

SHAPING EXERCISES IN PRE-SCHOOL AGE

(Preliminary communication)

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Abstract

Shaping exercises as natural movements of certain body parts, performed in their basic form with a special aim to certain muscle groups, are being applied mostly in the introductory part of a directed activity or in a preparation part of the Physical Education class, while the ones can be used in the basic-the main part of the activity. The subject of our research in this paper is the class structure of Physical Education class administered to the youngest ones (application of shaping exercises, their choice, manner of the teachers' education some specifics of the Physical Education teaching, usage of requisites in exercise performing and didactical- methodological approaches). Research subjects were also experience features attained through: qualification structure of teachers, material side of pre-school institutions, connection and cooperation with the Local Government, influence of the parents whose children could be included into the educational work of these institutions, so as to ascribe greater significance of body exercise as a motor activity. On a sample of 48 subjects teachers completing a survey, comprising suitable questions, we have obtained the results-suggestions and opinions to be shown entirely, in Tables with calculated percentage values, applying a descriptive method.

Keywords: *teachers, students, pre-schools, survey, Likert scale, Physical Education, motor activity, sports requisites, teacher, descriptive method.*

INTRODUCTION

Free exercises play an important role in the realization of the program content of physical education for preschool children. Their influence on the movement apparatus (muscles, bones and joints) is what turns them into a basic need in supervising physical education because teachers require sound knowledge of man's structure and functioning of the organism as a whole. Free exercises becomes necessary daily needs that are broader in addition to regular activities to fitness, aerobics and other programs.

The subject of this research is the application of free exercises at the pre-school age as well as some aspects related to some characteristics of physical education of the youngest (the choice and manner of performance, the use of props in the performance). To test the general attitude of the teachers to exercise Likert scale was used by the team that investigated the degree of agreement or disagreement.

Research aim is to analyze the application of free

exercises at the age of the preschool children, key features, application modes and methods of performing them. In carrying out research objectives following tasks were set:

- Identify the basic characteristics of the value of free exercises to encourage proper growth and development (body posture, coordination, rhythmic movements),
- Evaluate the contribution of teachers in their implementation,
- Gain insight into the implementation of program content.

METHODS

This research descriptive and comparative method, a methods that are most closely related to the nature of the subject, objectives and tasks.

This study was performed on a deliberate (intentional) sample of teachers employed in preschool institutions in Novi Pazar, as well as students studying at the Department of Teacher Training. The sample included

24 teachers and 24 students who have taken the practice.

Basic hypothesis:

- Free exercises represent an important contribution to the improvement of health

Auxiliary hypotheses:

- Their influence enhances the development of motor skills

- They contribute to the proper posture and correction of deformity

- They should always be practiced

- Teachers should be educated to be more competent in using them

The data are viewed through the claims of the respondents and presented in percentages.

RESULTS

The structure of the pre-school teachers sample is shown in the special table with the results of the

Table. 1 *The claims of employed teachers*

No.	Claims		I fully agree (A)	Mostly agree (B)	I'm not sure (C)	Mostly disagree (D)	Strongly Disagree (E)	Total
1	Free exercise specifically contributes to the development of the organism	No. %	10 41	4 17	5 21	3 13	2 8	24 100
2	Free exercise particularly contribute to developing motor skills	No. %	7 29	5 21	4 17	2 8	6 25	24 100
3	Children should be accustomed to an independent practice	No. %	9 37	7 29	3 13	4 17	1 4	24 100
4	Free exercise should be organized through different organizational forms of work	No. %	5 21	4 17	6 25	5 21	4 17	24 100
5	Themed games are the best way for the application of free exercise	No. %	8 33	6 25	4 17	3 13	3 13	24 100
6	It is important that teachers encourage children to love free exercise	No. %	10 42	5 21	5 21	2 8	2 8	24 100
7	Children should be motivated him as an incentive for the successful operation	No. %	11 46	4 17	3 13	3 13	3 13	24 100
8	Most of the activities should start with shaping exercises	No. %	6 25	7 29	5 21	3 13	3 13	24 100
9	Additional models of preventive exercise should be done in cooperation with experts	No. %	12 50	6 25	2 8	3 13	1 4	24 100
10	Morning preventive practice is particularly important for reducing danger and enhancing acceleration of physiological processes	No. %	10 42	5 21	3 13	2 8	4 17	24 100
11	Free exercise can be performed in sports playground	No. %	8 33	6 25	5 21	3 13	2 8	24 100
12	Free exercise should be performed after a pre-determined position, which may be different	No. %	11 46	5 21	4 17	2 8	2 8	24 100
13	When designing the exercise we reduce the energy consumed	No. %	8 33	4 17	5 21	3 13	4 17	24 100
14	Free exercise can be performed in different conditions	No. %	13 54	6 25	1 4	2 8	2 8	24 100
15	Free exercise can be performed individually, in pairs or groups	No. %	14 58	3 13	1 4	4 17	2 8	24 100
16	The exercises are performed with equipment or without equipment	No. %	12 50	6 25	1 4	3 13	2 8	24 100
17	Cooperation of pre-school and local government will improve conditions for better and more organized work on improving physical education in preschool institutions.	No. %	10 42	5 21	3 13	4 17	2 8	24 100
18	Parents whose children are enrolled in preschool education must show more interest in physical education	No. %	9 37	7 29	3 13	4 16	1 4	24 100

