

THE USE OF FOLK PHYSICAL TRAINING FACILITIES DURING THE REALIZATION OF SPORTING HOLIDAYS IN PRESCHOOL EDUCATIONAL INSTITUTIONS

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Annotation

The introduction of folk physical training facilities during the realization of sporting holidays is actual for a future revival, children's awareness of their nation values, their understanding of the importance of folk physical training facilities. Sporting holidays: calendar, folklore, ceremonial, the days of name-days celebrations are held according to a Christian calendar (Christmas, Maslyana, Easter, Trinity). They are formed on accessible to children material with the use of folk mobile games, funs, folk round dances, songs, attributes of national clothes, appliances.

The use of folk physical training facilities during the realization of sporting holidays will enable not only to increase the efficiency of physical health-improving process but also will have a positive influence on the state of health and motive preparedness of senior children under school age, and also will form their interest to the systematic physical training lessons.

Preface. Entry. In different times of the society evolution, the development traditions of folk physical training were close to many known teachers: V. T. Skurativskyj, E. S. Vilchkovskyj, A. V. Tsos, A. Ya. Volchynskyj. V. T. Skurativskyj [8] marks that person has a better development in only in that case when he\she studies and is brought up by the mother tongue, cares of maintenance of traditions and customs. A. V. Tsos [9, 12] in detail exposes the history of physical training on the territory of Ukraine and offers the various scenarios of cossack games, funs during the conducting of sporting holidays. According to conclusions of E. S. Vilchkovskyj [10], a teacher must know well the theory of folk element in pedagogy and actively introduce it in the motive regime of children under school age. A. Ya. Volchynkyj [11] marks the features of patriotic education by means of ethnopedagogy, which content folds: the Ukrainian folk games, folk customs, traditions, ceremonies.

For this reason, holidays and entertainments are as necessary to children as air. For a child holiday is a special event. Lately in the system of physical education of a child under school age sporting holidays proved oneself as the most acceptable and effective form of children's active rest.

Long-term practice of work of child's preschool establishments showed meaningfulness of sporting holiday in the active attracting of every child of senior preschool age to take part in physical training lessons. There are quite a lot positive examples of creative approach of pedagogical collectives to their organization and realization. An experience in sporting holidays organization showed their positive influence on training children's interest to active motive activity, and also the importance of family role and kindergarden in solving tasks of physical education. Different aspects of physical education of children under school age on this question shows numerous researches: E. S. Vilchkovskyj, T. I. Osokina, O. O. Tymofyeyeva, N. Mykhaylova. Physical education work with senior children

under school age shows by itself the complex of health, educational and pedagogical measures the basis of which is presented by motive activity. There are different forms of active rest organization of children under school age in the system of athletic-health work of preschool establishments, sporting holidays are the effective form of children's active rest [1, 2, 3, 5].

Sporting holidays are mass performances of significant and entertaining character, which assist in propaganda of physical training, motion perfection, bring up such traits of character, as patriotism, discipline, deferential attitude to competitors. In rational combination with other types of physical education work they help to create the optimal motive mode, which serves the increase of functional possibilities, improvement of working capacity and children's hardening [2].

Bright decoration, availability, absence of strict regulation of participants' activity, possibility of wide emotion expression and individual capabilities, make such actions popular among the children of senior preschool age. Therefore the realization of them mostly becomes traditional and is foreseen by the general plan of work of a preschool establishment. All collective of preschool establishment prepares to the holiday, there is a scenario, bright attributes and special clothes for children are prepared. While creating scenarios, it is possible to appeal to practical experience of different authors : N. Bocharova [2], A. V. Tsos [9], V. Ya. Lysova, T. S. Yakovleva [4], T. I. Osokina, O. O. Tymofyeyeva [6].

