

MANAGEMENT OF THE SPECIFIC CURRICULUM OF SPORTS GAMES – SAND VOLLEYBALL – AT THE ELEMENTARY EXTENDED DAY PROGRAMME SCHOOL IN GREECE

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Abstract: *The impetuous development of the contemporary society requires reconsideration in the process of preparing the individual for life, a process that can not be conceived without qualitative changes in the educational contents. Given the fact that the physical education in schools is one of the determining factors in preparing students for their incorporation into society, a continuous improvement of the educational process is therefore necessary.*

The secondary school curriculum can be improved by changing the system of competing in school contests in different branches and tasks of sports (Paraskeyopoulos 1984, Hatziharistos 1990, Zervas, 1994.). The game, held as a competition, through its analytical competitive influencing specific content, has the potential to train the socio-psycho-motor abilities of students, together with self-evaluation, self-awareness, self-assertion attitudes and value orientation of their personality.

Through this new system of conducting school competitions there can be achieved in a much more efficient manner the aspects related to: the increasing the number of sportsmen and school competitions, the cancellation of the competition system which implied the elimination of the defeated team/athlete, the decreasing of the real time necessary for the competition due to fast movements within the zone with the immediate result of decrease the number of hours spent away from school of the students involved in the competitions and so on (Papageorgiou, Spitzley1994).

Keywords: *sand volleyball, curriculum, socio-psycho-motor abilities.*

1. Introduction

Thus, using this system to conduct school competitions can contribute greatly to effective teaching because of the interest shown by the students for physical

education classes, with interesting and appealing topics to facilitate the development of motor skills, the training of motor skills and habits as well as of some moral and volitional capacities.

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Competitions among students are a great reason for increasing attention and concentration on their part, which can contribute greatly to improving the efficiency of teaching (Andersen, 1997; Hoemberg, Papageorgiou 1995, Lee., 1994).

Thus, we consider the study of the possibility to introduce the championship system (each team/ sportsman competes with each team / sport), within the school physical education curriculum, in order to improve its content, as we consider it a necessity.

The ideas stated above as well as the need to increase the efficiency of the teaching process regarding the "Physical Education" discipline in the secondary school were the main reasons for conducting our research and have become the basis of the updating of the object in order to formulate the working hypotheses, as well as the purpose and tasks of the subject and object of the given research.

2. Hypothesis of Research

We have assumed that conceiving, changing and applying the organization and conducting system in which school sports competitions are concerned, within the system of physical education lessons in secondary schools, will increase the number of contests for each participant student / team and will lead to the improvement of the specific athletic training of the students involved.

3. Object of Research

It signifies the process of improving the level of athletic training of secondary school pupils within the educational activities of the discipline "Physical Education".

4. Purpose of Research

It lies in the optimising of the educational training process within the "Physical Education" discipline in secondary schools through the application of a new system of organization and conduct of students' athletic competitions.

5. Organisation of Research

The present research focuses on optimising the educational process regarding the deployment of school competitions, both for individual and team sports, especially for sand volleyball, in extended day programme schools in Greece.

The research was structured in several phases:

- **First phase:** September 2004 - June 2005 is the stage which corresponds to my appointment as a Chief Inspector of the Department of Physical Education in the Athens Inspectorate. Athens has 11 zones and 279 primary, 116 secondary schools and 131 high schools. Every year school competitions take place at all levels of education, at both individual and team sports. The competitions were being held according to the decision nr. 112,843 G4/2005 of the Ministry of Education of Greece. The same decision also establishes the costs of organizing committees, arbitration, teachers, attendants, doctors.
- **Second phase:** September 2005 - June 2006, is the phase in which we initiated all the necessary steps in order to change the manner in which these contests were conducted, switching from the eliminatory system to the championship system (each team/ athlete plays to each team/athlete).

So we made a proposition – registered as nr. 304/16.01.2006 – to the ministerial committee of school competitions organisation of the Ministry of Education of Greece, to change the system of deployment of students' sports competitions in primary and secondary schools.

Subsequently, the proposition was approved by the order 8586 G/ 26.01.2006, through which the the system of deployment of students' sports competitions was modified.

The document specified the following:

- cancellation of the system of competition which implied the elimination of the defeated team/athlete;
- the conducting of contests in the sector phase under a championship form (each team / sportsman competes with each team / sport);
- the increasing the number of sportsmen and school competitions;
- the sharing of school competition organisation expenses between the area inspectorate and the sports committee of the mayor's office in the zone;
- increasing the importance of local, area contests;
- the decreasing of the real time necessary for the competition due to fast movements within the zone with the immediate result of decrease the number of hours spent away from school of the students involved in the competitions and so on. This decreasing of the travelling time and the gaining of the extra school lessons was positively appreciated by the principals and school inspectors;
- the school competitions must be completed before the moment when the students should submit their application to sports schools (as the

results in these competitions are determining factors in the hierarchy of acceptance);

- conducting of school championships on the sports that are practiced at the sports school in that zone;
- **Third Phase:** September 2006 - June 2007 was a monitoring phase further on the problem of the type of competition, but this time following the new system, which means the championship system.

This phase was necessary to enable the comparative analysis of the two systems of conducting school competitions.

