

THE ANALYSIS OF THE SPECIALISTS' OPINIONS AS CONCERNS THE ROLE OF USING THE FOOTBALL GAME IN THE PHYSICAL EDUCATION OF PUPILS IN THE PRIMARY SCHOOL

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Abstract

Background. In the last years, a series of changes of methodological order were operated in the educational system in Romania, including at the level of primary school, which is considered the most important step in the multilateral development of pupils

Objectives. This thing refers to all the study subjects and to a great extent also to the Physical Education, which comes to influence essentially the physical training and development of pupils.

Methods. In this sense it was performed a quiz-like enquiry, which included 15 questions and they were addressed to teachers of the Physical Education, working in primary school in Romania, as well as to other groups of teaching staff, operating in sports clubs and having groups of children aged 7 to 11.

Results. As a result, both in Romania, as well as in other European countries, specialists from the Physical Education field came up with several opportunities regarding the efficiency of teaching the given subject by using various modern methodologies, different from the standard ones which are currently used in the pre-university learning institutions.

Conclusion. One of them would be the main use of sports games in the training process of pupils of the primary school within the school physical education. In this sense our aim is to use the football game inside various forms of training, and our interest is focussed on the specialists' opinions on this topic about the effects of using the given game.

Keywords: football game, pupils, primary school, physical education, physical training, physical development

Introduction

Of all the learning stages within the pre-university education, a special attention is granted to pupils of the primary school. At this age, the physical education has an important role under all aspects.

Namely here, the children build up a strong motor foundation, a proper physical development, an ample enough luggage of habits and motor skills necessary for the future activity, regardless of the scope in which one pupil or another will operate (Chirazi M., 2001).

According to the data of the specialty literature (Coman S., 1995), within the school physical education at the level of primary school, by far not all the problems that fall into achieving the basic objectives of the school physical education at this level are solved.

Both Ciorbă C. (2016) and other authors; Chermit K.D. (2005), Guzhalovsky A.A. (1986), Kholodov Zh. K., Kuznetsov, V. (2004), Rață G. (2008), Roman C. (2002), suggests that there are different ways to approach the problem when using different methodical procedures to optimize the process of training a pupil at that age.

However, the authors Badiu T., Ciorbă C., Badiu G. (1999), expresses the opinion that there are a number of methodological modalities to increase the efficiency of physical education in school, including at the level of primary education, shared by other specialists in the field such as Roman C., Biro F. (2003).

One of them would be the use on a large scale of the football game in the training process of pupils of the primary school under different aspects, both within the lessons of physical education, as well as within other forms of organisation of the school physical education, such as active breaks, sports contests etc.

The use of two physical education lessons per week, in accordance with the results of the research of several specialists, such as Dragomir P., Scarlat E. (2004) and Stanculescu G. (2003), are sufficient to achieve a reasonable level of development of motor skills, in preparing students at this age.

The most important aspects aimed by our enquiry were:

- Assessing the level of the school physical education in Romania.
- Which of the curricular stages, school ages require increased attention from the part of the teaching staff.
- Highlighting the level of physical training of pupils in the primary stage.
- What are the most indicated and more requested sports games by the pupils in primary stage.
- The measure in which the use of elements and technical procedures in football can contribute to achieving the objectives of the school physical education.

Methods

The main purpose of our study was that of highlighting the specialists' opinions regarding the effects of the use of the football game within the physical education of pupils in the primary school. In this sense it was performed a quiz-like enquiry, which included 15 questions and they were addressed to teachers of the Physical Education, working in primary school in Romania, as well as to other groups of teaching staff, operating in sports clubs and having groups of children aged 7 to 11. In our research, there participated a number of 317 specialists.

Results

Further on we are to analyse the recorded results and highlight the most important moments that have to do with optimisation ways of the training process for pupils in the primary cycle.

One of the general questions addressed to specialists was in reference to assessing the level of school physical education in Romania (fig.1).

