

RESEARCH ON IMPROVING THE PUPIL'S POTENTIAL BIOMOTRIC 6-7 YEARS

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Abstract: *Practicing physical activity is a guarantee for the future health of the individual. No period of human mental and physical development has so many features, explosive and unpredictable as school period.*

Stimulation of practicing physical activity is a much desired mission that can be accomplished by a variety of means at this period of growth. Relays and applicative pathways in group activities in which applies global expertise and commercial skills. Relays and capitalize on new terms applied journeys, previously unstudied, knowledge, abilities and skills previously learned. Therefore they have to create situations where children pretend to resolve certain problems and be as varied. The aim of the research was to stimulate the pupil's potential biomotric 6-7 years by using physical education class relays and applicative pathways.

The research hypothesis. We believe that by using relays and applicative pathways in physical education class, can improve the school biomotric potential 6-7 years.

Research methods: statistical and mathematical method, test method, graphical method.

Conclusion. Research has shown that proper planning and efficient use of methodologies based on a thorough knowledge of bio-driving opportunities of children lead to progress in their performance in a wide range of events.

The experimental results are encouraging, the use of activities proposed in this research led to an active and intense participation of children and thus increase the potential of their biomotric.

Key words: *improvement, potentially biomotric, school.*

1. Introduction

Research in physical education and sport on potential biomotric the school population have shown that the availability of the body to current generations are much higher, but insufficient application and practice of motor control during training and development makes the value of motor skills may not Situated at this availability. At this contribute, among

other things, sedentary lifestyle, intellectual predominantly unilateral demands, increased comfort conditions, the relative lack of movement and exercise.

In order to favorably influence the development of present and future generations growing, you must know the level that it touches in its development at a time (and the effect of quality physical education school), and depending on the level we methodology driving directions to

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this educational process efficiencies, homogenization and permanent physical availability and compatibility of the motor of each age included in their schooling.

By stimulating potential biometric activities, children can discover the ways in which they can use their body or how imaginative and interesting movements can be when using simple arrangements of sticks, circles or small items with the role of obstacles. Children learn to travel safely and knowingly from one place to another in the space hall and under and over the devices. Moving usually involves weight shift from one side of the body to another and just using these different parts give variety and interest children activity.

Interest children 6-7 years to move generally exercises and games in particular is very high. Their desire is based on physiological causes, so that any reduction or limitation of motricity has repercussions on body functions.

Pathways are applied means great efficiency and broad usability in groups of 6-7 years is mainly a rich source of specific motor skills of school physical education, many-sided in developing the driving ability and traits personality. Chosen much discernment to be practiced in physical education lessons, develop and strengthen muscles, strengthen joints, increase the degree of joint mobility, develops full capacity physiological body (especially breathing and circulation), develops physical attributes and forms and perfects a wide range of motor skills.

The baton is a means of strengthening and improving the driving skills and improve motor skills where participants move in a sequence and within rules established by executing various actions within a team.

Rapid transition from the execution of a move to another structure is applied to relay essence, making him the performer to adapt and move every time.

Relays enables recovery under unstudied knowledge, skills, abilities and motor skills in the work required.

Introducing the element of competition in the conduct relays do exercises to increase quality. This ensures maximum participation and detached a team of children with favorable influence on the scope of the functional, psychological and especially on driving sphere.

The role of relays in physical education class is to strengthen and improve skills driving the development of forms of manifestation of motor skills, development of all muscle groups and strengthen the osteoarticular system, stimulation of vital body functions, performance fluid and harmonious movements, educating perceptions of space and time, etc.

Both relays and pathways applications are used when learning to share the driving in the consolidation of knowledge, skills and abilities driving through repetition and when checking the degree of mastery of the knowledge, skills and abilities driving and development of motor skills.

They are part of the overall group activities in which skills and abilities apply to commercial. Relays and capitalize on new terms applied journeys, previously unstudied, knowledge, abilities and skills previously learned. Therefore they have to create situations where children pretend to resolve certain problems and be as varied.

The research on how the physical education development to all primary classes have a particularly important role, knowing that physical education and sports favorably influence the physical development of the body.

Stimulation of practicing physical activity is a much desired mission. Her success is a guarantee for future health. The authors [4] believe that any period of human mental and physical development has so many features, explosive, unpredictable as school period. In their

consent, it is otherwise, and other specialists of the domain [5].

