

## DETERMINING THE ATTITUDE OF MIDDLE SCHOOL STUDENTS TO THE PHYSICAL EXERCISES IN THE STUDY OF THE VARIOUS SECTIONS OF THE PROGRAM

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**Annotation.** *Purpose:* to consider the ratio of students of the middle classes to the game, to the competition, to the implementation of the training exercises, putting educational standards while studying athletics, football, basketball, volleyball and gymnastics. *Material:* a sociological survey involved 229 students' grades 5-9 secondary schools of Kherson region, Novotroitsk district. *Results:* set a high level of interest to students of all classes of gaming method of training on physical training lessons, except gymnastics, the re-studying volleyball, basketball, competitive learning athletics, football, controlling the lessons volleyball, basketball. *Conclusion:* there is no clear game system for learning students gymnastic exercises and the study of other subjects is not enough, poor quality or missing their use during the execution of training exercises to learn techniques and tactics.

**Keywords:** *method, games, educational institution, motivation*

### Introduction

The curriculum is one of the main documents at school. It defines the maintenance and volume of knowledge, skills from a subject, the maintenance of sections and that with their distribution behind years of training [3]. Throughout 1920-1990 school programs on physical training varied depending on political changes in the country and the world. These circumstances became the reason of change of school programs from the military man to sports, and then to a mass direction. In modern conditions occurs directions of the purposes of programs towards an improving orientation [4]. Scientists and teachers see the future prospect of school physical training in change of its main objective on formation of physical training of the person of schoolboys, and also creation in general educational institutions corresponding the physical training and educational environment, in which each subject of pedagogical process (pupils, teachers, parents) will be conscious and its active participant [13]. According to Hohlova L.A. [12] who investigated the relation of pupils to estimations at physical training lessons, it is necessary to create conditions for objective, fair system estimations which will have besides an incentive component, it is possible by complex estimation knowledge, abilities, practical skills which are connected with formation of health of schoolboys [12]. The relation to a technique of teaching and a program material it was not studied. Conscious and voluntary increase of physical readiness of the individual is connected with motivation which the set of factors influences. The organization and a physical training technique at school – basic elements which influence interest to employment. The revealed century features of the relation of schoolboys to physical training process at school testify to necessity of completion of programs on physical training in a direction of their adequacy to age and sexual requirements, motives and interests of schoolboys and the differentiated approach which will promote increase of their motivation to employment by physical exercises at lessons [1].

### Purpose, tasks of the work, material and methods

Proceeding from requirements to a modern lesson of physical training: maintenance of the differentiated approach to the organization of educational process taking into account a state of health, level of physical development, impellent readiness and a floor of pupils, the account of motives and interests of pupils to employment by physical exercises; achievement of optimum impellent activity of all pupils throughout each lesson [11], – an objective of this research are findings–out of the importance of methods of game, competition, repeated, control at lessons of physical training of different sections of the program and influence on desire to be engaged in physical training of pupils of general educational institutions of the Kherson area of Novotroitsk region.

**Research technique.** To solve the put problems in 2010-2011 the researcher of the Kharkov state academy it has been spent special sociological interrogation of pupils of general educational institutions of the Kherson area of Novotroitsk region. Pupils of 5-9 classes have been interrogated. In the course of interrogation the questionnaire of open type was used. It contained questions which have helped to find out the relation of pupils to factors which define motivational stimulus to employment. Pupils answered each question – «yes and not». In the course of processing of questionnaires were defined in percentage quantity of pupils which chose the affirmative answer (yes), negative ( not ). The relation of pupils behind a class in which they study was defined. Definition is made in percentage depending on quantity of interrogated children in each class on such sections: track and field athletics, football, gymnastics, basketball, volleyball. Each question opens desire to carry out a problem or on the contrary. Quantity of the interrogated pupils: 5 classes – 33, 6 classes – 31, 7 classes – 49, 8 classes – 64, 9 classes – 52, all – 229.