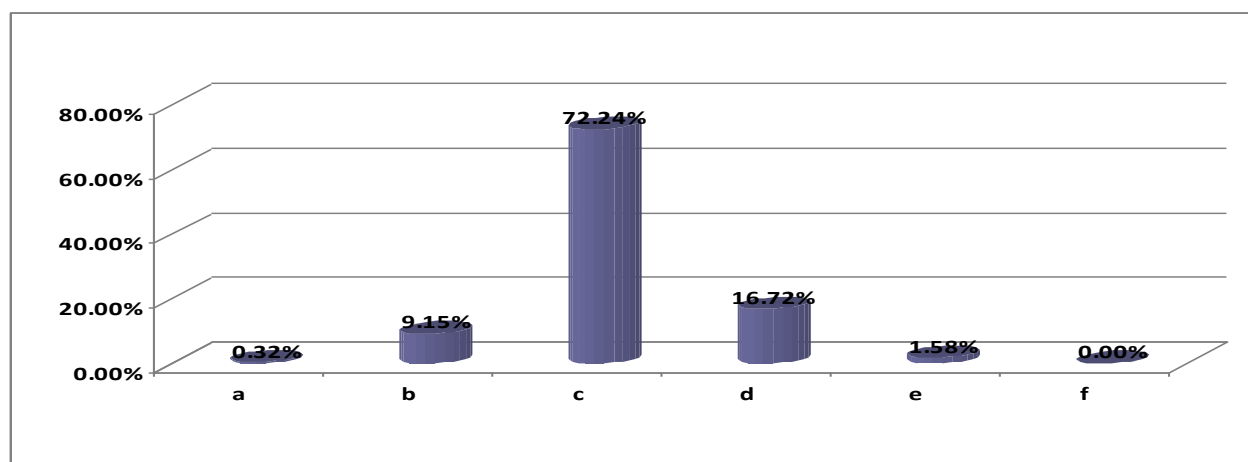


Fig. 1. Assessing the level of school physical education in Romania

By presenting the distribution of the answers, we easily notice that 72.24% assess the level of school physical training in Romania as being average. However, we cannot ignore also the percentage of 16.72% saying that the level is very low. Therefore, the situation that has to do with the level of the school physical education at the level of primary cycle is one rather mediocre, or which can even be called rather poor. As it turns out from the registered data, here it calls for new methodological interventions to increase the qualitative level of the training process at the given age.

Talking about the most important ages as concerns the increased necessity for organisation of the physical education with pupils of the primary school (fig.2), it is clearly noticed that the age which comprises the primary school years is very important in this sense, where 41.64% of those questioned firmly emphasized this

fact. A special attention would also be necessary to the middle school stage within the teaching of physical education, fact mentioned by 12.93% of the total number of the surveyed teaching staff. Finally, about one forth, that is 25.24% of the specialists participating in the enquiry mentioned the absolute necessity of attracting a special attention to the organisation of the school physical education in all levels.

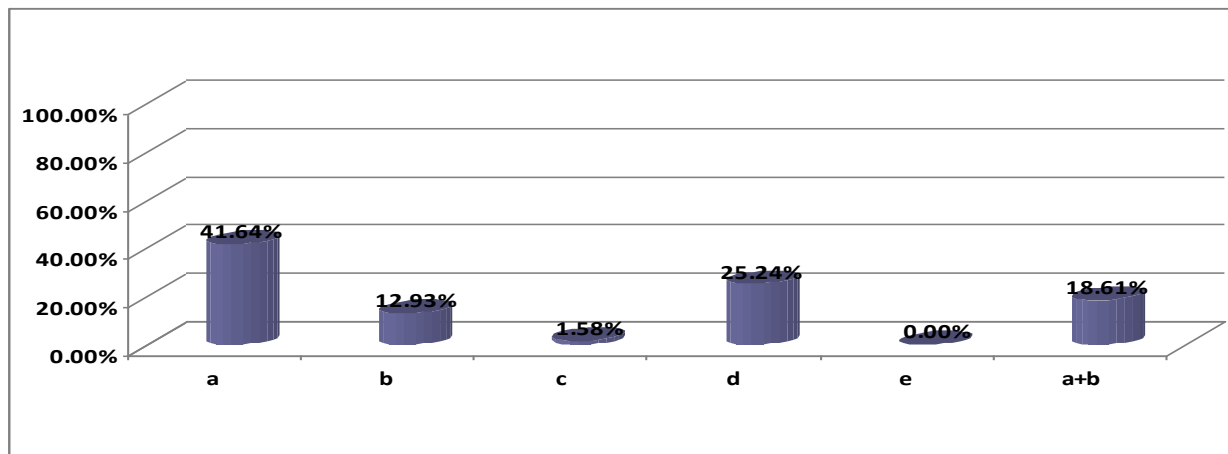


Fig. 2. The most important ages regarding the increased necessity as concerns the organisation of physical education with pupils in the primary school