2. Purpose and Methods

2.1. Purpose

The aim of the research was to stimulate the pupil's potential biometric 6-7 years by using physical education class relays and applicative pathways.

2.2. The research hypothesis

We believe that by using relays and applicative pathways in physical education class, can improve the school biometric potential 6-7 years.

2.3. Research Methods

Experimental methods, test method, statistical and mathematical method graphical method.

This research consisted of experimenting couriers and potential pathways to stimulate applied biometric 6-7 years of school. The research was conducted on a total of 51 subjects (21 F to 30 M) aged 6-7 years. Subjects sample are preparatory class (cls. 0 grade C and D) forming part of the Middle School I. Al. Brătescu Voinești. The sample was divided into two groups, the experimental group and the control group experienced group comprises a total of 15 boys and 11 girls. Also, the control group consists of subjects of both genders, 15 boys and 10 girls.

The experiment was conducted during October 2014 - May 2015, during which it conducted initial testing of somatic parameters and motive. Based on the results of the incentive program was elaborated potential pathways biometric via relays and applied in accordance with the objectives of the curriculum, the particular age and sex of the student and

their biometric possibilities. At the end of the experiment to final testing was performed by applying the same battery of tests.

The method tests, was the application of tests to identify somatic parameters and motor of the subjects.

The battery of tests to identify the driving parameters was implemented in two stages and consisted of:

- Shuttle speed 5 x 5 m;
- Long Jump in place;
- Throwing the rounders in place;
- Raising the trunk of lying dorsal 90°;
- Proof of Skill

The experiment began with measurements somatic parameters:

- Height;
- Weight;
- thoracic perimeter.

In the present study the analysis and interpretation of the results we used the arithmetic mean and the difference between the average corresponding experimental data and research tasks. Demonstration of the results was performed by the method graphics.

3. Results

From Table 1 observe a lower average waist sample experimental group (118.65 cm) compared with the control group which recorded an average of 119.4 cm. Regarding the sample mass index, we see an average of 23.31 kg for the experimental group. Compared with the control group average is higher than the average of the control group was 21.52. For chest perimeter index also records the small differences between the two groups, the control group with an average higher (58,92cm) from the average of 57.71 experimental group.

This data highlights a balanced sample of somatic characteristics, height, weight and

chest perimeter presents values that fall within the general standards of somatic growth and development at this age.

Somatic parameters of the sample investigated

Table 1

Somatic indices	waistline	weight	chest perimeter
Group experiment	118,65	23, 31	57,51
The control group	119,4	21,52	58,92

Results of school motricity parameters 6-7 have been identified in the application of evidence battery motive established for this age group. The battery of tests aimed

to know the level of motor skills and basic motor skills of the sample investigated to develop strategy biometric drive on stimulating potential of small pupil.

Statistical results of initial testing parameters motive

Table 2

Samples	Shuttle 5x5m (sec.)	S.L. the place (m)	Ar. the rounders ball off place (m)	Abdominal strength (no. replicates)	Applied track (sec.)
Group experiment	12.13	1.14	9.55	11.84	14.27
The control group	12.28	1.18	10.88	12.2	14.16

The performance of the subjects of the two groups at initial testing (Table. 1 and 2 in annex), statistical and mathematical processed and presented in Table. April highlights all samples values close to driving, control group recording in four of the five samples significantly better results. To speed test "5x5m Shuttle experimental group received an average of 12.13, noticeably better than the average obtained from the control group (12.28).

After applying the Strategy drive on stimulating potential of pupil biometric 6-7

years I have seen that the anthropometric data shows a normal outcome for both groups. The experimental group progressing more pronounced for height growth, registering a difference of 2.04 cm from initial testing to final testing and the control group difference was 1.52 cm. Moreover, we note from Table. March statistics of somatic indicators closely, the differences between the two groups being significant.

Evolution somatic parameters of the sample investigated

Table 3

Samples	Somatic indices								
	waistline			weight			chest perimeter		
	Ti	Tf	Dif.	Ti	Tf	Dif.	Ti	Tf	Dif.
Group experiment	118.65	120.69	2.04	23.31	24.73	1.42	57.15	58.23	1.08
The control group	119.4	120.92	1.52	21.52	23.72	2.2	58.92	60.8	1.88

In the course of systemic educational process in physical education of children, averages values fall on an ascending curve, both the experimental group and the control group.

