

THE IMPORTANCE OF NONFORMAL EDUCATION ON CHILDREN 10-12 YEARS OLD

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Summary: Non-formal education, created by different means in the education of children aged 11-12, plays a very important role in the implementation of the education process, as we know it. By using this adjacent means of education, we hope that students will practice physical exercises in a more unitary and greater way than they used to.

Keywords: non-formal education, independent exercise;

Introduction:

Practicing physical exercises should be a primary concern of today's society. Sedentarism, poor quality nutrition and polluted environment are factors that must be fought by society and implicitly by specialists in the field of physical education. [8]

It would be ideal for a person to practice physical exercises from childhood age to the earliest ages, but for the independent practice of physical exercises one must become accustomed to them from the earliest years of life.

Practicing physical exercises in school is beneficial to the human body, but it should continue even when the individual is no longer engaged in an organized form of practicing them. [3]

In this sense, apart from practicing physical exercises during school hours, the child must be involved in various physical activities and outside the school.

The route is therefore:

Practicing physical exercises in the school - practicing physical exercises in an organized form outside the school - practicing physical exercises independently. [1]

Of course, the order listed is not mandatory. In other words, in order to have a good chance of getting used to practicing physical exercises independently the child should follow the route: formal education - non-formal education - informal education. [4]

Between the formal education, the one within the school and the informal one, the non-formal education, the education outside the school, but in an organized form must be interposed. [5]

Non-formal education creates the premises for a quality informal education.

Students get in touch with the term of free time, when they are engaged in a form of activity: kindergarten, school, etc. That is why the habit of students from this age to spend their free time in a beneficial way is vital.

The habit of practicing physical exercises is an important one with effects on the health, physical and mental of each student. However, this is also transmitted in other plans, making the student more orderly, more optimistic, more energetic and to use their free time more efficiently. [6]

Hypothesis:

It starts from the premise that children involved in a form of physical exercise, in addition to school, increase their chances of practicing physical exercises independently.

Work tasks:

1. Arguing the methodology of involvement in different physical activities, supplementary to the school of 10-12 students in order to get used to practicing physical exercises independently.

2. Analysis and generalization of the specialized scientific-methodological literature on the psycho-pedagogical process of 10-12 year old students.

3. Elaboration and implementation in practice of the content of the research program, which aims at motivating the students of 10-12 years, by participating in different attractive activities within a leisure club in order to involve them in the individual practice of physical exercises.

The methods used in the experiment are: literature review, experimental method, graphical and tabular method, questionnaire method.

Material-method

The leisure club is one of the optimum variants of non-formal education that can transmit the habit of practicing physical exercises from school to independent activity. [2]

In this sense, a research was carried out on the effects determined by the activity within the leisure club, on the students in the primary cycle.

Thus, over the course of a year, we conducted an experiment in which it was verified whether the hypothesis from which we started is confirmed or rejected.

Two groups of 20 children, students of the General School no. 6, Grigore Antipa " Botosani, aged between 10 and 12 years.

The first group - the experimental group was involved in the activity of Sport Relax Botosani.

The second group - the control group was not involved in any extracurricular activity.

The experiment was divided into 3 stages:

Stage I, March 15, 2017 - June 15, 2017

- Selection of students from the experimental group and the control group.

- Questioning the students regarding the independent activity of the students.

Initial survey regarding the degree of physical exercise independently

The elaboration of the questionnaire always starts from the establishment of the specific objective by which its evaluation is sought. This principle constitutes the reference point in the process of elaborating the questionnaire, and then follows a question that relates to how the answer will be analyzed. [7]

The students answered the following question:

Apart from the activities in the school, do you practice physical exercises in different forms, at least 60 minutes a week?