Table 2 *The claims of students - teachers*

No.	Claims		I fully agree (A)	Mostly agree (B)	I'm not sure (C)	Mostly disagree (D)	Strongly disagree (E)	Total
1	Free exercise specifically contribute to the development of the organism	No. %	14 58	2 8	3 13	2 8	3 13	24 100
2	Free exercise particularly contribute to developing motor skills	No/ %	6 25	6 25	4 17	5 21	3 13	24 100
3	Children should be accustomed to an independent practice	No. %	10 42	7 29	2 8	3 13	2 8	24 100
4	Free exercise should be organized through different organizational forms of work	No. %	8 33	5 21	4 17	2 8	5 21	24 100
5	Themed games are the best way for the application of free exercise	No./ %	9 38	4 17	5 21	3 13	3 13	24 100
6	It is important that teachers encourage children to love free exercise	No. %	11 46	4 17	4 17	2 8	3 13	24 100
7	Children should be motivated him as an incentive for the successful operation	No. %	10 42	5 21	3 13	4 17	2 8	24 100
8	Most of the activities should start shaping exercises	No. %	7 29	6 25	5 21	3 13	3 13	24 100
9	Additional models of preventive exercise should be done in cooperation with experts	No. %	12 50	7 17	3 13	2 8	3 13	24 100
10	Morning preventive practice is particularly important for reducing risk and accelerating the physiological processes	No. %	11 46	5 21	2 8	3 13	3 13	24 100
11	Free exercise can be in sports playground	No/ %	6 25	5 21	4 17	4 17	5 21	24 100
12	Free exercise should be performed after a pre-determined position, which may be different	No. %	13 54	5 21	2 8	2 8	2 8	24 100
13	When designing the exercise we reduce the energy consumed	No. %	11 46	6 25	2 8	3 13	2 8	24 100
14	Free exercise can be performed in different conditions	No. %	10 42	8 33	2 8	1 4	3 13	24 100
15	Free exercise can be performed individually, in pairs or groups	No. %	12 50	6 25	2 8	2 8	2 8	24 100

Table 2 (continued)

16	The exercises are performed with equipment or without equipment	No. %	11 46	5 21	3 13	2 8	3 13	24 100
18	Cooperation of pre-school and local government will improve conditions for better and more organized work on improving physical education in preschool institutions	No. %	11 45	4 16	3 13	3 13	3 13	24 100
19	Parents whose children are enrolled in preschool education must show more interest in physical education	No. %	10 42	10 42	2 8	1 4	1 4	24 100

possible answers. Respondents claims are based on the offered one out of five responses.

Analyzing the claims made by the participants - teachers employed in pre-schools some answers that deserve comment were observed. Respondents were offered five alternative statements relating to their position - claims to free exercise, their use in preschools, as well as their contribution the practice in the formation of mental and physical abilities. The answer to the first question is expressed as a percentage of 41% (A), plus the answer to the same question of an alternative "B" = 17%, indicating that the first point $41 + 17 = 58\%$ of the teachers give significance to free exercise, but to respond under the code (C, D, E) they point out the timely intervention. The survey questions and to the second question indicate the uncertainty of the respondents. Correlation between the answers provided is different.

Other items from this research looked through:

- Basic characteristics as free exercise, their its place within the physical Education

- Evaluating the accessibility of unity free exercise

- Education of teachers in the application of free exercise through different organizational forms of work and the influence of various factors on their implementation.

- Analysis of statements that were issued by the respondents preschool teachers emphasize that free exercise should be conducted in a more dynamic way, that preschool teachers -must be well educated, primarily in methodological approaches so as to contribute to proper growth and development of this population and to enhance the impact of exercise on the parts of the locomotor apparatus.

The aim of this study is to examine the ability of teachers in a practical exercise formats, their ability to skillfully serve and motivate children to perform better, free exercise impact on various postural imbalances that require good collaboration with health organizations such as seeking the best ways to obtain better training of teachers in free exercise and their application in preschool children.

This is empirical investigation involving students who are trained to become preschool teachers educators, they take the course methods of teaching physical education. Their claims to the same questionnaire are shown in Table 2. The results obtained by descriptive method are probably not complete but will serve for further consideration of the value and application of free exercise in pre-schools. The students specifically mentioned the importance of exercise in terms of biological design and educational development with the tasks for motor learning through organizational forms of work. Especially daily workout in the morning gymnastics and recreational breaks are emphasized, and they should be included more "while the children are in preschool.

CONCLUSION

The research considered two kinds of attitudes to free exercise indicating that there are differences among

the respondents' answers. It is evident that for many respondents free exercise is very important, the results indicate the seriousness of teachers, their good work in presenting complex exercise and the provision of material conditions in the realization of program content design exercise.

Respondents point to the need for additional education by organizing various seminars, advisory greater care in charge of institutions, as well as increased interest of parents whose children are included in this educational process work.

Claims of teachers represent the values ascribed to the shaping exercises, indicate their positions that should be the topic for further research, because they are an integral part of physical education, used in most forms of work organization, they enhance proper posture, reduce the possibility of postural disorders deformities and their presence is preparing apparatus to move to the next activity.

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