kabinetu Ministriv Ukraini vid 23.11.2011 r. № 1392 // Zbirnik uryad. aktiv Ukr, 2011 [State Standard for basic and secondary education: Cabinet of Ministers of Ukraine of 23.11.2011 p. № 1392 // Collection of government Acts Ukr.]*. (ukr)
6. *Derzhavnyi standart pochatkovoї zagalnoi osviti : postanova Kabinetu Ministriv Ukraini vid 20.04.2011 r. № 462 // Ofitsiyiny visnik Ukraini, 2011 [State standard of primary education, the Cabinet of Ministers of Ukraine of 20.04.2011 p. № 462 // Official Journal of the Ukraine]*. (ukr)
7. Sutula V. A. *Dukhovnist osobistosti: metodologiya, teoriya i praktika [Spirituality: Methodology, Theory and Practice]*, Lugansk, 2011, vol.4 (45), pp. 192–198. (rus)
8. Krutsevich T. Yu. *Fizichna kultura v shkoli : navch. progr. dlya 1–4, 5–9 klasiv zagalnoosvitnikh navchalnikh zakladiv [Physical education in schools: teach. App. for 1-4, 5-9 grades of secondary schools]*, Kyiv, 2013, 352 p. (ukr)

Received: 09.11.2015.

Published: 30.12.2015.

Vasil' Sutula: Doctor of Science (Pedagogical), Professor; Kharkiv State Academy of Physical Culture: Klochkovskaya 99, Kharkiv, 61058, Ukraine.

ORCID.ORG/0000-0002-1108-9640

E-mail: vsutula@rambler.ru

Alfiya Deyneko: Kharkiv State Academy of Physical Culture: Klochkivska str. 99, Kharkiv, 61058, Ukraine.

ORCID.ORG/0000-0001-7990-7999

E-mail: ulija_d@mail.ru

Olena Vyshnya: Kharkov National Medical University, av. Lenina 4, 61058, Kharkiv, Ukraine.

ORCID.ORG/0000-0001-6569-5788

E-mail: elena.vishnya.00@mail.ru