

THE COMPLEX RELATIONSHIP BETWEEN THE PHYSICAL EDUCATION AND SPORT WITH CHILDREN'S EDUCATION

(Preliminary communication)

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Abstract

Nowadays, every Bulgarian citizen has the right to engage in physical activities, sport and tourism, according to the Bulgarian constitution. The fundamental role of physical education and sport is considered as very important part of every human-being which is revealed in many formal documents of Bulgaria and the European Union. Not surprisingly, schools play a key role in the acquisition of life skills necessary to maintain a healthy lifestyle. It must be paid more attention to the nutrition's education and physical education, especially among the children aged 0-12. There are various public plans aiming to encourage sport and the cooperation between the schools, organisations, local and national authorities and the sport clubs. The understanding of the nature of physical education is possible on the basis of their linkage with the pedagogical knowledge. According to many articles, there is a general consensus on the purpose, objectives and the importance of physical activities. The most vital conclusion reached in these literary sources is that the physical education develops the notion of "a physical perfection of man". Contributing towards solving the tasks and achieving the goal of physical training (learning, remedial and educational tasks) have a number of other institutions which do not benefit from the state status, like sports organizations, associations, federations, foundations etc. In the practice of physical education they implement the following activities: playful activities, gymnastics as an activity introduced by the main ancillary and healing type, as well as the tourist activities. Children from the Scout club "Prista" Ruse completed a study in 2014. An attempt was made to show the advantages of this informal type of education and the opportunity of direct interaction between the children and the nature, where they develop their interests, abilities and talent for sport, science, practical knowledge, skills and abilities.

Keywords: *physical education and sport, school children, physical inactivity, scouts, school education*

INTRODUCTION

"Integrated linkage of physical education and sport education" is one of the specific principles set out in the National Strategy for the Development of Physical Education and Sports in the Republic of Bulgaria from 2009. to 2013., (2008). Due to the new political, economic and social reforms in the society, there are some principles adopted in the newly written Strategy for the period until 2022. (implemented by the 41st National Assembly on 24th November, 2011) (2011), which aim to "strengthen the physical education, sport and social tourism as means of improving the health and physical fitness of the population"; uniting the public and government kick-off to create the necessary legal basis; implementation of physical education and sport in the lifestyle of citizens. (National Strategy for Development of Physical Education and Sports in the Republic of Bulgaria 2009 – 2013. (Национална стратегия за развитие на физическото възпитание и спорта в Република България 2009. – 201.), 2008.; National Strategy for the Development of Physical Education and Sports in the Republic of Bulgaria

2012. – 2022. (Национална стратегия за развитие на физическото възпитание и спорта в Република България 2012 – 2022), 2011).

The changing environment, characterized by the decentralization and significant limited human and financial resources, aims to resolve the problem of reduced physical activity (hypodynamia), which is gradually becoming one of the most dangerous obstacles in modern civilized society. In order to overcome this global problem, the present generation needs a quality reassessment of the historical concept of the lifestyle as a sociological concept, coordination and interaction between the institutions, but also the effort of the whole society. This condition of the body, also known as the "disease of the century" is reversible and is primarily influenced by systematic physical exercises, sport and tourism. The importance of physical activity is considered as one of the most important issues, and in this connection in the ancient time Aristotle said that "there is nothing that wear out and destroy the human body as physical inactivity!" (Malchev (Малчев) et al.), 2001). Physical education

and sport are the main parts of the social activities in the sphere of the public relationships. Implementation is an instrument of education and healthy lifestyle. Sport is an integrating factor, which teaches to tolerance and acceptance of differences between the people from a very early age.

In the scientific literature, teaching physical education is considered very versatile, but overall, this is a process directed to the human personality. "The process that has formative influence" (Momchilova (Момчилова), 2002., pp. 4), "pointing towards the morphological and functional improvement of the individual." (Popova & Hristova (Попова & Христова), 1990., pp. 14) and "supports natural physical growth and enriches mobility culture" (Tsonkova (Цонкова), 2007. pp. 12). Physical education is a multi pedagogical process (social phenomenon). It combines the knowledge from different scientific areas, means, methods and approaches for the realization of its goals and objectives, and has a strong formative influence on people.

The purpose of the physical education is achieved by resolving various issues which can be conditionally divided into three groups: educational, rehabilitation and disciplinary tasks.

