

CHILDREN'S TOURISM AS A MEANS OF IMPROVING MOTOR ACTIVITY OF PRIMARY SCHOOL PUPILS IN RURAL SCHOOLS

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Abstract

The article contains data on the optimization of the motor activity of pupils of 7–10 years of rural schools by means of tourism. Positive and negative factors that influence the organization of extracurricular work in physical education with children of primary school age in the conditions of rural school are determined. Analysis of their own experimental data made it possible to determine that the volume of motor activity of a high level of rural schoolchildren is unsatisfactory, which does not allow raising the functional reserves of the organism to the proper degree. At the same time, studying the motives and needs of rural schoolchildren for physical activities, it was found that tourism is one of the most popular species. The received results became a basis for working out the program of after-hours physical culture and recreation classes «Young tourists», the content of which is presented in the article.

Key words: physical activity, children of 7–10 years, rural schools, tourism facilities.

Владислав Рубан. Дитячий туризм як засіб підвищення рухової активності учнів початкових класів сільських шкіл. У статті вміщено дані щодо оптимізації рухової активності учнів 7–10 років сільських шкіл засобами туризму. Визначено позитивні та негативні чинники, які впливають на організацію позакласної роботи з фізичного виховання з дітьми молодшого шкільного віку в умовах сільської школи. Аналіз власних експериментальних даних дав підставу визначити: обсяг рухової активності високого рівня сільських школярів є незадовільним, що не дає змоги належною мірою підвищувати функціональні резерви організму. Водночас, вивчаючи мотиви й потреби школярів сільської місцевості до видів занять фізичними вправами, встановлено, що одним із найбільш популярних видів спорту є туризм. Отримані результати стали основою для розробки програми позаурочних фізкультурно-рекреаційних занять «Юні туристи», зміст якої представлено в статті.

Ключові слова: рухова активність, діти 7–10 років, сільська школа, засоби туризму.

Владислав Рубан. Детский туризм как средство повышения двигательной активности учеников начальных классов сельской школы. В статье содержатся данные по оптимизации двигательной активности учеников 7–10 лет сельских школ средствами туризма. Определяются позитивные и негативные факторы, которые влияют на организацию внеклассной работы по физическому воспитанию с детьми младшего школьного возраста в условиях сельской школы. Анализ собственных экспериментальных данных позволил определить: объём двигательной активности высокого уровня сельских школьников является неудовлетворительным, что не позволяет повышать в должной степени функциональные резервы организма. В то же время, изучая мотивы и потребности школьников сельской местности к видам занятий физическими упражнениями, мы установили, что одним из наиболее популярных видов спорта является туризм. Полученные результаты стали основой для разработки программы по внеурочным физкультурно-рекреационным занятиям «Юные туристы», содержание которой раскрывается в статье.

Ключевые слова: двигательная активность, дети 7–10 лет, сельская школа, средства туризма.

Introduction. Improving the process of physical training of the younger generation today regarded as one of the priorities of social and educational problems. For health of pupils special role played by the use of various modes of movement and exercise health focus, which would satisfy the requirements of the educational process and answered the laws of physical development of junior pupils. Special significance is the organization and carrying out various forms of physical education of schoolchildren considering the region of residence – especially in rural areas, where there are socio-economic and environmental conditions that are different from the conditions in cities [5, p. 212; 8, p. 38].

Rural social and natural environment from a position of environmental and health and psycho-emotional comfort for life support of man is different from the city in terms of preserving and promoting human health, has some undeniable benefits and significant drawbacks.

Positive factors in this sense are: life in close proximity to nature; distance from the transport downloading a large city, an aggressive advertising; the possibility of maximum use in physical education health and other forces of nature [5, p. 213].

On the other hand, as the V. M. Nahulia mentions [8, p. 38] there are some typical negative factors affecting the efficiency of the organization and a time limit and extracurricular classes in most rural schools.

These include: weak material base; insufficient development of the sphere of additional education in meeting the athletic interests and requirements of pupils; lack of monitoring of the physical condition of pupils; no clear system in organizing extracurricular activities.

Proceeding from the above, the use of means of child's tourism in physical education of school children living in rural areas will increase their level of physical activity, and therefore – to optimize the level of physical condition.