### Results.

Results of research are brought to table 1. At track and field athletics studying positive results are received: to take part in relay races of 81 %, 86 %, 78 %, 83 %; the highest results – to play outdoor games of 93 %, 99 %, 92 %, 97 %, 95 %. A number of authors to concept of game is united also by relay races. Though interrogation of pupils has shown about difference of their relation. The games which maintenance is made by different kinds of run, jumps, a throwing and other movements are called as mobile. Mobile game develops the child, but, unlike physical exercises, does not bother it thanks to the interesting character. There are many outdoor games which help to develop qualities and habits, to solve a problem, specific to track and field athletics. One games promote education of speed of reaction, help to improve techniques of start or a kick, others directed basically on run development on turn, run with stick transfer, etc. Besides, the most productive way of formation of the qualities necessary for productive collective work, is a game modeling of situations of the general activity where they will be shown [8]. Impellent games always among interests of each child. Continuing thought in this direction, it is necessary to tell, that attempt to connect game with other subject, for example, with physics increases active participation of pupils, training to a theoretical subject passes with satisfaction. This activity adds the important visual supervision in association with memory of muscles. In the given association of knowledge of simple laws of physics will help pupils to realize the main aspects of safety precautions and preservation of health during employment by impellent activity. That is, than running start, collision, falling, not performance of elementary rules of games [2] can end. Mobile game has great value for improving development of any person. In impellent activity there are positive changes in development of a brain and organism functioning. To the roots in biological aspects of a life game is connected also with cultural aspects of human development, can promote the general physical preparation in any age [1].

But use of outdoor games not always pertinently. Strong emotional lifting stirs to an attention concentration on quality of performance of exercise. Therefore use of games, exercises which bring to children pleasure, satisfaction (jumping, exercises with claps in palms etc.) before learning of techniques of movements is inexpedient. Performance of exercises of the competitive, game form is better for planning for the end of a lesson and in a case before learning of techniques of exercises because arising in schoolboys in the course of competition to companions emotional excitation, owning inertness, will interfere with concentration of attention on the technician of movements, and the movements will make impulsive, sharp [6]. And with reusable repetition it is possible to interest mastering process, consolidation of certain movement by means of mobile, approached to sports, changing the purposes: on quality of performance, smoothness, accuracy, speed, endurance, etc.

At studying of kinds of gymnastics of desire to take part in relay races every year decreases. The motivation decreases to performance of training exercises, delivery of specifications. Gymnastics teaching requires searches of new methods for motivation increase to employment. There is no accurate system of games for training to gymnastic exercises at pupils of 5-6 classes, integrally connected with the program material, directed on development of the impellent abilities necessary for qualitative mastering technicians of gymnastic exercises. And application of a game method promotes training improvement of quality, improvement of physical readiness of schoolboys. Introduction of a game method in educational process on physical training is positively displayed on the relation of pupils of 5-9 classes to lessons with a gymnastic orientation [5].

At volleyball studying the highest results: to play [2] approached to sports game 87 %, 99 %, 82 %, 97 %, 91 %. To hand over specifications in 5, 6, 8 classes contains on high level, in 7, 9 classes the motivation decreases. To carry out training exercises 84 %, 92 %, 80 %, 91 % contain approximately at one level of. Approached to sports games in preparation of young volleyball players find more and more and application. Beginners cannot quickly seize the basic techniques, game in volleyball for them in the beginning the excessive. As a result interest to employment decreases. Invaluable advantage approached to the sports directed on development of physical qualities and improvement of elements technicians [7].

Studying football to take part in competitions of desire of pupils 81 %, 77 %, 68 %, 75 %, 74 % contain at level of; to play approached to sports games at level of 78 %, 64 %, 72 %, 62 %, 78 %. The motivation decreases every year training to performance of training exercises, performance of specifications. Integral making the joint preparations of young football players also are educational and outdoor games. Their use allows to solve qualitatively different informative, educational, educational, control, improving problems, promotes transformation of the differentiated training effects in productivity of game and competitive actions [9].

