CHANGES OF VALUES PARENTS' SCHOLARSHIP IN PHYSICAL CULTURE UNDER THE INFLUENCE OF REALIZATION SET OF ACTIVITIES ON OPTIMIZATION OF PHYSICAL EDUCATION OF ELDER PRESCHOOLERS

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Annotation. *Purpose*: to consider results of values of parents' scholarship in physical training, also degree of its changes, originated under influence of set of activities on optimization physical education of elder preschoolers. Material: 117 parents took place in experiment, children of those were in control and experimental groups. *Results:* for improving level of theoretical and practical readiness of parents in the issues of physical education there were conducted different forms of work and developed methodical recommendations. It is found out that values of parents' physical scholarship of experimental group improved by 38% as compared to the beginning of research. *Conclusions:* under influence of set of activities on optimization of physical scholarship of elder preschoolers there were marked increase of parents' scholarship in physical training that allows to recommend its use in preschool institutions.
Keywords: parents, values, physical culture,set of activities, ways of work.

Introduction

Nowadays the most essential note of modern concept of physical scholarship is improvement the role of parents' scholarship in physical training and forming physical culture personality of preschoolers. In the concept of improving preschool education during years 2012-2016 [4], also in the basic component of preschool education [1], it is foreseen that one of the main directions in the forming personality of preschoolers is improvement cooperation with families and wide attraction of parents in the process of education.

Growth of preschool age children who constantly get ill, submit the teachers to necessity of rethinking contents and forms of work with parents. This necessity is caused by such reasons as age reduction of those children who go to school; presence of different types of families (single-parent, multi-child, with insufficient financial means) [3; 6; 13].

Analysis of theoretical research showed that while formation positive attitude to classes of physical training and sports of preschool age children the most important is the factor of knowledge and influence of parents [5; 7; 11; 14]. N. Pangelova points out that forms of behavior inherited by a child are defined by the influence of parents. That is why the role of educational environment and a teacher, which provide purposive formation of self-preservation culture and responsibility for own health and health of native people, is remarkable [8].

It should be noted that according to data of scientists [2; 9; 15], the level of knowledge and skills of parents in the issues of organization healthy way of life, strengthening children's health is not sufficient for formation physical culture personality of a child.

In the first place it is connected with insufficient implementation of informational influence on elder preschoolers' parents. Owing to this, we should agree to the idea of scientists about intensification of educational concentration to physical culture in those families where preschool age children are brought up. The better the primary physical culture education is in the family and preschool educational establishments, the most effective will form the necessity in physical training exercises [3; 10; 12].

According to H.N. Lidjieva, for involvement preschool age children to values of physical training, first of all, it is necessary to improve physical culture literacy of future parents [5].

Summarizing thoughts of the scientists we also consider the question of improvement level of parents' physical culture scholarship of preschool age children as an actual and such that needs a detailed examination.

The research was conducted according to plan of scientific and research work of Sumy state Teachers' Training University named after A.S. Makarenko Ministry of education and science of Ukraine as per 2007 – 2011 on issue «Optimization process of education and upbringing of various groups of population by means of physical culture», approved by department of state registry of Ukraine institute of scientific and technical information in the city of Kyiv (number of state registration 0107U002255) and «Improvement level of health and physical conditioning of various groups of population by means of physical culture» (state registration number 0111U005736) as per years 2011 – 2015.

Purpose, tasks of the work, material and methods

Objective of the research is detection the influence of set of activities in optimization physical culture of elder preschoolers on values of physical scholarship of parents.

Task of research:

1. Define values of physical culture scholarship of parents whose children belong to control and experimental groups.

2. Research changes of values physical culture scholarship of parents under influence of developed set of activities.

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Methods and organization of research: analysis of scientific and methodical literature, pedagogical experiment, questionnaire survey, methods of mathematical statistics.