1. Educational tasks. They arise from the need and the nature of practical training for a motor complete formation of a system of vital skills and habits that apply in everyday life (life and profession) or the sports practice. It should be noted that resolving educational tasks leads to implementation of a platform and partially solved healing the ones. By repeating the performances of exercises, the motor skills are influenced and thus it has a formative and training effect.

2. Remedial tasks. They are focused to assist the physical development, to enhance the functionality of the vital systems and stabilize the adaptive and protective functions of the body. Through complex and systematic use of different exercise types of activity and additional resources - natural forces of nature, many other social functions are solved in medical and biological aspect such as weight control, improved posture, counter bodily distortions and deformities, other recreational-rehabilitation and preventive functions.

3. Educational tasks. The educational tasks in the process of the physical education are continuously solved in parallel with the learning and remedial tasks. They are connected directly with the moral, labor, aesthetic education and intellectual development of children at preschool and primary school. Overcoming difficulties arising in lessons in physical training and various forms of extracurricular work, forms persistence, perseverance, initiative and a number of moral and volitional qualities as responsibility, comradeship and mutual assistance, diligence, respect for the human being and others." (Malchev (Малчев) et al., 2001).

The school sports are contributing to the formation of physical and moral qualities among youngsters as well. According to the European Charter of sport (article 2), which is approved by the Council of Europe in Lis-

bon in 1995 "Sport means all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels" (Malchev (Малчев) et al., 2001).

In school sports the activities are determined by the extracurricular activities: free selectives, participation in sports sections and clubs. One objective of these activities is to improve the general physical training. These classes give the opportunity to children to show their capabilities, which will be implemented within their training in a specific sport. Lack of appropriate and accessible sports facilities affects demotivating on the practice and development of sport for all. Irregular holding of mass events like the days of active walking tours, cross country, running, sledging, etc., are useful as propaganda shares, but they do not solve the problem of long-term health status and physical fitness of the population. According to the Eurobarometer 46% of people say that they are not given enough opportunities for sport and physical activity, as per living location. By this indicator Bulgaria ranks also as the last among the EU member countries. There is a tendency for increasing the number of overweight people. Almost half of the Bulgarian population is overweight (49,5%). It is an unfavourable trend of the growing immobilization of the young generation - 51.0% of the total population are highly immobile. (National Strategy for Development of Physical Education and Sports in the Republic of Bulgaria 2012 –2022. (Национална стратегия за развитие на физическото възпитание и спорта в Република България 2012 – 2022.), 2011).

Contributing towards solving the tasks and achieve the goal of physical training (learning, remedial and educational tasks) have a number of other institutions which do not benefit from the state status, like sports organizations, associations, federations, associations, foundations, etc..

In the practice of physical training they implement the following activities:

- gaming activity that involves moving games with their diversity;
- gymnastics as a kind of activity, represented by the main ancillary, derivative and therapeutic gymnastics;
- tourism, including hiking, auto sport, bicycle, and water skiing;
- sports activities covering different types of sports.

The members of the Scout club "Prista" Ruse in 2014., did a study of children which purpose was to establish their attitudes for entering the Scout movement and the activities that occur in it. An attempt was made to show the advantages of this type of non-formal education and the possibility of direct interaction of children with nature, where they develop their interests, abilities and talents towards the science, their practical knowledge, skills and abilities.

METHODS

Based on previous remarks, the object of study is to present the results and conclusions from the study of children aged between 9 and 13 years old, living in a family environment and regularly attending the classes. Based on this, following tasks are noted:

- To establish the reasons for entering the Scout club;
- To present the establishment and functioning of the Scout Organization;
- To show the attitude of children to comply with the rules in Scout club;
- To establish the activities that occur in Scout club;

Information used in the study is collected from the available resources of quantitative information in the field, such as analyzes, reports, strategic documents of national, regional and local level. Familiarization with the National Strategy for the Development of Physical Education and Sports in the Republic of Bulgaria 2012. – 2022; White Paper on a Strategy for Europe on Nutrition, overweight and health problems associated with obesity; Strategy for the development of social services in the region of Ruse (2010– 2015) and others. Study of the legal base: Law for the physical education and sport, Rules for the implementation of the physical education and sport, Rules of the Organization of Bulgarian scouts 2010./2012. and others

Development and completion of an anonymous survey of children, members of the Scout club “Prista” c. Ruse, for the purposes of study. The following methods were used to collect the information:

- Documentary study of the existing analyzes, reports, strategic documents of regional and local authorities (such as strategies, programs and long-term development plans);
- Understanding the history and activities of the Scout club „Prista“ Ruse.