During sporting holidays all children must participate actively in mobile sporting and folk games, relay races, dances, exercises with the elements of acrobatics, musically-rhythmic motions. A wide usage of different playing methods, playing exercises, riddles, pieces of music works assists in the positive children's emotional mood, active application of purchased earlier motive abilities and skills. Operating with the large emotional development, aspiring to achieve the best results in the competition conditions (situations change unexpectedly), children are improved physically. Thus, the ability to lead a task to the end develops in excessively active children, to show an attentiveness and attempt to

execute correct motions; slow-moving children study well and freely orient in space, with interest participate in collective games, showing such qualities, as reaction speed, nimbleness, flexibility, orientation in space and other useful qualities and capabilities [10].

The goal of the article is to prove the ways of usage of folk physical training facilities during the realization of sporting holidays in preschool educational establishments.

Statement regarding the basic material of the research. Discussion. Sporting holidays are very liked among the children of under school age because they unite their common emotional experience, give the feeling of victory. The holiday preparation, learning of verses, a good decoration of the gym or playground, original sport costumes, beautiful emblems, music, songs, various competitions positively influence on general physical development of children, develop their sense of beauty, imagination. But, the main point is that athletic holidays help to form a desire to be strong, smart, enduring, go in for sports. Common activity, overcoming of difficulties, strengthen child's collective, awake a sense of responsibility.

Sporting holidays are held two or three times a year in an athletic gym or on a sporting ground; it is also possible to hold them on a stadium, in the nearest park and so on. A place is taken for them in the mode of the second (if it is necessary – first) half of the day within the limits of one hour – for a senior group.

The main moments of sporting holidays preparation are the treatment of the scenario, the distribution of duties and the decoration of the place of conducting, the preparation of attributes, training suits, prizes and rewards etc. The preparation of children to the holiday begins beforehand and is carried out during all educational process (on the lessons of Music and Physical Training, during a morning gymnastics, games, in independent motive activity, in individual work). Numerous mass rehearsals of the whole holiday are inadmissible, and also the removals of someone from participating together with a group [9].

During any holiday a number of tasks are carried out in a complex way, conducing to harmonious development of a child, but at the same time the main task is aimed according to which the thematics and the content are chosen, the methods and ways of work are determined.

Thematic holidays such as “Sun, air and water are our true friends” (“Sonce, povitrya i voda – nashi virni druzi”), “Day of health” (“Den` zdorov'ya”), “A holiday of cleanliness” (“Svyato chyst`ox”), “Adventures of a Healthy Person” (“Prygody Nexvorijky”), “Visiting Ajbolyt” (“V gostyax u Ajbolyta”) help to form children’s healthy way of life. The right choice of thematic active games and exercises in combination with a text, the duels of children with the enemies of health (laziness, overeating, fears etc.) allow to form a positive attitude toward training, physical training, hygienical procedures, day regime.

Folklore holiday according to the subject-matter and content are held in accordance with the christian calendar (Christmas, Maslyana, Easter, Trinity). They are formed on a simple to children material with the use of folk active games, funs, round dances, songs, attributes of national clothes, equipment. Such holidays are especially meaningful for collectives with different age and sex, where favourable conditions are created for forming friendly relationships between children and humane attitude toward traditions of their own nation. Playing activity is aimed at forming of readiness and ability to help each other or to rescue from a dangerous situation, is a necessary component of the content of these holidays. As a rule, their plot develops in two directions: from one side, all the children are united by one aim (to help the main hero which got into trouble, becoming in opposing with forces of evil), from other side, children are usually divided into two and more teams and join in a general fight against enemies (evil, fears, cruelty, envy).

The preparation of a teacher and children, the programme of a holiday. The preparation to the holiday is begun with the making out of the programme. Some units are worse to be singled out, where the aim and the task of the holiday should be represented; the date and the time of its conducting, its approximate duration;

the place of conducting and separate items of the programme (for example, a parade of participants, mass performances, competitions, contests, quizzes); to define a person responsible for preparation and realization of the holiday (among them should be: a head of the preschool establishment or a methodist or a senior teacher, teachers of the kindergarden, members of a paternal committee, representatives of a medical staff etc.); to specify the number and tasks of the participants; to stipulate the order of summing up the competitions and contests' results (individual and collective) and types of encouragement for the winners and for the participants [3].