Research was conducted in the period from September 2012 to May 2013 on the basis of preschool education establishments № 18 and № 28 Sumy city. 117 parents of preschoolers took part: 58 – control group and 59 - experimental.

Results of the research

Detection of physical culture scholarship of parents was held by means of self-appraisal of their knowledge in the questions connected with physical culture upbringing of preschoolers under the method of H.N. Lidjieva [5]. In accordance with outgoing data of pedagogical experiment in results of questioning parents of control and experimental groups (Table 1) there were no statistical authentic discrepancies both according to separate and integral values. Values of arithmetical mean of parents from both groups made 2 grades from three possible (p>0,05).

Table 1

Comparative measures of physical culture scholarship of parents from control and experimental groups at the beginning of experiment

Tasks for parents	CG (n= 58)	EG (n= 59)	p
	grade ($\bar{x}$ ± m)	grade ($\bar{x}$ ±m)	
1. Make set of morning exercises according to age of a child	2±0,08	1,78±0,07	p>0,05
2. Have a conversation on significance of physical culture	2,1±0,07	2,2±0,07	p>0,05
3. Propose an outdoor game	2,06±0,09	2,2±0,07	p>0,05
4. Have a demonstration while study physical exercises	2±0,08	1,9±0,07	p>0,05
5. Give recommendations on use of health-improving and conditioning to the cold procedures	2±0,07	1,8±0,07	p>0,05
Mean value	2,07±0,07	2,02±0,04	p>0,05

Having analyzed statistical data of research we found out that parents cannot give necessary recommendations on use of health-improving and conditioning to the cold procedures, show correct execution of physical exercises, cannot choose exercises for morning training. This is, according to the idea of authors [5; 6], should be considered as one of the basic reasons of physical illiteracy of parents.

For improvement level of theoretical and practical scholarship of parents in the issues of physical culture there were developed forms of work (pic. 1), with the help of which two times a month during a study year essential knowledge on physical culture were given.

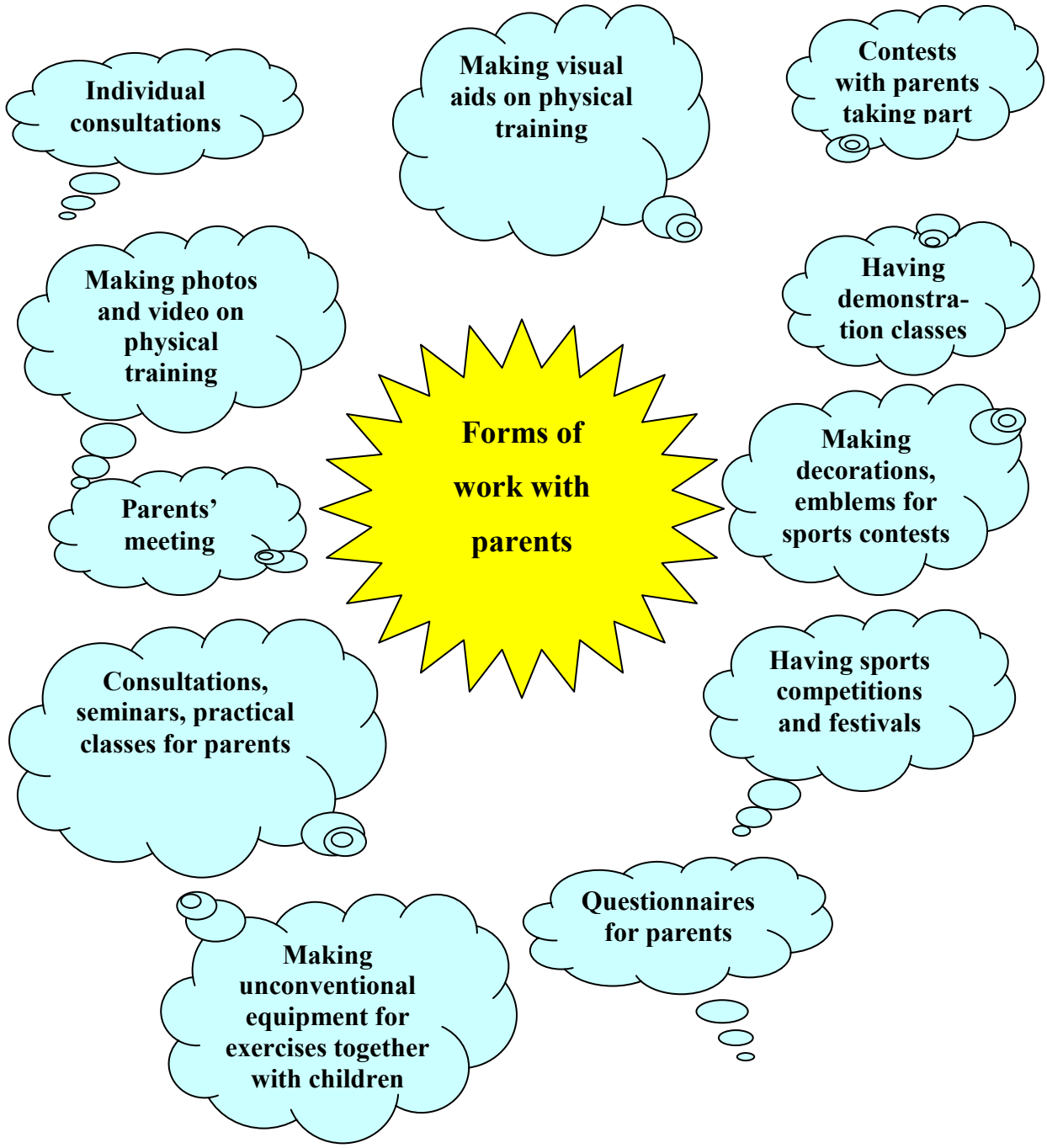
In the course of planned work with parents there were foreseen solving of the following tasks:

