

## EFFECT OF COMPLEX ACROBATIC ELEMENTS IN THE DEVELOPMENT OF PHYSICAL SKILLS OF PRESCHOOL CHILDREN

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**Annotation.** The directions of the complex acrobatic exercises to enhance physical fitness and functional status of children. The experiment involved boys and girls aged 5 - 7 years of the preparatory group. It is noted that the use of acrobatic elements for the development of motor qualities in children brings a positive result. Found that the use of special acrobatic exercises on physical training promotes full development, allows us to develop a high level of motor skills and physical fitness. Found that the impact on athletic performance, exercise, positive motivation for physical education classes, emotional, diverse playing exercises, exercises to music. There is a significant interest and desire of children to exercise, a high performance in the classroom.

**Keywords:** children, acrobatics, quality, preparedness, development, program.

### Introduction

The main task of pedagogues of pre-school educational establishments is correct physical training of pre-school age children, formation of their culture of movements, development of psycho-physical, mental, moral and aesthetic features of personality [7, 8-10].

The main task of physical culture and sports training in childhood is strengthening of health and facilitating of normal child's development.

Formation of child's rational, economic, conscious movements, accumulation of motion experience by him and its transfer in everyday life are also very important. It is necessary to educate healthy, cheerful, vigorous, physically perfectly harmonic and creative child [1].

Classes, in which application of acrobatic elements for mastering of motion techniques is coordinated with age physiology and psychology, are the most expressive. In the process of training a child perceives main and additional information, solves certain tasks, controls the quality of fulfillment, makes corrections. With all these, it is necessary to teach the child to control his body in order to prevent traumatism [3].

Experience shows that by 6-7 years every child has found his own interests and manifests his abilities in some kind of sports. The task of pedagogues is to notice it in due time. Acrobatic training is main base of children's preparation to any chosen by child kind of sports, because it promotes quicker development of child's motion abilities. Technique and complexity of exercises depend on individual capabilities and physical level. Training of acrobatic exercises is to be conducted either in sub groups or individually. Before passing to more difficult task it is necessary to make sure, that the previous exercise has been understood and fulfilled independently, confidently and correctly by a child [2, 3].

Execution of program material at physical culture classes is not completely efficient for development of all physical abilities; for this purpose it is necessary to use specific means of acrobatic and gymnastic. That is why significant arsenal of auxiliary and additional physical exercises, which are combined in groups (complexes) of general-physical and special-physical preparation, are applied in system of physical perfection [2].

In senior pre-school age possibility of accurate reproduction of movements, shown by pedagogue, significantly increases. It is connected with the growing mobility of nervous processes, ensuring quicker increment of results, passing of muscles – antagonists from excitation state to inhibition and vice a versa. The speed of training and fixation of motion skills depend on pedagogue's workmanship, stimulating of interest to training. That is why both in physiological and in pedagogical aspects comments and evaluation of exercises' fulfillment, constant control of a child's actions are justified. The rates of development of many motion abilities form in senior pre-school age and, considering children's interest to physical culture, it gives ground to purposefully develop motion activity exactly in this age [4].

In the process of development child's morphological and functional levels increase: training and workability of muscles rise, organism develops [6].

Understanding of psycho-physical development's peculiarities, formation of motion functions condition the necessity of creating of opportunities for child to correctly move, i.e. embed in him the basics of physical culture by means of education and training.

Under the influence of systematic, purposeful education and training process it is possible to substantially influence on development of these qualities.

Development of main psycho-physical qualities progresses in close connection with formation of motion skills.

Exercises, oriented on development of psycho-physical qualities, shall be applied in strict sequence and must include different forms of motion activity, including child's independent motion activity [4].

With improvement of acrobatic exercises' technical side, holistic method is widely used. Application of preparatory exercises, additional key points, varying of conditions and other methodic techniques make substantially easier and quicker the process of motion abilities' formation.

For improvement of general physical training means of acrobatic, track and fields, out door games and other kinds of sports are widely used. Alongside with variety of means, methodic techniques also vary. So, for development of physical qualities (strength, endurance, quickness) circular training is widely used.

For development of quickness, dexterity, jumping – games are applied. Desire of better result, competitiveness promote maximal manifestation of functional possibilities of trainees' organisms.

To a large extent health depend on flexibility and elasticity of backbone, mobility of joints, muscular tonus and so on. That is why it is necessary to preserve and develop in-born bents: free control of body owing to backbone flexibility, mobility of joints and muscular tonus [2, 5].

The work has been fulfilled as per plan of scientific & research work of Siberian Federal university, trade-economic institute.

#### **Purpose, tasks, material and methods**

*The purpose of the work* is study of specifics of 5-7 years old children physical qualities' development with the help of acrobatic exercises' complex.

The object of our research is educational-training process with application of acrobatic elements' complex for children of senior pre-school age.

The subject of the research is influence of acrobatic exercises' complex on physical level of children.

