

INCREASE OF PHYSICAL ACTIVITY OF PRIMARY SCHOOL STUDENTS WITH CHEERLEADING MEANS

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Abstract

Relevance of research is due to gain trend of worsening health of primary school students and necessity of search of innovative forms of modernization of system physical education in conditions of reforming the education system. The purpose of research is to experimentally substantiate the effectiveness of cheerleading practices as mean of increasing physical activity of primary school students in the process of extracurricular physical educative and sports work. Based on the generalization of scientific literature on the research problem found out, that cheerleading practices contribute to the effective functioning of the body's basic systems, formation of vital physical skills, increasing of physical preparation level, perfection of physical qualities. Proposed the program of cheerleaders' physical preparation with the purpose of increasing the level of their physical activity, where 50 % of the practice time is allocated to general physical training with a priority direction of development of endurance, strength, flexibility, coordination skills, dexterity in the process of both specially organized and substantive cheerleading practices. According to the results of the initial and control stages of diagnosis based on standardized tests (broad jump, jumps through the gymnastic bench on two legs for 10 seconds, lifting the torso from a prone position, flexion of the torso from sitting position, push-ups) proved that systematic practices contributed to an increase of physical development indicators and physical preparedness of students by 25 %. It has been proved, that cheerleading practices, as a model for improving children's health physical regime of primary school students, provide necessary amount of physical activity to pupils during extracurricular physical educative and sports work.

Key words: physical activity, cheerleading, pupils, extracurricular physical educative and sports work, health improving potential

Ольга Коломєйцева. Підвищення рухової активності учнів початкової школи засобами черлідінгу. *Актуальність дослідження* зумовлена поглибленням тенденції погіршення здоров'я учнів початкової школи та потребою пошуку інноваційних форм модернізації системи фізичного виховання в умовах реформування системи освіти. *Мета дослідження* полягає в експериментальному обґрунтуванні ефективності занять черлідінгом як засобом збільшення рухової активності учнів початкової школи в позакласній фізкультурно-спортивній роботі. Запропоновано програму загальної фізичної підготовки (ЗФП) та спеціальної фізичної підготовки черлідерів задля підвищення рівня їхньої рухової активності, де 50 % часу навчально-тренувальних занять відведено на загальну фізичну підготовку з пріоритетною спрямованістю розвитку витривалості, сили, гнучкості, координаційних здібностей, спритності в процесі як спеціально організованих, так і самостійних занять черлідінгом. За результатами вихідного та контрольного вимірювань на основі стандартизованих тестів встановлено, що в процесі систематичних секційних занять показники фізичного розвитку та фізичної підготовленості учнів збільшилися на 25 %. Доведено, що секційні заняття черлідінгом як модель оздоровчого рухового режиму молодших школярів забезпечують необхідний обсяг рухової активності учнів початкової школи в позакласній фізкультурно-спортивній роботі.

Ключові слова: рухова активність, черлідінг, молодші школярі, позакласна фізкультурно-спортивна робота, оздоровчий потенціал.

Ольга Коломєйцева. Повышение двигательной активности учащихся начальной школы средствами черлиденга. *Актуальность исследования* обусловлена усилением тенденции ухудшения здоровья учащихся начальной школы и необходимостью поиска инновационных форм модернизации системы физического воспитания в условиях реформирования системы образования. *Цель исследования* заключается в экспериментальном обосновании эффективности занятий черлиденгом как средством увеличения двигательной активности учащейся молодежи в процессе внеклассной физкультурно-спортивной работы. Предлагается программа физической подготовки черлидеров с целью повышения уровня их двигательной активности, где 50 % времени учебно-тренировочных занятий отводится на общую физическую подготовку с приоритетной направленностью развития выносливости, силы, гибкости, координационных способностей, ловкости в процессе как специально организованных, так и самостоятельных занятий черлиденгом. По результатам исходного и контрольного этапов диагностики на основе стандартизованных тестов (прыжок в длину с места толчком двух ног, прыжок через гимнастическую скамейку на двух ногах за 10 с, поднимание туловища из положения лежа, наклон туловища из положения сидя, сгибание и разгибание рук в упоре лежа) установлено, что систематические занятия в секции способствовали увеличению показателей физического развития и физической подготовленности учащихся на 25 %. Доказано, что секционные занятия черлиденгом как модель

оздоровительного двигательного режима младших школьников обеспечивает необходимый объем двигательной активности учащейся молодежи во внеклассной физкультурно-спортивной работе.

Ключевые слова: двигательная активность, черлидинг, младшие школьники, внеклассная физкультурно-спортивная работа, оздоровительный потенциал.