Students had the opportunity to respond only affirmatively or negatively

Table 1. Answers of the experimental group of boys to the initial investigation

1.	Student experimental group 1	YES
2.	Student experimental group 2	NO
3.	Student experimental group 3	NO
4.	Student experimental group 4	NO
5.	Student experimental group 5	NO
6.	Student experimental group 6	NO

Table 2. Answers of the experimental group of girls to the initial investigation

7.	Student experimental group 7	YES
8.	Student experimental group 8	NO
9.	Student experimental group 9	NO
10.	Student experimental group 10	NO

Table 3. Answers of the control group of boys to the initial investigation

1.	Student control group 1	NO
2.	Student control group 2	NO
3.	Student control group 3	NO
4.	Student control group 4	YES
5.	Student control group 5	NO
6.	Student control group 6	NO
7.	Student control group 7	NO
8.	Student control group 8	NO
9.	Student control group 9	YES
10.	Student control group 10	NO

1.	Student experimental group 1	NO
2.	Student experimental group 2	NO
3.	Student experimental group 3	YES
4.	Student experimental group 4	NO
5.	Student experimental group 5	NO

Table 4. Answers of the control group of girls to the initial investigation

8.	Student experimental group 8	YES
9.	Student experimental group 9	NO
10.	Student experimental group 10	NO
1.	Student control group 1	YES
2.	Student control group 2	NO
3.	Student control group 3	NO
4.	Student control group 4	NO
5.	Student control group 5	NO
6.	Student control group 6	YES
7.	Student control group 7	YES
8.	Student control group 8	NO
9.	Student control group 9	NO
10.	Student control group 10	YES

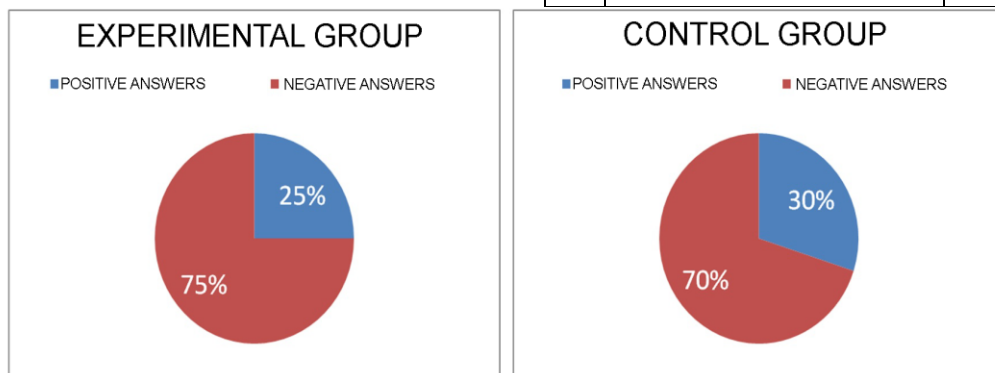


Fig. 1. Graphical representation of the first survey carried out with the two groups

Stage II June 15, 2017 - December 15, 2017

- Carrying out the activity with the students from the experimental group within the Sport Relax club, for 3 months, during the summer holidays. June 15, 2017 - September 15, 2017.

- Supervision of students in the experimental group during their free time.
- Supervision of students in the control group during their free time.

Activities within the club:



Fig.2 Water Gymnastic

in leisure time.

The children in the experimental group participated in an attractive and diverse activity with games, sticks, competitions and competitions, to increase their enjoyment of practicing physical exercises. The transfer to the independent activity was also followed, the children doing certain activities individually but supervised by the teachers.

Students were monitored during leisure time from June 15 to September 15, the activity period within the club, but also during the free time after the completion of the training stage from the club until December 15, to verify and measure how solid and persistent is the habit of practicing physical exercises



Fig.3 Rope tracing



Fig.4 Refresher gymnastics

Stage III December 15, 2017 - March 15, 2018

- Questioning the students regarding the independent activity of the students from both the experimental group and the control group.
- Processing and interpretation of results.
- Results analysis.

Research results:

Initial survey regarding the degree of physical exercise independently

The students answered the same question as the initial survey, to the following question:

Apart from the activities in the school, do you practice physical exercises in different forms, at least 60 minutes a week?