*The tasks of the researches:*

1. Determination of acrobatic exercises complex's efficiency on improvement of pre-school children's physical level.

2. Comparison of the results of experimental and control groups.

3. To find out dominating qualities, important for acrobatic training.

Practical significance lies in 6th fact that the results of our research can be used as methodic instructions for physical culture training at Pre-school establishments and for physical culture teachers of primary classes for mastering academic material.

The research work was carried out on the base of kindergarten of Krasnoyarsk.

5-7 years old boys and girls from preparatory group took part in experiment. They were divided into two groups, each of 10 persons. This age is considered favorable for development of physical qualities.

The research was being carried out during 8 months (October – May). At the beginning of October and May control tests for physical level were conducted. In the middle of May and at the beginning of June district and city competitions, in which combined team took part, were conducted.

The first group – experimental; at physical culture training acrobatic exercises complex was applied.

The second group – control one – trained by standard program.

The purpose of complex program is development of children's physical qualities with the help of elements of acrobatic.

#### **Results of the research**

The program is oriented on solution of the following tasks:

\* preservation and strengthening of health, development of children's physical qualities and motion skills;

- formation of skills of self-perfection, self control and self-cognition;
- widening of motion experience with the help of physical exercises;
- training of personality's will qualities;
- development of children's creative abilities, mental, moral and physical perfection;

Experiment was carried out by three criteria:

1. Development of physical qualities.

2. Comprehensive physical development with the help of acrobatic exercises complex.

3. Sport results.

Methodic of experimental program's development.

Control of mastering of academic material was carried out in the form of testing of general physical level and development of motion skills, passing of standard tests, participation in competitions in combined team of kindergarten. There were 2 training every week; every training took 35 minutes. Every training consisted of standard plan by Vasilyeva's program and complex of acrobatic exercises.

Every training included complex of exercises, oriented on general physical level development.

Every training included compositions: dancing movements, alternating by acrobatic elements.

The trainings in both groups included exercises for prevention from flat-footedness and distortion of posture.

Both groups were observed since the first of October. After one week, the trainees were offered tests for evaluation of physical level, which were taken from standard program and are used for diagnostic of physical qualities of preparatory group's children.

Since the first training experimental group started to master complex, beginning with simple exercises, then making them more difficult. The complex included the most interesting and accessible for this age exercises.

Load increased gradually and corresponded to children's age. There were different types of classes (in circle, games, competitions), which successfully influenced on development of physical qualities.

Development of physical qualities was evaluated as per criteria, results were registered at the beginning and at the end of experiment.

The research was carried out with little quantity of participants and in rather limited period of time, but the obtained results and the difference between them prove that the developed methodic with application of acrobatic exercises for development and improvement of 5-7 years old children's physical qualities, give positive and prompt result.

The level was evaluated by special standards of physical qualities (see table 1).

Table 1

Groups	October			May		
	Low level	Middle level	High level	Low level	Middle level	High level
Control group	45%	55%	-	35%	60%	5%
Experimental group	43%	57%	-	15%	65%	20%

Initially physical level of all participants was the same. Then, tests results showed that in both groups physical level started rising. In May, by the results of diagnostic, there was obvious difference between experimental and control groups. Development of physical qualities of experimental group's children was much higher than of control group's children. This was the result of reasonably selected complex of exercises, correct alternating of loads and rest periods, high motor density of trainings, using of different means for balanced physical development, consideration of age peculiarities and, what is the most important, individual approach to every child.

Children from experimental group were the members of kindergarten combined team, which took part in the following district and city competitions:

- Gymnastic all-round events - 1<sup>st</sup> place in district and 1<sup>st</sup> place at Olympic Games.
- Sport dances – 1<sup>st</sup> place in district and 1<sup>st</sup> place in Olympic Games.

#### Summary

The obtained results permit to make the following conclusions:

1. Application of acrobatic exercises' complex for development of 5-7 years old children's physical qualities influences positively on sport results.
2. Application of purposeful complex of acrobatic exercises increase physical preparedness and improves functional state of 5-7 years old children's organisms.
3. The level of physical preparedness is characterized by smooth growth of physical qualities.
4. Passing of control tests positively influences on physical preparedness of children of senior pre-school age.
5. It was found out that not only physical exercises influence on sport results but also positive motivation for physical training, emotional state, different game exercises, trainings accompanied by music and etc.

Children manifest great interest and desire to physical culture trainings and are characterized by high workability at trainings.

In recent years the dynamics of children health had been being characterized by unfavorable trends. It is explained by economical problems, growth of social tension and by some other factors. Stress and liability to different diseases has become constant satellites of older and growing generations. Insufficient motion activity influences on their health, on physical level and development of motion skills and abilities. Senior pre-school children lose flexibility, coordination of movements. Our task is to minimize this process, to create comfortable conditions for training physical culture in kindergartens, to ensure formation of healthy life style [1].

*The prospects of further researches* imply minimization of processes, which worsen coordination of movements, creation of comfortable conditions for physical culture trainings at kindergartens, formation of healthy life style.

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