Introduction. Social and economic changes that occur rapidly in all spheres of society actualizes the problem of finding new approaches to the education of the younger generation. Analysis of regulations demonstrates the urgency of the problem of maintaining, strengthening and restoring the health of students, improve their physical fitness, formation of essential physical skills based on self-development and self-education.

However, the trend of deteriorating health of primary school students leads to search for innovative forms to modernization of physical education system. In modern conditions of development of the sports movement in Ukraine, consider that, in solving the aforementioned problems, using cheerleading is perspective, as a means of increasing the physical activity, physical, mental and social improvement of primary school students, and therefore – attracting the youth to a healthy lifestyle.

The aim of research – to prove experimentally the effectiveness of cheerleading practices as a means of increasing the physical activity of primary school students in extracurricular sport activities.

Research Methods. The study used the following methods: analysis and systematization of scientific literature on the activation of physical activity of primary school students by means of cheerleading, pedagogical methods (pedagogical supervision, pedagogical experiment); summarizing and interpretation of results, methods of mathematical statistics

Results of Research. Discussion. At present, the scientific and methodological literature there is no single established opinion on the interpretation of the term «physical activity». Thus, foreign researchers S. Boushard, R. Shephard, T. Stephens by human's physical activity mean any body motion that performed by using muscles and is characterized by appreciable power consumption [12].

According to national researcher N. Levinets, physical activity – is the amount of different motions per certain period of time, that is normalized in terms of energy expended or the number of executed motions (locomotions). Their data provide an opportunity to determine the level of human physical activity, assess the condition of physical practice. The Last acts as one of the most important conditions of maintain optimal functional state of human's organism, satisfy its biological needs [7, p. 83].

A. Antipova and A. Komkov define physical activity as human motion activity that aims to improve health, develop physical potential, achieve physical perfection for the effective implementation of their potential subject personal motivation and social needs [3, p. 5].

In the context of person-centered approach to the formation of children and youth physical culture note the views of scientist T. Krutsevych which considers the optimal level of physical activity as a factor in increasing the mental capacity of students as a powerful means of strengthening the health of primary school pupils.

Numerous scientific studies have shown that physical activity contributes significantly to the observance of human healthy life and in some cases reduce the negative impact of bad habits on the human body, increased stress resistance and distract from asocial behavior. Physical activity is generating and stimulating factor in the system of a healthy lifestyle is important for improving physical development and readiness of individuals, prevention of excessive body mass and obesity, and helps to reduce of risk of occurrence cardiovascular diseases, diabetes, osteoporosis, certain of oncologic diseases and depression [11].

According to T. Loza, locomotor activity is defined and predetermined by a set of physical activity in human life, in learning, work, during leisure and rest. So are two types of human physical activity: spontaneous (motions aimed at satisfying natural human needs – personal hygiene, eating, sleeping) and specially organized (game activity, self-dependent physical exercises, sports activities) [8, p. 210].

Thus, the term «physical activity» is explained by scientists as natural and specially organized human motion activity, ensuring its physical and mental development. Researchers unanimously agreed that a necessary and a priority condition for improving physical activity level is to involve children and youth to exercise and sports activity as a factor in the maintenance and development of optimal physical and mental characteristics using a variety of forms, methods and means of physical education.

However, as current researches demonstrate, the level of physical activity level of students is extremely low and usually limited to physical education lessons, which, in turn, does not compensate for the required level of physical activity. Thus, almost 90 % of pupils have deviations in health, more than 50 % – unsatisfactory physical fitness. Drastically increasing the number of students classified the condition health to special medical group [5, p. 60]. It found that, two lessons in physical education does not form students'

habit of regularly engage in physical activities and sports, and compensate the necessary level of physical activity only 10–20 % of hygienic norms of motions. Proved that proper physical preparation have only students that in addition to physical education lessons regularly engaged twice – three times a week in children' and youth sport schools or sports clubs [2; 5; 9]. Thus, significant potential to attract primary school students to physical culture sees in extracurricular sport activities as one of the forms of organization of students' leisure.

Based on generalising of scientific literature on the study (T. Bala, I. Maslyak [1] N. Kryvoruchko [4]) found that cheerleading practices contribute to the effective functioning of major body systems, formation of essential physical skills; increasing the level of fitness; improving physical and moral qualities.

In particular, this sport is characterized by the complexity of the structure of physical actions, provides intensive training and emotional and spectacular competitions. Cheerleading contains a wide difference of variety intense motions, that include elements of choreography, tumbling, artistic and rhythmic gymnastics, sport and folk dances. It consists of two main programs – Cheerleading and Performance Cheer. Cheerleading program consists of cheer, which may contain tumbling, stunts, pyramids, jumps and other means to call upon spectators to support the team and the basic part of the routine that includes required elements: stunts, pyramids, tumbling (which include jumps) basket tosses and dance. Performance Cheer is divided into three types: Pom (freestyle), Jazz and Hip Hop [1; 10].

