

FORMATION OF PUPILS' SPORTS KNOWLEDGE IN DAY-CARE CENTERS

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Annotations:

Relevance of the topic. The formation of knowledge in the sphere of physical culture and a healthy lifestyle is a topical issue in educational institutions. The knowledge about physical exercises and a healthy lifestyle is an important element of physical culture of the identity of younger school students. The minimum base of the above-named knowledge lays the huge foundation for living position of each pupil.

Purpose: assessment of level of formation in the knowledge about physical exercises and a healthy lifestyle of pupils in day-care centers of educational institutions, data about their visiting of additional sports sections and developing classes.

Methods: theoretical analysis and synthesis of data from scientific and methodical literature, questioning, statistical methods of processing of the materials.

Results: results of questioning about the formation of knowledge about physical exercises and a healthy lifestyle of the pupils who are attending and not attending additional sports sections and developing classes are defined and given to comparison. The general level of knowledge about physical exercises and a healthy lifestyle of pupils from two groups in the number of 48 people was 68,6% and 59,67% respectively and is equated to the average level.

Conclusions: for the increase of level in knowledge about physical exercises and a healthy lifestyle it is necessary to diversify forms of holding sports and improving occupations with pupils both in the mode of school day, and in day-care centers, motivating pupils to make the day regimen correctly, to increase physical activity, to follow hygienic rules, to be engaged in physical exercises regularly, to lead a healthy lifestyle and to visit sports sections.

Keywords:

pupils, knowledge of physical culture, day-care centers, physical culture of the personality, healthy lifestyle, sports and improving occupations.

Сформованість фізкультурних знань учнів груп продовженого дня

Актуальність теми: Формування знань в сфері фізичної культури і здорового способу життя є актуальним питанням в освітніх установах. Знання про фізичні вправи і здоровий спосіб життя є важливим елементом фізичної культури особистості молодших школярів. Мінімальна база вищеназваних знань закладає величезний фундамент життєвої позиції кожного учня.

Мета: оцінка рівня сформованості знань про фізичні вправи і здоровий спосіб життя учнів груп продовженого дня в загальноосвітніх установах, даних про відвідування ними спортивних і розвиваючих занять.

Методи: теоретичний аналіз і узагальнення даних науково-методичної літератури, анкетування, статистичні методи обробки матеріалів.

Результати: визначено і приведено в порівняння результати анкетування на предмет сформованості знань про фізичні вправи і здорового способу життя учнів, які відвідують і не відвідують додаткові секції або заняття. Загальний рівень знань про фізичні вправи і здоровий спосіб життя учнів двох груп в кількості 48 чоловік склав 68,6% і 59,67% відповідно і прирівнюється до середнього рівня.

Висновки: для підвищення рівня сформованості знань про фізичні вправи і здоровий спосіб життя необхідно урізноманітнити форми проведення фізкультурно-оздоровчих занять з учнями як в режимі навчального дня, так і в групах продовженого дня, мотивуючи учнів правильно складати свій режим дня, підвищувати рухову активність, дотримуватися гігієнічні правила, регулярно займатися фізичними вправами, вести здоровий спосіб життя і відвідувати спортивні секції.

учні, знання з фізкультури, групи продовженого дня, фізична культура особистості, здоровий спосіб життя, фізкультурно-оздоровчі заняття.

Сформированность физкультурных знаний учащихся групп продленного дня

Актуальность темы: Формирование знаний в сфере физической культуры и здорового образа жизни является актуальным вопросом в образовательных учреждениях. Знания о физических упражнениях и здоровом образе, уровне физической подготовленности учащихся и их физического здоровья, осознание важности занятий физической культурой являются важным элементом физической культуры личности младших школьников. Минимальная база указанных знаний закладывает огромный фундамент жизненной позиции каждого учащегося. Цель: оценить уровень сформированности знаний о физических упражнениях и здоровом образе жизни учащихся групп продленного дня в общеобразовательных учреждениях, а также данных о посещении ими спортивных и развивающих занятий.

Методы: теоретический анализ и обобщение данных научно-методической литературы, анкетирование, статистические методы обработки материалов. **Результаты:** определены и приведены в сравнение результаты анкетирования на предмет сформированности знаний о физических упражнениях и здорового образа жизни учащихся групп продленного дня, приведены результаты ответов учащихся посещающих и не посещающих дополнительные секции или занятия.

Выводы: для повышения уровня сформированности знаний о физических упражнениях и здоровом образе жизни необходимо разнообразить формы проведения физкультурно-оздоровительных занятий с учащимися и в режиме учебного дня, и в группах продленного дня. Необходимо мотивировать учащихся правильно составлять свой режим дня, повышать двигательную активность, соблюдать гигиенические правила, регулярно заниматься физическими упражнениями, вести здоровый образ жизни и посещать спортивные секции.

учащиеся, знания по физкультуре, группы продленного дня, физическая культура личности, здоровый образ жизни, физкультурно-оздоровительные занятия

Problem statement. The formation of health culture and physically active lifestyle of pupils takes place at the I-st step of general secondary education. The subject "Physical Culture and Health" provides realization of the above-named components and training in skills of movements, development of physical culture of pupils' identity and their improvement taking into account age features in school hours [10, 11].