6. Results:

The recording of all the data necessary to the research was done during September 2002 - June 2007. An analysis was needed of the information previous and following to the official decision 8586 G/ 26.01.2006, which modified the system of conducting school competitions, in order to make a comparative analysis of the data.

We add that the recording, analysis and processing of data were not applied only to the sand volleyball discipline, but for various disciplines and branches, both for boys and girls. We studied a total of 10 sports: sand volleyball, athletics, swimming, cycling, table tennis, (lawn) tennis, basketball, handball, football, judo.

As one can see, the number of participating students and teams has considerably increased since the school year 2005 - 2006, period coinciding with the moment of switching from a cup system to a championship system as a way to conduct school competitions. In most sports, both girls and boys, the number of students and teams is increasing from a year to another.

This can be seen in Chart 1.

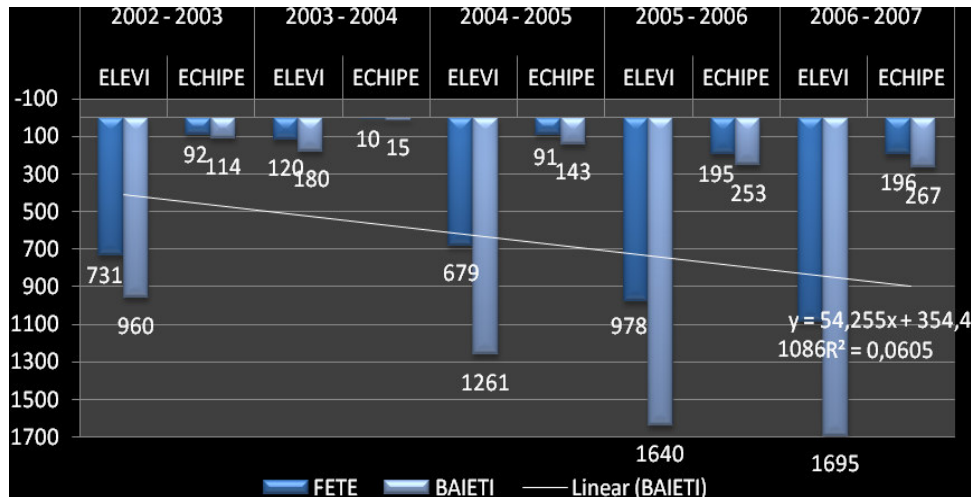


Chart 1. The dynamics of the total number of participant students and teams

As shown in the attached chart the number of sportsmen and themes participating at school competitions has been growing since the school year 2004 - 2005, when the teaching experiment started, experiment that aimed to change the system of conducting such contests. The fact that the number of these was permanently increasing has a series of long-term positive implications, in terms of physical exercising. Thus:

- by applying the new system the risk of participating sportsmen to be eliminated from the competition is reduced, factor which previously had lead to consequences such as the abandonment of the sports branch or discipline;
- the number of students practicing a sport is constant or even increasing, given the implications and functions of the sports competitions;
- the number of people practicing mass sports is increased, which is starting point to sport performance and performance;

- although the number of competitions and participant students has increased with the transition to the new system of conducting school competitions, their organisation costs has decreased. For example in the school year 2004 - 2005 they signified an amount of 180 000 €, while during the school year 2005-2006 to be reduced to 115 000 €.

It was also shown that the active involvement of representatives of district mayors in organising and conducting students' sports championships, has approached local communities and school management staff to the students and their parents, with positive results towards achieving social benefits, and achieving a continuous education of adults in the spirit of sports and sportmanship.

The collaborations settled as a result of these measures have also extended at the level of the respective zones in other directions of cooperation of social interest.

7. Conclusions

- i. The first conclusion that emerges after analyzing the recorded data is that the championship system, suggested by us, which allows participating teams and students to remain in competition until the end, has attracted more and more participants, which was beneficial to the physical education and sports activities, but mainly to the performance sports activity, in terms of biological, psychological and social implications.
- ii. Following the conducted pedagogical experiment, the quality of the educational process has improved by the increase of the number of participants in school sports competitions, which implicitly means that the number of those who shall practice a sports discipline or branch in the future will be increasingly larger. This is gratifying, knowing the biological, physiological, psychological and social implications that physical exercising has on the individual.
- iii. The resulting data shows that the educational process and its quality can undergo continuous qualitative changes and transformations. Both physical education teachers and people working in the institutions involved in the practice and theory of this field must seek solutions to improve the quality of educational process so that it could keep up with the social transformations which today's society undergoes and the demands it requires.
- iv. Since the introduction of the new system to conduct school competitions, it was observed that the actual time necessary for their organization and conduct has decreased, due to rapid movements within the zone, with immediate results on the reduced number of hours away from school of the students participating in such competitions. The decrease of the travel time and the gain of additional hours at school were assessed positively by all school principals and school inspectors.
- v. School competitions must be completed before the date the students make their application for the sports schools (the results from the competition counts determining the hierarchy of acceptance).
- vi. While the number of competitions and participating students has increased, the organizational costs have decreased, from € 180,000 in 2004-2005 to € 115,000 during the school year 2005-2006.

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