

IMPORTANCE OF MOTOR SKILLS IN ORDER TO INCREASE THE OVERALL PHYSICAL CAPACITY OF CHILDREN

Ignatova, Darinka

*Ch. Assistant Professor, PhD, Sofia University "St. Kliment Ohridski",
Department of Information and Teacher Training,*

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INTRODUCTION

In order to achieve good physical capacity, it is necessary to be systematic and consistent in the use of physical exercises, as well as the observance of certain regularities in the course of the learning process. The motor qualities and the group of exercises possess and benefit from their specificities (Dimitrova, 2019a; Dimitrova, 2020a). They are a well-known and frequent process in the work of different type of pedagogues (Kaneva, 2009; Polimenov, 2019; Nesheva, 2019; Chipeva, 2018). This is an important part of our wellness or healthy life style (Dimitrova, 2016; Dimitrova, 2019). The harmonious physical capacity development isn't come without exercises for developing the motor qualities using specific groups of exercises (Kaneva, 2009a; Dimitrova, 2017). It is possible to see real results after minimum 1 year of applying specific influences and methods (Ignatova, 2018; Dimitrova, 2019b; Dimitrova, 2019d). In all this cases is useful to build Wellness culture in school (Dimitrova, 2020; Dimitrova, 2019c).

It should be noted that exercising has a lasting effect only in the case of systematic repetition, as a result of which a certain fatigue occurs, and children must alternate physical activity with active rest for recovery. The application of the group of motor exercises should be done gradually, which refers mainly to the process of development of motor qualities. This gradual increase of the load is mainly expressed in: 1) the progressive increase of the volume and intensity of the motor load, 2) in the complication of the technique of the performed exercises, and 3) in the increase of development of the moral and volitional qualities related to team work.

METHODOLOGY

The aim of the present study is to present technology for the application of groups of general developmental exercises, for the development of motor skills speed, strength, endurance, flexibility and agility in order to increase the overall physical capacity when working with children from the third preparatory group in kindergarten.

Tasks of the present research as a result of the set goal are:

- To summarize motor and psychological-pedagogical features for the application of complexes of motor exercises for the development of physical qualities in order to increase the overall physical capacity,
- To present game situations, as a main form of pedagogical interaction in which to apply complexes of exercises with motor orientation, for the development of motor skills when working with children from level-3 preparatory group in kindergarten.

The subject of the pedagogical research is the complexes with motor orientation of general-developmental exercises, applied in the educational process in physical culture.

The object of the study is the process of learning motor exercises by adolescents.

Scope and organization of the study was conducted in a three-month study period, in October, November and December 2019, with children from level-3 preparatory group.

The indicators and criteria for assessing the degree of mastery of the applied complexes of general developmental exercises with motor orientation are:

- Execution with high precision or execution with ease and insignificant errors is evaluated with a high degree of mastery,
- Performances with small inaccuracies without violating the general structure of the exercises are assessed with a medium degree,
- Performance only in general terms or non-performance of the exercises is assessed as well.

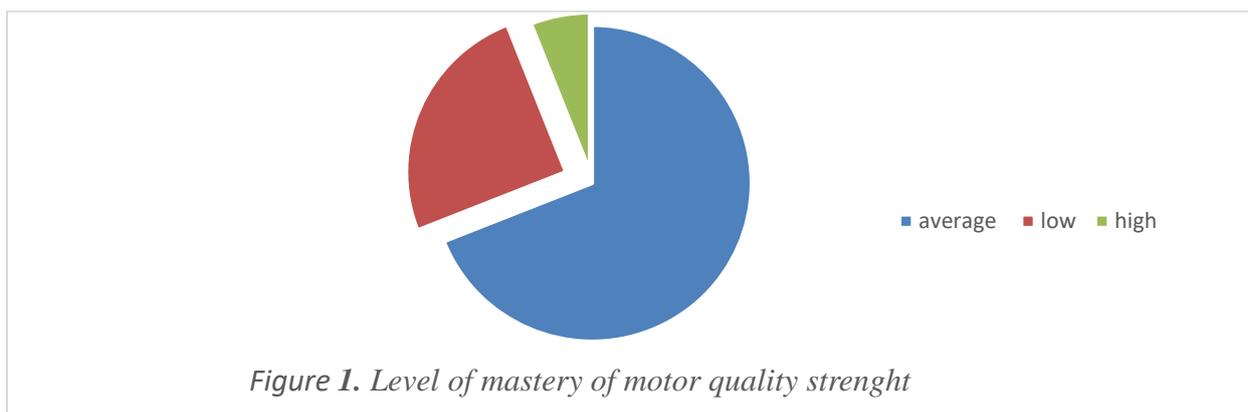
Research methods are pedagogical observation, control performance and survey

Toolkit: survey with the parents of children in the group

RESULTS

By means of timing, the duration of some of the exercises included in the motor complexes for speed and endurance was determined. In order to achieve the set goal and accomplish the set tasks, the complexes were applied in different pedagogical situations under approved programs using various devices and methods of interaction, suitable for organizing the work with children of the third age group. Intentionally developed motor complexes were also included in the morning gymnastics. The results of the performance evaluation are shown in Figure 1, where the statistical processing of the data is presented in percentages.

Topic - "To be strong" - statistical processing of data on motor quality "strength"



Topic - "Be agile" - statistical processing of motor quality data "agility".