A key question addressed to the teaching staff was that which has to do with assessing the level of physical training of the pupils in the primary cycle, this compartment actually represents the real state of things, where it is about the effectiveness of organising the physical education at the level of primary cycle and more. (fig. 3).

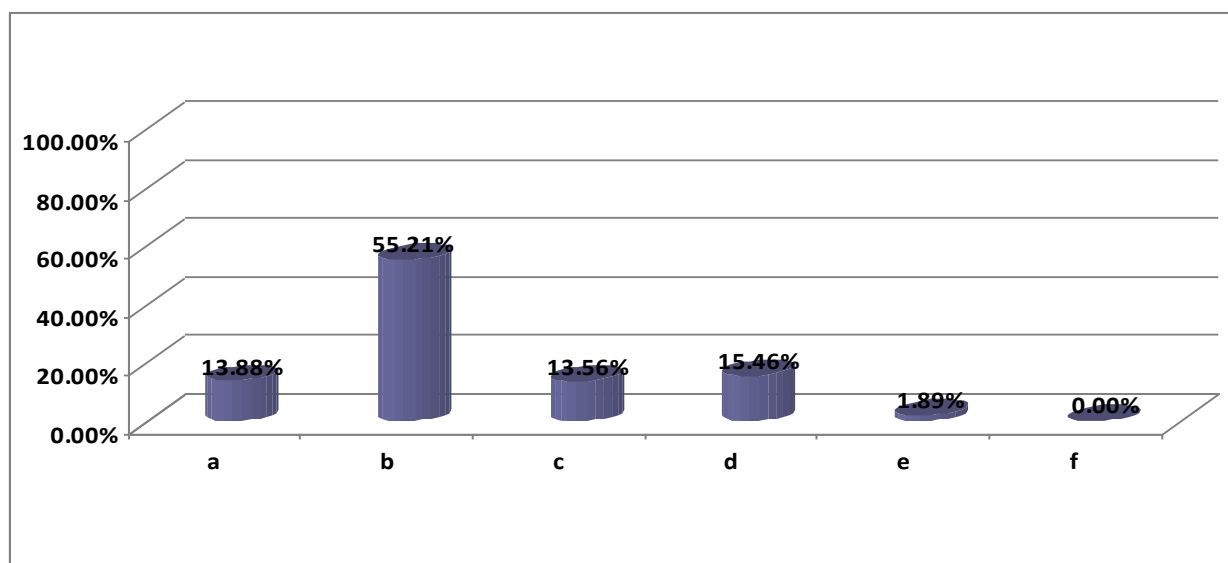


Fig 3. Assessing the level of physical training of pupils of the primary school in Romania

Thus, the level of physical training of pupils in the primary cycle is assessed by the specialists as being average, fact for which there opted 55.21% of the total number of specialists. A rather curious opinion was that of those who mentioned that the level of motor training of pupils in the primary cycle is high, although the

percentage of those having this opinion is of only 13.88%. Analysing the results in the matter, we think that these are in full accordance with those from the first question of the quiz.

Hence, we can deduce that the level of motor training of pupils in the primary cycle is a very mediocre one, which urges the teaching staff to search for new forms and methodological ways to optimize it.

One of the questions addressed to the specialists in the field was that of their highlighting the most effective sports games and pupils' preferences to be practiced within the school physical education at the level of primary stage (fig. 4).