1. Provide parents with theoretical knowledge in physical culture that is necessary for all-round development of preschoolers and their further readiness to study at school;
2. To introduce to the modern methods of improvement of children's health;
3. Teach parents set of exercises for morning training;
4. Demonstrate set of exercises, directed to formation vitally important motoric skills and habits of senior preschoolers by means of children fitness;
5. Contribute to problem solving of physical readiness of a child to study at school;
6. Contribute to systematic conducting health-improving work in families;
7. Attract parents to participation in sports festivals and contests.

It should be noted that in majority of children preschool education establishments the methodical literature for parents is not sufficient; it could help them to understand issues of physical upbringing of preschoolers, favor the readiness to school study not only mentally, but also physically.

With this purpose we developed methodical recommendations "Physical education in a family", which helped to brush up necessary theoretical knowledge, and also practical skills necessary for all-round development of preschoolers, especially today, when children go to school at the age of six.

After implementation of work on improvement the level of parents' physical scholarship at the end of academic year, we defined statistically possible difference in all experimental values (pic. 2).



Pic. 1. Ways of work with parents of preschool age children

Table 2

Comparative values of parents' scholarship in physical training from control and experimental groups after experiment

Tasks for parents	CG (n= 58)	EG (n= 59)	p
	grade ($\bar{x}$ ± m)	grade ($\bar{x}$ ± m)	
1. Make set of morning exercises according to age of a child	2,12±0,08	2,57±0,06	<0,05
2. Have a conversation on significance of physical culture	2,25±0,07	2,93±0,03	<0,05
3. Propose an outdoor game	2,13±0,08	2,89±0,03	<0,05
4. Have a demonstration while study physical exercises	2,09±0,1	2,76±0,05	<0,05
5. Give recommendations on use of health-improving and conditioning to the cold procedures	2,06±0,07	2,72±0,05	<0,05
Mean value	2,13±0,07	2,79±0,03	<0,05

Having summarized data of all questionnaires we found out that the best improvement was in the answers of parents from experimental group on question five – 46% that defines their skills to provide children with recommendations on use health-improving and conditioning to the cold procedures. Parents from the control group improved only by 3% as compared to the start values (table 3).