Assimilation of the sports knowledge necessary for independent occupations of physical exercises is also an integral educational problem of the subject "Physical Culture and Health" [1, 9, 20].

Analysis of scientific research and publications. According to a number of authors, the physical culture of the personality carries out a special role in all-round development of mental, physical and other abilities of the person, gradually preparing the child for inclusion in difficult social relations in future. The more various means (improving, training, hygienic, natural, etc.) will be used as the system of personality formation, the more considerable effect will be gained from these influences [2, 3, 8, 17, 19].

The formation of physical culture of pupils' identity happens gradually. At the stage of knowledge identification, abilities and physical actions in educational and in sports activity are acquired and reproduced. The stage of updating assumes active mastering, reproduction and the use of various forms of sports activity that promotes the formation of own experience and the creation of new samples and physical culture values [7, 19].

Thus, under the formation degree of physical culture fundamentals of the personality at younger school students, it is necessary to understand the level of physical culture knowledge, level of physical fitness, level of physical health, awareness of importance of physical culture exercises, its usefulness for health, desire to be engaged in physical exercises [3, 4, 5, 15, 16].

The main maintenance of physical culture includes motive activity. Personal development happens in the course of purposeful activity.

Motive activity consists of three components: information – knowledge; operational – modalities of action; motivational – samples or motivational orientation (physical exercises or physical actions). Knowledge is the leading component. Ability to connect the gained theoretical knowledge with its value and the demand in the course of independent activities are of particular importance in the course of child's physical culture formation. Person's physical activity and the gain of physical fitness indicators depends on the level of sports knowledge [1, 4, 7, 9, 12, 14].

Research objective: assessment of level of knowledge formation about physical exercises and a healthy lifestyle of pupils in day-care centers of educational institutions, data about their visiting of additional sports sections and developing classes.

Material and methods of a research. *Participants of a research.* The research was conducted on the basis of high school No. 59 in Gomel with participation of 79 school students visiting day-care centers.

Organization of a research. The organization of the research is presented by carrying out questioning with pupils in day-care centers. The questionnaire about a healthy lifestyle included 7 questions and reflected the knowledge in questions of food, hygiene, carrying out leisure and strengthening of health. The questionnaire about physical exercises consisted of 10 questions

and defined the knowledge of physical exercises influence on an organism, ways of formation of a correct posture, types of sports equipment, the choice of sport and a ball, exercises for formation of power abilities, a concept of pulling up in hanging and other questions.

Tasks were made in an illustrated form with the choice of one or several necessary possible answers. The maximum quantity of the correct answers in two questionnaires equaled 16 and 15 respectively. The fragment of questionnaires is presented in picture 1.

Test 1 Knowledge of physical culture

Surname _____ Name _____ Class _____

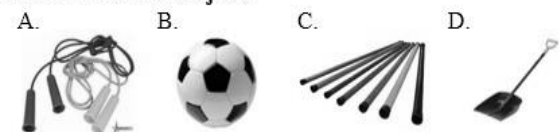
1. How do physical exercises influence your organism?

- A. Help to be slow and lazy
- B. Help to be healthy and strong
- B. Keep youth
- G. Reduce life

4. Note what forms a correct posture:



5. Note an extra subject:



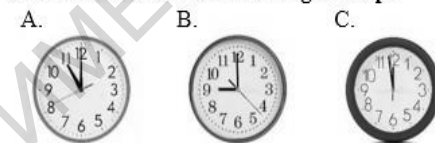
Test 2 Healthy lifestyle

Surname _____ Name _____ Class _____

1. Note what strengthens your health.



2. Choose the best time for night sleep.



Pic. 1. Questionnaires of determination of sports knowledge formation

The assessment of pupils' knowledge was distributed on levels: high, above average, average, below average, low according to an integrated 10-mark scale of assessment of pupils' educational achievements. Then the total number of the received answers was counted and expressed in percentage.

Results of the research. The results of sports knowledge formation are presented in table 1.

Table 1

Results of sports knowledge formation

Level of sports knowledge	Knowledge about physical exercises (number of pupils)	Knowledge about healthy lifestyle (number of pupils)
High	6 (7,6%)	–
Above	36 (45,6%)	25 (31,8%)
Average	31 (39,2%)	38 (48,1%)
Below	6 (7,6%)	15 (19,0%)
Low	–	1 (1,3%)

It is visible from the table that the high formation level of knowledge about physical exercises (more than 90% of answers) was reached by 6 pupils. 36 pupils (45,6%) succeeded in

the level above average, the average level of knowledge is observed at 31 students (39,2%), below average – at 6 people (7,6%).

Most school students have perfectly coped with the question about sports choice (soccer, volleyball, handball, basketball) and the ball corresponding to this kind of sport. They have also correctly specified the daytime, during which it is better to do exercises, and have noted an excess subject from sports accessories. A number of mistakes were made in the question about the choice of the subject relating to shuttle run, understanding of exercise – pulling up in hanging. Not all pupils unmistakably gave the preference to the occupations, promoting formation of a correct posture.