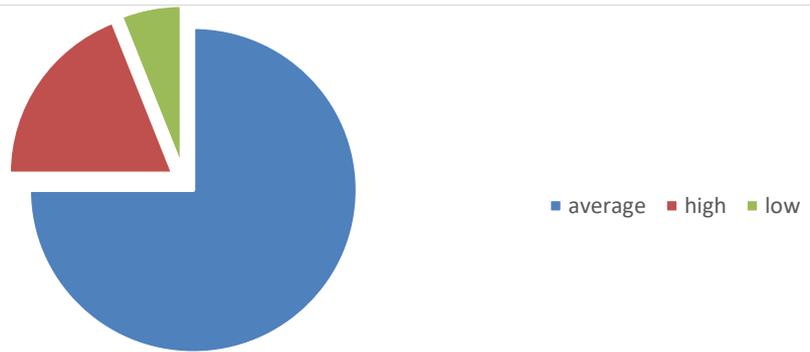


Figure 2. Level of mastery of motor quality agility

Topic - "Flexible as cats" - statistical processing of motor quality data "flexibility"

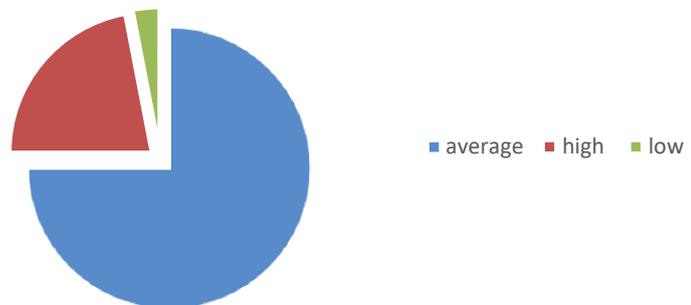


Figure 3. Level of mastery of motor quality flexibility

Topic - "Fast, brave, dexterous" - statistical processing of data on motor quality "speed"

Topic - "Who will give up and who will endure" - statistical processing of data on motor quality

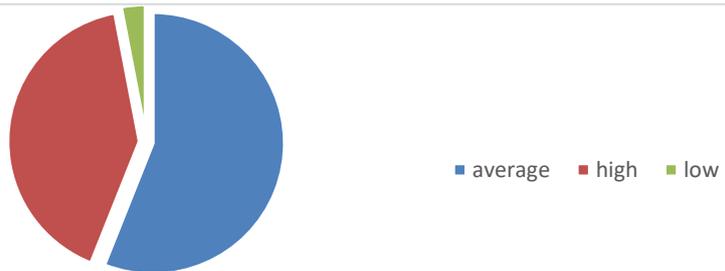


Figure 4. Level of mastery of motor quality speed

"endurance"

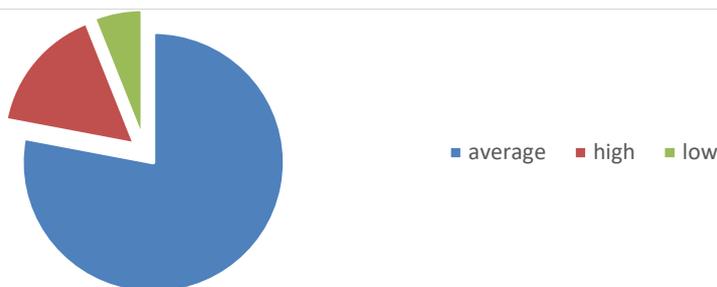


Figure 5. Level of mastery of motor quality endurance

DISCUSSION

The results of the study of motor quality flexibility show that 75% of children have an average degree of mastery of the exercises of the motor complex to develop motor quality flexibility.

As 22% have a high degree of mastery and only 3% have a low degree of mastery.

The results of the study of motor quality agility show that 75% of children have an average degree of mastery of the exercises of the motor complex to develop motor quality agility, as 19% have a high degree of mastery and only 6% have a low degree of mastery.

The results of the pedagogical study of motor quality strength show that 69% of children have an average degree of mastery of the exercises of the motor complex to develop motor quality strength, 25% have a low degree of mastery and only 6% have a high degree of mastery.

The results of the study of motor quality speed show that 56% of children have an average degree of mastery of the exercises of the motor complex to develop motor quality speed, 41% have a high degree of mastery and only 3% have a low degree of mastery. These 3%, as in the complex for the development of motor flexibility, correspond to one child who during the study period was in a period of recovery after illness.

The results of the study of motor quality endurance show that 78% of children have an average degree of mastery of exercises from the motor complex to develop motor quality endurance, 16% have a high degree of mastery and only 6% have a low degree of mastery.

CONCLUSIONS

Based on the presented data from the study, the following conclusions can be made:

- Based on the game situations in the module for physical activity, in combination with the applied motor complexes of general developmental exercises for the development of motor skills, it was found that they undoubtedly contribute to stimulating the motor activity of adolescents,
- Based on the tools used in this study, as well as on the indicators and criteria for assessing the degree of mastery of the applied complexes of general developmental exercises with motor orientation, reliable data were obtained on the level of physical activity and capacity of the studied children,
- The data obtained from the study show that the development of motor skills leads to an increase in overall physical capacity, as a result of which the studied children show good motor activity,

- Active physical activity leads to the development of motor skills and the increase of overall physical capacity,
- The developed motor exercises, implemented in the system of pedagogical situations, are applicable in the physical education classes in the conditions of the kindergarten,
- Undoubtedly, there is a need for constant work to develop and improve the motor skills of adolescents, which leads to increased physical fitness and health strengthening of the body. Physical culture has a beneficial effect not only on the motor development of children, but also on their intellectual and socio-moral development,
- It is necessary to motivate children for physical activity and to educate them to strive for the development of moral and volitional qualities, as well as their work in a team,
- The modern way of life requires an increase in sports activities, as well as an increase in the intensity of exercise, according to the individual age and physiological characteristics of each child.

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CONTACT:

Darinka Ignatova, PhD
Sofia 1504, 15 Tsar Osvoboditel Blvd.,Bulgaria,
E-mail: darinka_bg68@yahoo.com;