The complexity of structure of cheerleaders' physical motions makes it necessary to remember significant amount on each other different motions. This makes the memory requirements for cheerleaders and their characteristics such as diligence, clarity and completeness of visual representations and fidelity of motions. Skills execution quality (precision, artistry, etc.) determines the necessity of formation self-control ability and correction of muscular effort, stability of attention, ability to concentrate and distribute attention, responsiveness, speed of thinking, ingenuity, self-criticism, perseverance. Cheerleading as sports mass movement, the goal has: to attract youth to a healthy lifestyle and participate in sport competitions; promote physical, cultural and spiritual development; empowering youth in the choice of their career, achieve of personal success; creating favorable conditions for disclosing potential. It is used for the full and harmonious physical development, health promotion and improvement of movement functions, posture [4, p. 9].

In order to determine the potential of improving health by cheerleading we conducted an experimental research aimed at determining the level of physical fitness and physical development of pupils that attending cheerleading practices and engaged with the author's sport educational program. Author program «Cheerleading» aims at mastering the pupils of primary school the basics of technique and tactics of performances, a sufficient level of physical qualities and abilities that will allow further specialized training to achieve a high level of individual and collective skills and its successful implementation in conditions of overall activity. The training program and curriculum designed for 36 weeks a year (102 hours of group practices and participation in competitions). The duration of one training practice in the first year is not more than academic hour three times a week. In addition, younger students perform daily morning exercises and individual tasks of the coach for physical improvements that contributed to the formation of positive motivation to regular self execution of skills and exercises.

The first phase of the experiment was defined homogeneous group of students 8–9 years old, which at the beginning of 2016–2017 academic year began practicing in the club. Using standardized tests (long jump from place pushing two legs, jump through gymnastic bench on two legs for 10 seconds, lifting the torso from a prone position, torso tilt of a seated position, flexion and extension arms in emphasis lying) was diagnosed output level of physical development and physical fitness and developed exercise program general physical preparation (GPP) and special physical preparation (SPP). In developing the experimental program, we considered that the physical skill more effectively formed on the basis of sufficient physical fitness. In view of this, 50 % of the time practices were given on the exactly general physical preparation of primary school children (first year) with a priority focus on the development of endurance, strength, flexibility, coordination skills, agility (table 1).

Table 1

Set of Exercises used in the Author Program «Cheerleading» in Order to Create the Need for Physical Activity and Physical Perfection of Primary School Children

Development of Physical Abilities	GPP	SPP
1	2	3
Endurance	jumping rope, running at different speeds and duration, mobile games	handstand

Table 1

1	2	3
Power	static and dynamic exercises their own weight, with weights, aimed at developing muscle strength hands, hands, shoulder girdle, press, back, legs	handstand, stunts
Flexibility	active and passive exercises to develop flexibility in the shoulder, hip joints and flexibility of the spine	Skills that strengthen the joints
Coordination abilities	Sports; shuttle run, dance exercise exercises (somersaults, wheels) exercise in balance	organizing exercises (forming a column, moving in a column diagonally, etc.), special jumps (jump, leap jumping)
Dexterity	exercise that requires immediate response, the minimum time to overcome the short distances (running short distances, shuttle run, jumping rope, sports games).	Dance styles (jazz, funk, breaks, hip-hop), a dance unit using the basic elements of cheerleading

The results of the control measurements using standardized tests showed that eight months of systematic practicing cheerleading indicators of physical development and physical fitness of students increased on average by 25 %. (table 2).

Table 2

Dynamics of Physical Development of Primary School Children

Test	Girls, (n 15)	
	Experiment	
	Before	After
Long jump with two feet space pushing	80–95	100–110
Jump through gymnastic bench on two legs for 10 seconds	6–8	10–12
Lifting the torso from a prone position	8–10	12–16
Torso tilt of a seated position	5–6	7–9
Flexion and extension arms in emphasis lying	4–6	8–10

Conclusions. It was found that physical activity – is a natural and specially organized human motion activity, ensuring its physical and mental development. Proved efficiency of the developed experimental program aimed at mastering by pupils the basics of technique and tactics performances, a sufficient level of physical qualities and abilities, increasing their physical activity.

The study suggests that cheerleading practices as a model of improving health by mode provides primary school children the necessary amount of physical activity primary school students in extracurricular sport activities.

Perspectives of further studies sees in the problems identifying features of formation competence by means of cheerleading primary school children in extracurricular sport activities.

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