Table 5. Answers of the control group of boys to the initial investigation

1.	Student control group 1	Yes
2.	Student control group 2	NO
3.	Student control group 3	YES
4.	Student control group 4	YES
5.	Student control group 5	NO
6.	Student control group 6	YES
7.	Student control group 7	YES
8.	Student control group 8	NO
9.	Student control group 9	YES
10.	Student control group 10	YES

Table 6. Answers of the control group of girls to the initial investigation

1.	Student control group 1	NO
2.	Student control group 2	YES
3.	Student control group 3	YES
4.	Student control group 4	YES
5.	Student control group 5	YES
6.	Student control group 6	NO
7.	Student control group 7	YES
8.	Student control group 8	YES
9.	Student control group 9	YES
10.	Student control group 10	NO

Table 7. Answers of the control group of boys to the initial investigation

1.	Student experimental group 1	Yes
2.	Student experimental group 2	NO
3.	Student experimental group 3	YES
4.	Student experimental group 4	YES
5.	Student experimental group 5	NO
6.	Student experimental group 6	YES

Table 8. Answers of the control group of girls to the initial investigation

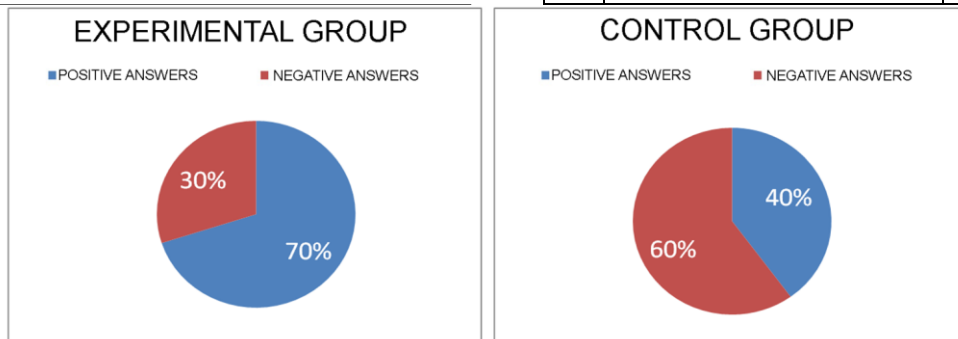
7.	Student experimental group 7	YES
8.	Student experimental group 8	NO
9.	Student experimental group 9	YES
10.	Student experimental group 10	YES

1.	Student experimental group 1	Yes
2.	Student experimental group 2	NO
3.	Student experimental group 3	YES
4.	Student experimental group 4	NO
5.	Student experimental group 5	YES
6.	Student experimental group 6	YES
7.	Student experimental group 7	YES
8.	Student experimental group 8	NO
9.	Student experimental group 9	YES
10.	Student experimental group 10	YES

Fig. 5. Graphical representation of the last survey carried out with the two groups

Conclusions:

1. Following the research, by monitoring the students, by questioning



them, we found that the students in the experimental group increased their rhythm of practicing physical exercises in their free time, while the students in the control group kept their rhythm constantly.

2. In order to have a healthy life, people have to practice physical exercises throughout their lives, and in order to have a better chance of getting used to physical exercise, it is necessary for children from a very young age to be engaged in the practice of physical exercises in an organized form supplementary to the school, thus ensuring a transfer between the school, the organized activity outside the school and the independent activity.

3. Non-formal education must occupy an important place in society by linking formal and informal education.

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IMPORTANȚA EDUCAȚIEI NONFORMALE ASUPRA COPIILOR DE

10-12 ANI

Rezumat: Educația non-formală, creată prin diferite mijloace în educația copiilor cu vârste între 11-12 ani, joacă un rol foarte important în implementarea procesului de învățământ, așa cum îl știm noi. Folosind acest mijloc de educație adiacent, sperăm că elevii vor exersa exerciții fizice într-un mod mai unitar și mai mare decât în trecut.

Cuvinte cheie: educație nonformală, exercițiu independent;