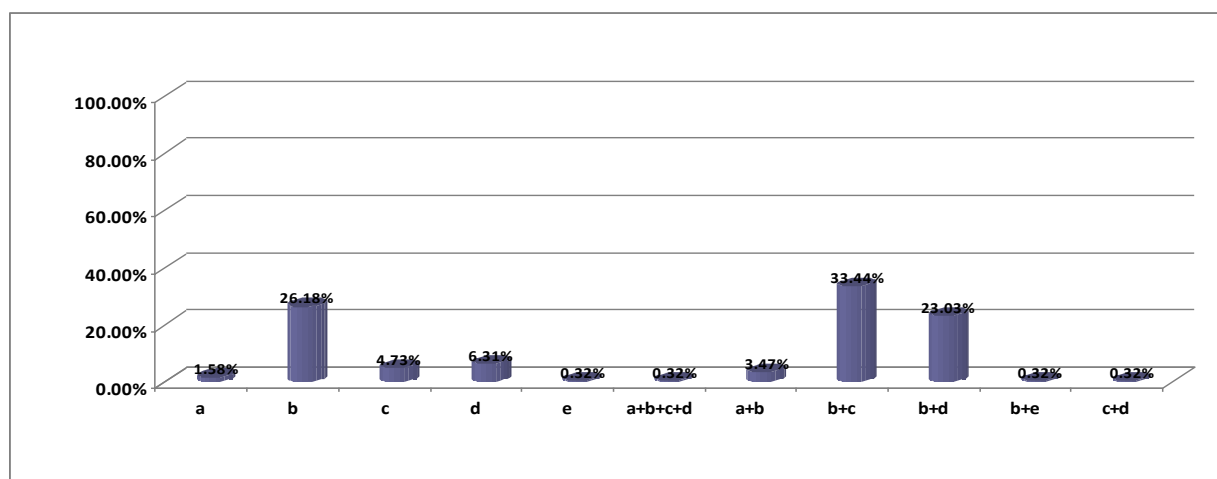


Fig. 4. The most effective sports game and the pupils' preferences to be practiced within the school physical education at the level of primary school

At the given question, the teachers and coaches made up two categories of respondents, one with those who focussed on using the football game on a large scale (26.18%), whereas the others were distributed uniformly emphasizing the other sports games provided by the school curriculum at physical education, such as: the handball game (6.3%), the volleyball game (1.58%) and the basketball game (4.73%). As we can notice, the number of those who prefer the football is predominant, namely 26.18%.

The next question is a direct one for the topic of our research, meaning the effectiveness of using football elements in the classes of physical education with the pupils of the primary school (fig. 5)

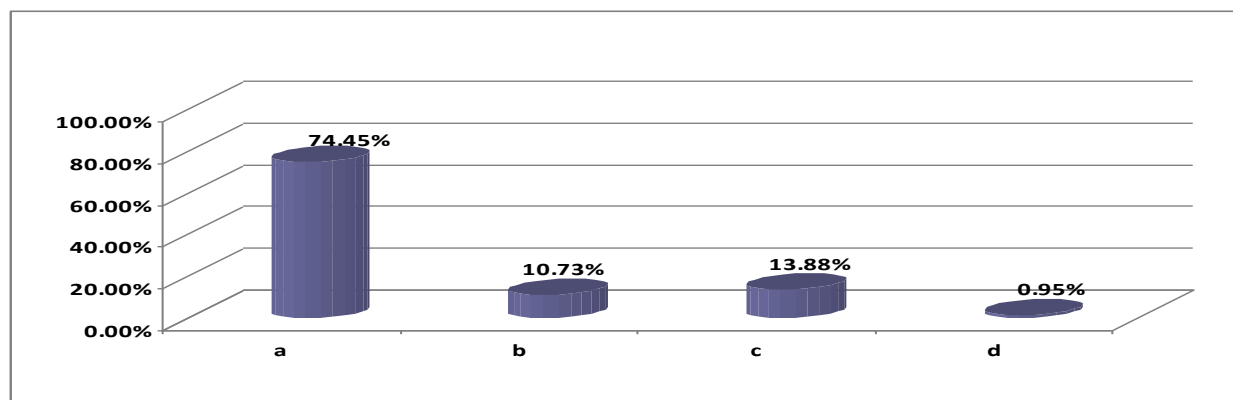


Fig. 5. The effectiveness of using the football elements in classes of physical education with pupils in the primary school

Analysing the chart and respective figure, it is clearly noticed that both the specialists, as well as the pupils, basically have the same option regarding the effectiveness of practising the football game within the

physical education at the level of primary school, where actually the overwhelming majority of specialists think positively in this sense (74.45%). About 10% did not agree with this option, while 13.88% could not decide at that point.