An interview was conducted with children and parents, as well as monitoring of children from Scout club „Prista“.

RESULTS AND DISCUSSION

The history of Scouting. The Scout idea was sown in Bulgaria almost simultaneously with its birth in England. The beginning of the movement is placed by the Major General retired R.S.S. Beydan-Powell (майор о.з. Р.С.С.Бейдън-Пауел). In 1907. in England the first adolescents scouts (boy-scouts) units occur, the first Scout camp of o. Braunsi is held and the first edition of the book of Baden-Powell’s “Scouting for Boys” - a guide with instructions for good citizenship through hiking” was published. Once Colonel N. Jekov gets to know the book, in 1911. the first ever youth-scouts squad is created, made up of students from a junior high school in Sofia. The outbreak of the Balkan War and later the First World War stopped the development of the movement for the next few years. The years after the wars were heavy for Bulgaria and the country was experiencing a

deep economic, spiritual and social crisis. The young generation experiences particularly difficult

the situation in which the country is. Some of them are included in manufacturing to support their families, while others are part of the registered increased juvenile crime. In the effort to improve the situation of the young generation a number of youth organizations arise. So in 1921. in Varna the scout units are restored. Activities of Scouting are later registered in Sofia and Samokov and in 1923. in Varna the Organization of Bulgarian youth-scouts is created.

Scouting has more than 28 million children and adolescents in numerous clubs and organizations around the world, including Bulgaria. The Organization of Bulgarian Scouts (OBS) was registered in 1995. and in March 2000. was established the National Scout Organization of Bulgaria “St. George”, which operates to this day in Sofia, Plovdiv, Varna, Burgas, Ruse, Samokov, Pazardzhik, Gabrovo, Silistra. (Скаут. (14.04.2015). Уикипедия., Rules of Procedure of the Organization of Bulgarian Scouts, 2010). In 2009. was created the scout club “Prista scout” – Ruse, chairman of which is Mr. Teodor Peev, and in 2014. the organization “Prista scout” - Ruse \ Prista-Scouting-BG-Russe\ numbered 59 children.

The purpose of the Organization of the Bulgarian Scouts is to contribute to the development of physical, intellectual, social and spiritual potential of the young person, as an individual, as a conscientious citizen and as a responsible member of their society, locally, nationally and internationally. The scout movement is a voluntary, non-political educational movement for young people, open to all without distinction of origin, race or religion, which stands in agreement with the principles and methods as they were created by the movement’s founder, Lord Robert Baden -Pauel.

The entire membership of the organization in Ruse, according to the rules of the Organization of the Bulgarian Scouts, is divided into levels in ascending order of age:

1. Wolves, Eagles, Cougars, Porcupines, Rabbits and Wild boars - children under the age of 15.
2. Venture scouts - aged 15 to 18 years.
3. Over 18 years are rovers and skauters. Without them any activities are impossible. One part of this group are people who grew up in the organization, other, not a small proportion, are parents of scouts attracted and fascinated by the idea to help the movement. (Rules of Procedure of the Organization of Bulgarian Scouts, (Правилник за дейността на Организацията на българските скаути), 2010.). Each year the scout organization in Ruse develops a program. Consist of the children’s or members of the club everyday activities, health, how to prevent the accidents, hygiene, games, etc.

In the survey conducted in 2014. were involved children aged 9 to 13 from different schools from Ruse (High school “Hristo Botev”, High school “Friedrich Schiller”, High school “Vasil Levski”, High school “Vazrajdane”, school “Luben Karavelov”) of preschool age group until the seventh grade, with different skills

and interests. A summer camp is organized, to visit the lake area of the park "Lipnik" in Nikolovo, Ruse.

The game is the preferred method of all children. Through it they learn specific tourism skills and dexterity. In the summer camp of the Scout club are involved children with different physical skills. The aim is for each child to be involved in the games that are organized, but also to acquire the important life values.