From the results shown in the Table. 4 demonstrates that the curve

Ascending is significantly more pronounced in the experimental group where they worked intensively, more reps.

Table 4

The evolution of the subjects of the research motricity parameters

Samples	The battery control samples									
	Probe 1		Probe 2		Probe 3		Probe 4		Probe 5	
	Ti	Tf	Ti	Tf	Ti	Tf	Ti	Tf	Ti	Tf
Group experiment	12.13	11.7	1.14	1.23	9.55	11.03	11.84	14.80	14.27	13.60
The difference between average	0.43		0.09		1.48		2.96		0.67	
The control group	12.28	12.12	1.18	1.20	10.88	11.45	12.2	14.24	14.16	13.83
The difference between average	0.16		0.02		0.57		2.04		0.33	

The first sample (Shuttle 5x5m) has improved the average time to final testing for the experimental group compared to initial testing by 0.43 and 0.16 in the control group. Drive efficiency strategy is evidenced by the results of the experimental group. The actuating means used during the research gave yield, progress is significant

In the long jump test without enthusiasm, drive means proposed and applied have demonstrated their effectiveness, progress was 0.09 for the experimental group and 0.02 for the control group.

For throwing the ball to rounders on remote place, progress is evident for both groups rising curve values being heightened for the experimental group, but as an average of the samples control group recorded better performance due height and scale of the children.

When trying to determine abdominal muscle strength is significant progress for both groups. The experimental group recorded a difference of 2.96 compared to the final testing of initial testing, a slightly higher trend compared to the control group which recorded a difference of 2.04.

The skill test, performed through practical course also notice an improvement in results. For the experimental group shown in Table 6 that the running time is decreased by 0,67 seconds sample yielding an average of 14,27 in initial testing and final testing performed at an average of 13,67 seconds. The control group recorded an average of initial testing for 14,16 seconds during applicative research reaching an end result 13,83 seconds progress being 0,33 seconds.

4. Conclusion

Research has shown that proper planning and efficient use of methodologies based on a thorough knowledge of bio-driving opportunities of children lead to progress in their performance in a wide range of events.

The experiment allowed and turning efficiency drive systems applied to the experimental sample; they were simple and complex, were carefully developed in line with the possibilities children and were correct dosage.

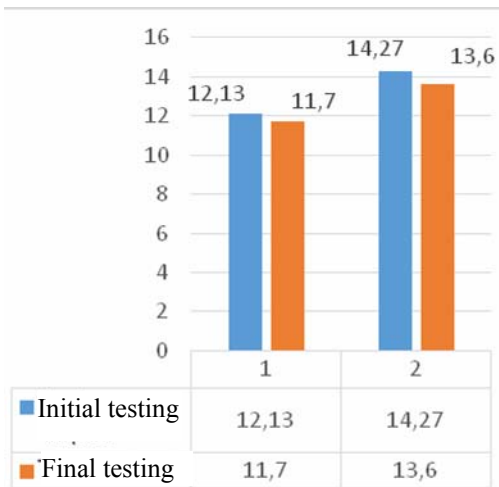


Fig. 1. *Evolution of results from samples shuttle and practical route*

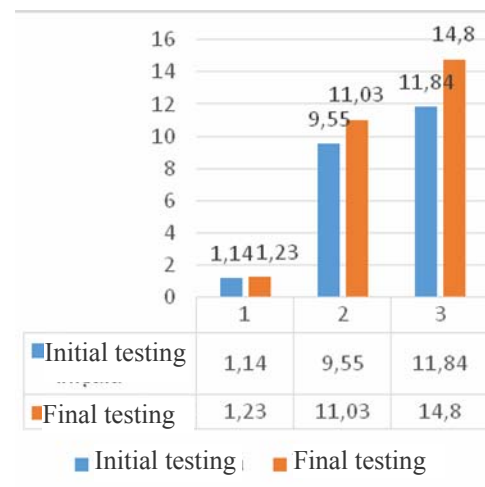


Fig. 2. *Evolution of results from samples S.L. de place, Tr. the rounders ball and abdomen*

The experimental results are encouraging, we propose the use of these activities has led to an active and intense

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