Table 3

Difference in the values of parents' scholarship in physical culture from control and experimental groups

Tasks for parents	CG (n= 58)		Changes %	EG (n= 59)		Changes %
	start	end		start	end	
	grade ($\bar{x}$ ± m)			grade ($\bar{x}$ ± m)		
1. Make set of morning exercises according to age of a child	2±0,08	2,12±0,08	6**	1,78±0,07	2,57±0,06	44*
2. Have a conversation on significance of physical culture	2,1±0,07	2,25±0,07	7**	2,2±0,07	2,93±0,03	33*
3. Propose an outdoor game	2,06±0,09	2,13±0,08	3,3**	2,2±0,07	2,89±0,03	31*
4. Have a demonstration while study physical exercises	2±0,08	2,09±0,1	3**	1,9±0,07	2,76±0,05	43*
5. Give recommendations on use of health-improving and conditioning to the cold procedures	2±0,07	2,06±0,07	3**	1,8±0,07	2,72±0,05	46*
Mean value	2,07±0,07	2,13±0,07	2,8**	2,02±0,04	2,79±0,03	38*

Notes: * – probability of distinction p<0,05; ** – probability of distinction p>0,05

We achieved faithful changes in the answers of parents from experimentl group on questions that discover their skills to make set of exercises for morning training. Average values positively changed from 1,7 to 2,5 grades with growth to 44% (p<0,05), in control group growth comprised 6% however changes were defined statistically improbable (p>0,05).

Conducting of demonstration and individual classes for parents with use of fit ball gymnastics and game fitness positively influenced their potential to show while studying physical exercises, outdoor games, also ability to have a conversation about significance physical culture and sports for organization healthy way of life of senior preschoolers.

Comparative analysis of results after accomplishment forth task between starting and final stage of experiment showed that parents from experimental group have progressive changes of results, which improved significantly by 43%, while in control group improvement comprised only 3%.

Obtained data as for parents' skills to have a conversation about physical culture in the control group testify to its improvement by 7% with probability (p>0,05), and in the experimental – by 33% (p<0,05) as compared with the results at the beginning.

In the experimental group statistically likely improved results of execution of the third task by parents, with the help of which we defined their skills to have an outdoor game and had 2,9 grade, and in the control comprised 2,1 grade ($p>0,05$). It should be mentioned that at demonstration lessons in EG we paid parents' attention to the importance to be able to present an outdoor game with a child both at home and in the street; so we can make a conclusion that these theoretical knowledge and practical skills helped parents in the answers.

Comparing final values of level of parents' scholarship in physical culture in the experimental group with the beginning of experiment, we defined that they improved by 38%, that proves efficiency of conducted activities. Results of parents' knowledge in physical culture being in control group did not have major changes ($p>0,05$) that is why they are not sufficient for formation physical culture scholarship of senior preschoolers.

Conclusions.

1. Values of parents' scholarship in physical culture, whose children are from the control and experimental groups, at the beginning of experiment comprised two grades from three possible and statistically did not have major changes ($p>0,05$).
2. Under the influence of developed set of activities on optimization physical education of senior preschoolers there were statistically probable changes according to all researched values of the parents from experimental group. At the beginning of experiment level of knowledge of parents from experimental group was 2,02 grades and by the end it improved by 38% and comprised 2,79 grades ($p<0,05$). In control group parents' growth in the values of scholarship in physical culture comprised 2,8% however the results were statistically improbable ($p>0,05$).

Perspectives of further research will be connected with search of most effective ways of improvement parents' scholarship in physical culture and definition of its correlation with the level of mastering vitally important motor skills and habits of preschoolers.

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