

THE INFLUENCE OF DYNAMIC GAMES AND RECREATIONAL ACTIVITIES ON CHILDREN

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Summary: Sport activities and gameplay are two of the most effective means used by teachers world-wide to accomplish educational goals. The involvement of children in dynamic sports tends to make the educational process more attractive and pleasant, creating a habit both at school and in their free time.

Introduction:

Current educational requirements are constantly changing, requiring adaptability and an intense concern from those who lead the educational process.

To ensure a healthy lifestyle your child needs to be involved and used to practicing physical activities both in school and in his spare time. To get this habit he must first be into physical activities, this requires tact and pedagogical skills from teachers, teacher-student interaction and providing suitable conditions for the process.

"The game is an assimilation of the real to its own activity, providing it with the necessary nutrition and transforming the real according to the multiple needs of the ego. That is why all active methods of educating young children require adequate material to be provided for them to play and to assimilate the intellectual realities that, without it, remain outside the understanding of the child "[1]

Hypothesis

We have assumed that through the play, we will be able to bring more children to move and to practice physical education both in school and extracurricular.

Material-method

The current times require a different approach to the practice of physical exercises taking into account the following considerations:

General considerations:

1. – Sedentary lifestyle
2. – Irrational diets
3. – *Environmental pollution*

Considerations about the work in school-time:

1. The current regulations of the school curriculum regarding the number of hours allocated to the common core - too few to meet the need of sport activities and oversubscribed to reach certain objectives and specific steps.
2. Teachers constantly avoiding independent approach to student autonomy in the lesson, which would allow a gradual shift from teacher controlled activity to further self-employment (which remains only as a goal).
3. Progress of most lessons as a template characterized by rigidity, rarely introducing creativity and imagination of students in competitions. Problems are introduced without taking into consideration changing stimuli depending on the context and needs, leading to a monotony of instructions and generates conscious and active state of nonparticipation.
4. Poor communication in the lesson, combined with reduced peculiarities understanding of students given by age, cause difficulties in appreciating and understanding the importance, purpose and effects of physical exercises used in the determination of effort regarding certain fundamental principles of training habits of self-initiative, theoretical knowledge, ways of practice, etc.
5. The poor sports ground conditions of many schools, combined with the arguments listed above may contribute to a student's negative attitude of rejection of the physical education discipline.

Given the above considerations we can say that today we face a problem regarding the manner and degree of involvement of students in physical exercise making itself a great concern of specialists in physical education in order to find the most effective methods to attract children to the dynamic activities. In this way the child must be involved in

various physical activities outside of school. , other than physical exercise in school hours,

The route is:

Physical exercise in schools - physical exercise in an organized form outside of school - independent practice of physical exercises.



Fig. 1 Dynamic Game „The rope”

One of the methods used to attract children to physical activity are dynamic games. These are one of the most attractive tools with which teachers are able to reach their educational

goals. Every teacher knows that only on hearing the word “joy” students manifest happiness, showing us such a beneficial effect on their education.

In the educational process any type of game finds its significance, but especially affects the dynamic game character, the physique and psyche of those involved in the game. The game and the race are such levers with which every teacher has to *juggle* to ensure attractive hours. Playful appearance and emulation involves affective subjects taking action into a very enjoyable activity at the sport class.

A suitable place to carry out dynamic games you will find in the leisure club Sport Relax in Botosani , where physical activities and various games of movement on land and in water can be carried out.

The diversity of activities within the club eliminates the monotony and creates great satisfaction to the kids involved in the activity. Work performed during the summer holidays June 15-September 15 ensures students continuity of activities conducted during the school year in physical education classes. Activity is a mixture of a variety of actions,

ranging from specific exercises: football, handball, basketball, volleyball, tennis, badminton and athletics and gymnastics.

Of special importance and with a great effect on children are those activities that differ from those practiced in school . Novelty and



diversity are issues that can thus attract children to very popular swimming, horse riding and tourist orientation courses

The opinion of the specialized authors [2, 3] is that at physical education hours the main goals are:

Fig. 2 Dynamic Game „Swimming”

1. Increasing the body's exercise capacity. As has been shown, it has great applicative value during schooling, but especially later in school life.

2. Developing and preparing multilateral driving. This implies the need for correct and harmonious physical development and multilateral training, which means a relatively large volume of knowledge, skills and skills, and especially the influence of all the motoring qualities.

3. Applicability of practical knowledge and skills. They have a value of use used in daily activities, used as working tools in improving motor skills and work capacity, used for relaxation and recreation, in the practice of sporting disciplines and disciplines.

4. The above-mentioned achievements are achieved as a result of acting on multiple plans in an organized and systematic way, throughout the schooling period in accordance with the psychic particularities of the pupils.



Fig. 3 Dynamic Game „Riding”

In addition the nature with the fresh air and green grass make their mark on the body and mental health of children

The combination of intellectual and physical effort becomes a principle of life in the conditions of modern civilization. Physical education is an important form of active rest for all categories of people. Rationally practiced, she reconsolidates them after the intellectual effort, restores their ability to work.

Results and discussions:

The hypothesis from which it went proved to be true. The feedback from parents and children enrolled at the club and the visible effect of sport activity on our children induce the conclusion that such outdoor activity with moving games and races is extremely beneficial to the subjects involved.

We can say that sport games can bring great rewards and joy to children enrolled. Therefore every sports teacher should use them in classes and in camps or hiking trips and also to advise children to practice them in their free time.

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INFLUENTA JOCURILOR DINAMICE SI ACTIVITATILOR RECREATIVE ASUPRA COPIILOR

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Cuvinte cheie: jocuri dinamice, educație nonformală, activitate atractivă, practicarea independentă a exercițiilor fizice.

Rezumat: Jocul este unul din cele mai atractive instrumente cu ajutorul căruia dascălii au posibilitatea să-și atingă obiectivele educaționale. Implicarea copiilor în jocurile dinamice fac activitatea mai atractivă și

mai plăcută, mărind astfel șansele ca practicarea exercițiilor fizice să fie o obișnuință atât în timpul activităților școlare dar și în timpul liber.