Consequently, the football game is welcome in the training process, being quite easy to implement, all the more so when the curriculum offers quite a lot of opportunities for the subject “Physical education” in this sense.

The next question has to do with the influence of practising the football game on the motor training of pupils in the primary school (fig. 6).

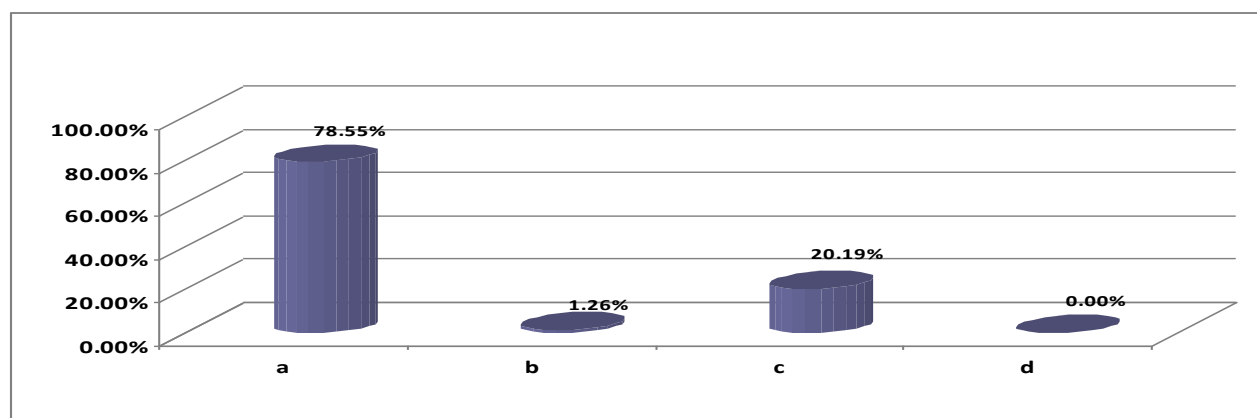


Fig. 6. The influence of practising the football game on the level of motor training of pupils in the primary school

Much like in the previous case, the specialists had actually identical opinions in the given case, where 78.55% think that practising the football game within the physical education with pupils of the primary school will influence considerably their level of motor training and only 20.1% do not deny this thing, but consider that practising this game will partially improve the level of motor training of pupils of the respective age.

Next, we were interested what is the influence of applying the elements in the football game to the physical education classes with pupils of the primary school (fig. 7). As noticed also in the given figure and figure 2.11, about 181 respondents (57.10%) think that by using the elements in football at the physical education classes can represent a premises for learning the football game, and a part of the pupils in the respective grades might choose this game in the future either as a hobby, or a sports test to become a professional sportsman at the given trial.

Approximately 40.38% think that using the elements of the football game in the physical education classes might influence only partially the pupils in this sense, and only 2% of the total number of teaching staff are sceptical about using elements of the football game in the physical education classes.