Theoretical analysis of professional literature and advanced global experiment on the study revealed that in the physical education of children of primary school age researchers [1, p. 5; 4, p. 10; 6, p. 25; 7, p. 70] proposed to use a wide range of different means of physical activity direction of which is determined by the need to address the general and specific objectives.

Thus, O. V. Shiian [10, p. 20] substantiated the content of physical education classes for elementary school with priority elements of badminton to improve physical fitness and physical health of children. Programming fitness of Nordic walking classes in physical education of younger students dedicated research is O. M. Sayinchuk [6, p. 25]. I. I. Holovach [2, p. 211] developed a training program with the use of eco-tourism for pupils of primary school age aimed at formation of ecological culture of pupils and improve the performance of their physical condition

A variety of recreational and health technologies and elements of sports in physical education of junior pupils propose to use S. V. Trachuk [7, p. 71] M. V. Cherniavsky [9, p. 187] A. O. Zhuk [3, p.130] and others.

However, studies that have been devoted to developing program content of extracurricular activities with priority elements of tourism with primary school pupils in the conditions of rural school, clearly lacking.

Discussion and the results of the study. The investigations of motor activity for boys and girls 7–10 years of age who are studying in rural schools of Pereyaslav-Khmelnytsky district, Kyiv region (v. Kovalyn and v. Divychyky) allowed to state the following. When analyzing the components of daily locomotor activity at baseline and sitting low levels found that a significant difference between the motor activity of rural and urban pupils were not found.

The average level of physical activity, which includes the time allotted for walks, morning gymnastics, outdoor games during the break at school children in the survey ranged from 10,3 to 12 % (2 hrs. 28 min. – 2 hr. 53 min.) the daily amount of time at this level of rural pupils is much greater than among children of primary school of urban schools. Obviously, this is due to the fact that rural children tend to move on foot to school, help parents in the household, etc.

Special attention in our study, we paid to high levels of motor activity of children, which includes a part in specially organized physical exercise, intense games, running, skating, skiing and more. At school age at improving the physical condition greatly affects exactly specially organized physical activity, which depends mainly on the structure and organization of extracurricular forms of educational process in educational institutions.

Based on the analysis of the data revealed that the longest duration of high motor activity observed in younger students in physical education classes. From the daily amount of time it is 1,4 –4,2 % (20–36 min.), slightly increasing with age. This volume of motor activity of high level is very poor and due to low extracurricular sports and recreation activities at rural schools (no sports clubs, organized sports and recreational classes, etc.).

At the same time, studying physical activity and motivation needs of pupils in rural areas to the types of exercise, it was found that the most popular type of motor activity in both boys and girls are outdoor games, dancing, football and tourism.

Thus, the results of the studies have become the basis for developing a program of extracurricular classes «Young tourists».

The program «Young tourists».

Goal and tasks of the program.

The goal – to promote the comprehensive development of the individual of primary school children, improving their physical condition.

Tasks:

- improve the adaptation and functionality of children by the major systems of the body in the course of local history tourist activities;
- improve natural (vital) types of motor movements and enriching experience;
- develop physical abilities;
- promote the development of mental processes and increase the amount of knowledge in the field of physical culture, tourism and local history;

– generate positive interpersonal relationships of pupils in the process of playing tourist activities adapted to their capabilities.

Age of Children and Form of Classes.

The program is intended for children 7–10 years of age, who referred to the main group health.

Program material is realized in organized forms of extracurricular classes: natural history walks; tourism and local history tour; Weekend trips with parents; one – and two–day trips and excursions for tourists; hiking holidays; outdoor games.

The Content of Motor and Cognitive Activities with the Use of Tourism in Extracurricular Activities for Children of Primary School Age.

During the program developing, we proceeded with the contents of the general tourist preparation that includes theoretical, physical, technical and tactical training and the personality traits.