To the question: What do you like in the scouting movement, from the possible five question all children agree and answer the existence of „a lot of games.“ With the same result (75%) responded: „acquaintance with new friends“, „we are all the same as scouts“ and „keeping disciplinary“. „The atmosphere of the game puts their need to fully mobilize their abilities.“ (Doncheva (Дончева), 2013). In the Scout organization the traditional style of learning in which children are passive and distant participants in the learning process is replaced. We can say that there is active learning \ studying in children through their dynamic participation in various activities.

Childhood is an important period to instil a preference for healthy behaviors, and skills for life. The young people from the modern society are with wide open eyes of the world. Their practical experience is directly influenced by the specifics of still unknown activities. By directing the attention of the child to the particularities of nature, even on the first day all children are involved in cleaning the area around the tents of broken and dry twigs, collect them and arrange for the needs of the remaining days of the camping. These are some of the activities that remain unforgettable in children's minds. The experience in the camp park has preserved the memories of kayaking in the lake „Lipnik“, morning gymnastics, team racing game, folk dances, preparing and making fires, musical evenings and many more. Important topic of the dangers of playing with fire and protection ways, ways of lighting it, dealing with disaster situations, are daily discussed by the leaders of the scout club, as collecting wood and starting campfires is part of the daily life in the camp. From the answers it is clear that the children are impressed by all organized activities. These activities are planned and proposed to them at the time of the preparation of the annual program.

To the question: Which event will you remember? in there answers the children list all the events organized by the head of Scout club: visit of park „Lipnik“, hut „Prista“, walk to Rock-hewn Churches of Ivanovo, clean the area to hut „Prista“. Unforgettable are the activities around their faithful companion dogs: Bella and Muffin. The Proposal by the management of the club to adopt two dogs from the shelters for stray animals, enables direct communication of young scouts with abandoned dogs. Caring for them, observing their behavior and feeding habits, generate excitement and sincerely unintentional curiosity in the children. The immediate contact with the animals in the environment around the area „Lipnik“, forms in them a sense of compassion, interest and

concern. Camping enriches and gives children the opportunity to obtain new knowledge and improve the physical activity.

Guests of the Scout club in the Summer of 2014. are the representatives of sports club Kanu-kayak Ruse. Children with interest familiarized with the history of the first canoes made from logs or bones of whales, seal skin and whale oil. Easily fragile, but very maneuverable, these means of transport evolved into boats, which today run on water with great speed. The members of the sports club provide specific and individual equipment, which is available to every entrant. When having contact with the water, to the children is showed the mandatory lifejacket. The program includes a relaxing journey in the lake „Liptik“ with some adrenaline moments. Everybody wishing to is dropped with canoe in the lake which is a good opportunity to experience pleasant and safe water adventure.

We can note that the Organization of Bulgarian Scouts creates an atmosphere of learning and building skills. Is not insignificant and is not negligible the methods and techniques of perception, but most important is the success rate of memorization and its duration.

In the rules of Procedure of the Organization of Bulgarian Scouts is written that the mission of Scouting is to contribute to the education of young people, by relying on a system of values, based on the promise and the Scout law. This mission is achieved when each child can rely on himself, support his friends and answer for their deeds. All children, members of the organization in a period of 3-4 months are learning the basic norms of scouting and clarify for themselves, whether it is an organization in which they want to belong. During this period they learn to understand and obey the Scout Law and the Regulations for its activities. Verification of what they have learned is wearing a uniform. In the performance of activities of the scout educational program the minimum scout uniform can be used (which consists of a shirt) and in carrying out the local and national events the full kit is used: shirt, T-shirt, scout tie, trousers or skirt - short and long, belt, socks, shoes, a coat and a hat with a brim. Children of Ruse club - 64% share that „as the regulations required to comply with and wear the uniform“ and the remaining 28% are sharing the opinion that they wear it willingly. Compliance with the rules is carried out continuously from the head but from the children themselves as well. Discipline and self-control educate and thus build a much better social competence in children, easily preparation for life in society.

CONCLUSION

From the above it is clear that the Organization of Bulgarian Scouts contribute to the development of the overall physical, intellectual, social and spiritual potential of the young person, as an individual and as a conscious citizen. For the purpose this and other sports organizations, clubs and schools need to be supported

by the state and the local governments through the introduction of modern forms of management and a gradual increase of funds. Encouraging them would create opportunities for children, young people and adults to participate in sports activities, planned special schemes and sports games.

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