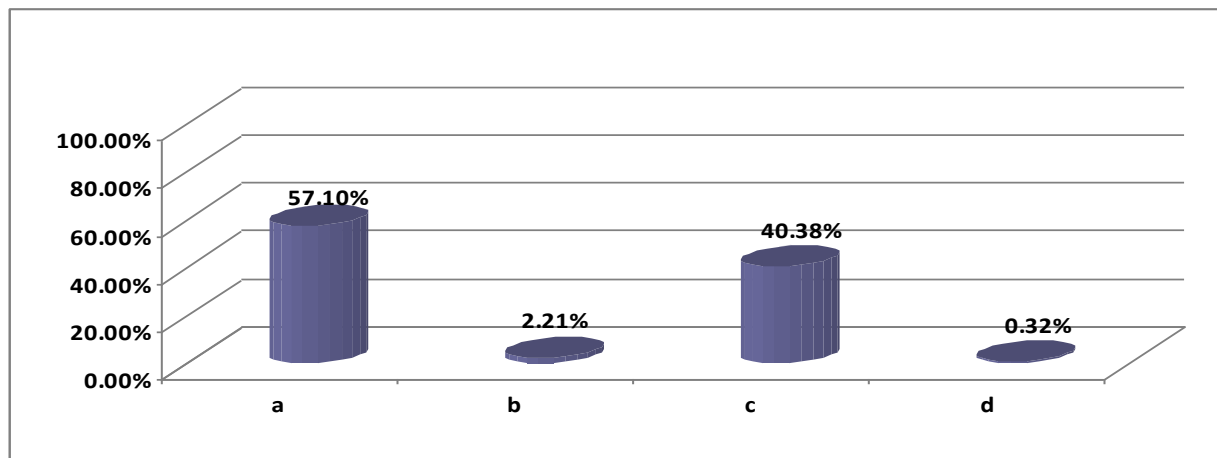


Fig.7. The influence of applying the elements of the football game to the lessons of physical education with pupils in the primary school

Eventually, the last question was assessing the organisation forms of the physical education of pupils in the primary cycle with the application of elements and technical procedures in the football game (fig. 8).

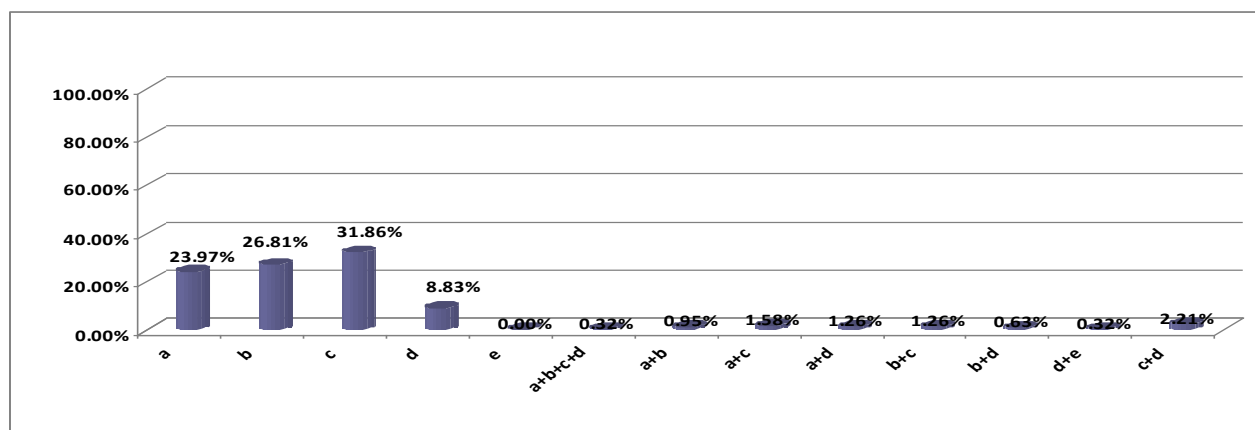


Fig. 8. Forms of organising the physical education of pupils in the primary school by applying the elements and technical procedures of the football game

Analysing the recorded results, it was proven the fact that the most preferred forms of organisation of the school physical education at the level of primary school by using elements and technical procedures of the football game are the dynamic time-outs, where around 41.64% opted for this form, as well as the sportive divisions (48.58%), in the second half of the learning day. However, part of the specialists did not reject other forms too, such as the morning refresh routine, sports contests with elements from the football game.

Conclusions

Analysing all the results of the specialists' opinions on the issue of the optimization of the training process of pupils in the primary cycle for the subject of Physical Education by mainly using the dynamic games with elements from the football game, it was clearly proven that this game is a fairly motivating and appealing one for the pupils of the respective age. The great majority of pupils want and enjoy this kind of sports and are ready to practice it under any form. We think that introducing elements of the football game in the training process of pupils from the primary school would give a positive impulse to increasing their level of motor and

functional preparation and would motivate the pupils in the respective grades into practising the physical exercise in general.

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