Table 1

*Indicators of the relation of pupils of middle classes to training methods in %.*

Sections of the program		5classes in percent		6classes in percent		7classes in percent		8classes in percent		9 classes in percent	
<b>I. Track and field athletics</b>	<b>Gymnastics</b>	Light athletics	Gymnastics	Light athletics	Gymnastics	Light athletics	Gymnastics	Light athletics	Gymnastics	Light athletics	Gymnastics
<b>Likes:</b>											
1. to execute of training exercises (the repetition for assimilation of the technology)?		100	90	86	81	74	70	69	74	78	59
2. execute checking exercises?		87	72	90	77	80	64	54	58	78	53
3. to take part in relay races?	1. to take part in relay races?	81	90	86	86	78	70	83	74	68	61
4. to compete?		87		83		74		78		65	
5.to play in outdoor games?		93		99		92		98		95	
<b>The football, basketball. Likes:</b>		football	basketball	football	basketball	football	basketball	football	basketball	football	basketball
1.execute of training exercises?		87	90	80	73	68	74	78	75	72	76
2. execute checking exercises?		90	84	86	80	74	70	78	83	72	70
3. to take part in relay races?		93	84	86	80	60	68	67	66	68	78
4. to compete?		81	75	77	74	68	62	75	69	74	70
5. to play in approached to sports game?		78	90	64	90	72	84	62	84	78	85
<b>III. The volleyball. Likes:</b>											
1.execute of training exercises?		84		92, 8		80		91, 2		70, 3	
2. execute checking exercises?		84		80		70		83, 2		70, 3	
3. to take part in relay races?		75		86, 4		70		84, 8		70, 3	
4. to compete?		81		80		74		94, 4		68, 4	
5.to play approached to sports game?		87		99, 2		82		97, 6		91, 2	

At basketball studying the highest indicator of motivation – to play approached to sports game 90 %, 90 %, 84 %, 84 %. 85 %. The desire to carry out training exercises contains within 90 %, 73 %, 74 %, 75 %. 76 %, to hand over educational specifications of 84 %, 80 %, 70 %, 83 %, 70 %.

The analysis of result of interrogation has shown, that the motivation decreases every year to delivery of specifications. It is probable, that the operating monitoring system on level of physical readiness of schoolboys which is based on results in impellent tests, does not consider complexity of achievement by children of standard results through their individual, morphological, functional, psychological and constitutional features. Accessible norms which answer individual possibilities of an organism of each child should become criteria of an estimation of physical readiness of schoolboys. Use of norms which consider availability and individualization principles, in the monitoring system behind physical readiness, will promote replacement of priorities in the course of school physical training from the is authoritative-conservative person on orientation. The scientific substantiation and working out of accessible specifications of physical readiness of children is actual aspect of improvement of process of school physical training [10]. Control exercises which will consider principles of availability and individualization in the monitoring system of physical readiness of pupils, will promote as well to motivation to performance of specifications.

#### **Conclusions.**

1. High level of motivation in track and field athletics to play outdoor games, in volleyball – in approached to sports games, in basketball – in approached to sports, in football participation in competitions and outdoor games. The game method of carrying out of a part of a lesson more all is pleasant to pupils of comprehensive schools. At skilful to

application of outdoor games and approached to sports employment in process, interest to them is stored throughout all period of training that has proved interrogation of pupils. Transition of pupils from an elementary school to average, from outdoor games to sports, not always passes qualitatively. Mobile, approached to sports games this that link which connects this transition, is not enough to use of it means to bring to nothing motivation of schoolboys to physical training lessons.

2. During studying of volleyball, basketball to hand over specifications in 5, 6, 8 classes contains on high level, in 7, 9 classes the motivation decreases. Reception of specifications requires search of new methods, approaches and forms. Norms which consider principles of availability and an individualization in the monitoring system of physical readiness of pupils, will promote as well to motivation to performance of specifications.

3. Pupils have high level of motivation to performance of training exercises during employment by volleyball and basketball which contains throughout 5 years of training. Results have shown about not sufficient, not qualitative or not use in track and field athletics, gymnastics, football during performance of training exercises for studying of techniques, tactics mobile and approached to sports.

In prospects further studying is planned to find out the relation of parents and teachers to estimation at physical training lessons.

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