The results of the questioning regarding knowledge formation of a healthy lifestyle showed that high level was not reached by any pupil. However, three pupils gained 87,5% and did not get only 2.5% to a high level. 25 pupils (31,6%) reached level above average, the average level of knowledge - 38 students (48,1%), below average (satisfactory) 15 people (19,0%) and low – 1 pupil (1,3%).

A significant amount of pupils perfectly coped with the question about the choice of the best sleep time, correctly noted the cases when it is necessary to wash hands, truly chose the drawings indicating what strengthens the child's health.

The wrong answers were given on a question what is necessary for an organism to slake one's thirst. Many children gave preference to tea, sweet carbonated drinks, excepting the correct variant – water. In addition, pupils made the wrong choice of useful breakfast (a plate of porridge, fruit and bakery products), choosing a cup of tea and a sandwich, or smoked products with fried eggs and a glass of juice, and in the choice of products, which help the child to grow healthy.

In turn, the wrong answers were given on a question what is the best of all to be engaged in after studies. Most part of pupils indicated the drawing with the image of doing homework, but not outdoor games or rest. Children underestimate the importance of activity change after studies.

The children attending the additional sports sections, developing classes or groups on interests (drawing, a vocal, rhythmic, choreography) were revealed from 79 questioned pupils. They made 48 people or 60,8 %. The results of their answers are given to the comparison with the pupils who do not attend any classes or sections in number of 31 persons or 39.2 %. Comparative results are presented in table 2.

Table 2

Level of sports knowledge formation of pupils attending and not attending additional sections

Level of knowledge	Knowledge about physical exercises		Knowledge about healthy lifestyle		
	1	2	3	4	5
	The number of pupils visiting the additional sections	The number of pupils not visiting the additional sections	The number of pupils visiting the additional sections	The number of pupils not visiting the additional sections	
High	4 (8,3%)	2 (6,4%)	9 (29,0%)	-	
Above	24 (50,1%)	12 (38,8%)	17 (54,9%)	14 (45,2%)	

<i>Continuation of table 2</i>				
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
Average	15 (31,2%)	16 (51,6%)	4 (12,9%)	23 (74,2%)
Below average	5 (10,4%)	1 (3,2%)	1 (3,2%)	10 (32,3%)
Low	-	-	-	1 (2,1%)

These tables show that twice more pupils visiting sports sections reached high level and the level above average. It is appropriate to draw a conclusion that visiting sports sections assumes the increase in level of pupils' knowledge of independent physical exercises, promotes the maintenance of their physical shape and, certainly, influences the level of healthy lifestyle knowledge.

Discussion. The awareness of children in the knowledge about physical exercises and a healthy lifestyle and also the formation of their identity in the course of physical exercises is a question of constant attention. It is expedient to use the time of stay in day-care centers for holding special studies directed to the increase of this sort of knowledge and the motivation of independent sports and improving activity [5, 6, 9, 13, 18].

Priority problems of activity of any day-care center in educational institutions are the following: personal development of each pupil; maintenance of physical health; training of pupils for independent educational types of activity and many others. Because of the raised intellectual load of pupils during school day, the main attention needs to be paid to the solution of such tasks as: preservation and maintenance of pupils' health in nonlearning time, their all-round physical development and, therefore, the assimilation of sports knowledge bases and the knowledge about a healthy lifestyle that in turn, makes a certain impact on the formation of physical culture of the child's identity [5, 9, 18, 20].

According to the questioning of 110 tutors in day-care centers of high school No. 59 of Gomel 71,8 % consider that it's expedient to diversify the forms of holding sports and improving studies. The introduction of integrated studies in an operating mode of day-care centers in compliance with 49,1 % of respondents (39,1 % find it difficult to answer) can become an additional possibility of increase in the level of knowledge about physical culture and interest to this subject and also the means of increase in motivation to maintaining a healthy lifestyle, doing physical exercises and to formation of physical culture of the child's identity.

The integrated studies can become one of the examples of various forms of studies. For example, learning of foreign language and the increase in level of physical activity, knowledge about physical culture and pupils' healthy lifestyle on the basis of subjects integration "English" and "Physical Culture and Health" [6, 13, 20]. 62,8 % of tutors admit the sufficient relevance of this example and 37,2 % participants of questioning find it difficult to answer.

Conclusions. For level increase of knowledge formation of independent physical exercises and a healthy lifestyle it is necessary to diversify the forms of holding sports and improving studies with pupils of the I step of general secondary education both in the mode of school day, and in day-care centers so that they contain interesting and available to remember information, taught on the basis of integration of the objects "English" and "Physical Culture and Health", motivating pupils to make their day regimen truly, to increase the physical activity,

to follow hygienic rules, to be engaged in physical exercises regularly and to lead a healthy lifestyle [6, 8, 9, 13, 20].

Prospects of further researches consist in holding the integrated studies in day-care centers and purposeful development of methodical grants for the increase in level of knowledge formation about physical exercises and a healthy lifestyle.

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