Theoretical preparation:

– formation of representations about health as a value, which is necessary to protect from the childhood (a healthy life in the mode of the day, the value of exercise, sports, movement – the foundation of health, value of hardening, personal hygiene, diet and health, regime day – the foundation of a healthy lifestyle, forming a correct posture, breathing and health, care for eyes, dental care, self–control, man – nature – health);

– forming ideas about tourism as a means of healing and understanding the world (who are tourists?; types of tourism, ideas about tours, walking, hiking, national signs (weather prediction));

– the formation of primary tourism knowledge and skills (rules of safe behavior on the route, transport, information about the group and personal gear on foot and ski trips, demands on equipment, care of it, rules folding of backpack, set for a walk, a hike; original motion);

– formation of knowledge about personal hygiene of tourist and prevention of possible dangers in the forest (requirements for clothing, footwear, tableware of the tourist, providing first aid at slaughter, cut, contamination of eye, danger in the woods, if lost, met poisonous plants, exposed to rain accompanied by thunder);

– formation of knowledge of local history (the village where I live, my school, its location, the study of natural and social facilities of the village and surrounding area, strengthening and expanding knowledge about birds, animals and plants, native land, visiting parks and other natural objects of villages and neighborhoods);

– formation of knowledge about caring attitude to nature (objects of animate and inanimate nature, the formation of practical skills of caring nature: the elimination of waste, traffic on the route, environmental violations in the nearest natural environment);

– forming of the skills of elementary maps, plans, schemes (purpose of maps, types of maps – general, geographical, topographical, sports, simple topographical marks, a finding on the map, conditional prohibitive and permissive signs, scheduling school, street, plan routes);

– formation of skills in object–oriented spatial surroundings (enriching experience of orientation with the main and intermediate spatial directions, location of objects relative to itself, and in the process of mobile gaming tasks, outdoor games, walking, memorizing skills formation traversed path, to find the way home, find various items according to legend, use a compass).

Physical Preparation:

– development of basic physical properties (development of endurance: cyclic exercise – walking, jogging, skiing, walking in the duty of running, outdoor games, the development of power – exercise dynamic nature of speed–power orientation of the limitation of static components: climbing, jumping, simple hang , throwing, exercise with a partner, general developmental exercises with objects, development speed – well-learned exercises performed at maximum speed, running short distances, outdoor games, exercises with elements of competition, development flexibility – with maximum amplitude – underneath motion, bending, jumping, throwing, climbing, general developmental exercises);

– development of coordination abilities (exercises in the deploying, outdoor games, relay races with overcoming the obstacles general developmental exercises with elements of novelty from different assumptions, exercising).

Development of Physical Qualities by Means of Tourism:

– development of special endurance (continued walking, skiing, orienteering – performance gaming tasks for finding various objects on trips, walks, hikes);

– development of special forces (exercises with a backpack overcome grass, earth, snow slopes of low altitude, walking in deep snow, sand, throwing snowballs, cones, etc.);

– development of high-speed special abilities (tourism exercises applied round – knitting units, installation of tents, work with personal equipment for speed, mobile games handover nature, walking, running speed with a view of the natural and social facilities);

– development of special coordination abilities (walking, running according to legend, overcome the various complex obstacles (both natural and specially equipped), walking, running assignments to determine trends; walking ‘mark on the track’, mobile games with search character; relay tourism focus).

Technical and Tactical Preparation:

– forming knowledge and skills to ensure the safety of walking and Nordic walking, hiking (special exercises for learning techniques and overcoming natural obstacles – stream, log, low slopes, moving along the paths of practicing rational technique of walking, walking on earth, herbs, snow-covered slopes with working ups and downs, in the same ski trip, rules of road safety in residential areas and transport);

– formation of ability to carry out targeted actions that can successfully meet the challenges of hiking and skiing, trekking (the distribution of power in the trip, hike, rational holiday route, halt, rational traffic on the route, the choice of places to camp, the creation of its convenience and safety by adults).

Conclusions. Application of tourism in extra-curricular activities in physical education with children of 7–10 years in rural schools will comprehensively address issues of improving physical activity, physical condition, personality development of children. It was revealed:

– the use of tourism in the form of extracurricular physical education of younger schoolchildren allowed to increase the level of physical fitness (the largest increase – as a result of general endurance and coordination skills);

– playing tourist and local lore activity creates conditions for the formation of skills to build a tolerant, friendly relations with their peers in the group;

– sports tourism and local history orientation provide an opportunity for more effective impact on the success of children mastering knowledge in the field of physical culture and rules of behavior in nature.

Prospects for further research will be determining of pedagogical conditions of implementation of the proposed program «Young tourists».

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