The development of a holiday scenario is in charge to the group of employees of preschool establishment (a methodist, a teacher of Physical Training, teachers of groups, which participate in a holiday, a musical conductor). Thus it should be taken into account the basic idea of the holiday : a slogan under which it is held.

- mass part of the holiday with a participation of all children and present guests can be planned in such a way : 2-3 active games, where first – for the whole command; performances of children of all groups or fans; 3-4 games with the elements of competition (for sub-groups) with a parents' participation; quiz, riddles, a combined relay race, dances and songs; summarising of the results, rewarding of the participants, closing of the holiday.

Together with the games for the small groups of children there are mass games, that are already well known to the children. Parents and guests can also take part in these games. Games-attractions with funny tasks are especially interesting for children under school age, for example : race or jumps in sacks, leading of a ball with a tied eyes, carrying of beads with a spoon and others. A surprise moment is always appropriate, for example, a sudden appearance and participating in a holiday some fairy-tale character.

Active motive activity of all children during the athletic holiday – is the major aim. And it is necessary for the organizers to look after children if only nobody of them were not simply a spectator. It is desirable, if all children together

and by turns participate in the different parts of the programme, helped anchorwomen and judges.

A holiday success largely depends on an anchorwoman which is a “connective link between the child’s audience and the participant”. He/She rules the holiday: first of all applauses, laughs, shows a surprise, argues in necessary situations, encourages children, organizes the participants of the holiday and guests, in other words an anchorwoman takes under her control the whole holiday.

It is possible to begin the holiday with greeting or staging of the wellknown to children fairy-tale. The beginning should be intrigue and thrilling. The first task is usually frontal (mostly it is a game). Surprise moments have the special value. It is possible to provide some little and one large – main surprise in one scenario. Little surprises leave behind the next number of the programme. A large surprise expresses the main idea of the holiday or is the happiest moment, especially, if it is related to the distribution of gifts or treating of children. As a rule, adults take part in surprises because it is necessary not only to perform, but to play. And any scenario can foresee all items of every role, plan the reaction of the audience and the participants in details.

Surprises are the culminating moments of the holiday and represent its specific. A surprise is prepared in a strict secret. The examples of child’s fiction give the teachers various material on surprises preparation. A decoration of a gym or a sports ground plays a large value to the holiday and must express the direction of this holiday. It must be bright, but not too much. One or two thematic posters, made by a teacher together with the children and about twenty many-coloured small flags are fully enough.

Children’s sports clothes and shoes serve as an original decoration. It is possible to prepare toys, pictures, goods from natural materials, badges, medals and other gifts which are usually given to the winners of a competition or to the all participants of the holiday. The holiday is usually finished with a commands falling into lines. A referee announces a winner and hands in memorable souvenirs to the participants of the holiday, in order children remember the holiday.

It is necessary to think over the forms of encouragement for children for the best completion of the exercises, first places in the relay races, ingenuity and nimbleness. Thus, it is necessary to think if only every child feel him/herself happy from participating in this holiday, but didn't suffer because of a defeat. Rewards, encouragements, can be different: medals, pennants, badges, emblems, diplomas, cups. They are handed in different ways. Thus, the winners of separate types of competitions are rewarded by pennants at once after their realization, other children – the participants of the holiday are decorated with memorable medals (in the final part they receive souvenirs). The most reasonable are collective rewards. A command-winner can be awarded in such a way, for example, it can first pass the honourable circle, lower the flag of sporting holiday and heave it up on the opening of the next holiday.

Conclusions. Methodically and correctly organized work on preparation and realizations of sporting holidays, which include the elements of folk physical training, are called for forming children's love to traditions of their nation and will assist in timely mastering of motive skills and abilities.

Such work with children of preschool age is useful and it creates conditions for emotionally-psychological prosperity, as it has a large influence on mental development, training of character, will, morality, creates a certain spiritual mood, stir up the interest to self-expression, assists not only in better understanding of knowledge about folk active games, dances, customs of the nation, but also fastens skills and positively influences on child's mind.

Sporting holidays are effective forms of organization of children's leisure activities, the effective mean of propaganda of folk physical training. These actions require a careful preparation of pedagogical collective and parents.

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