

## LEISURE CLUB, A BRIDGE BETWEEN SCHOOL AND INDEPENDENT WORK OF PRIMARY SCHOOL STUDENTS

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**Key-words:** non-formal education, attractive work, independent practice of physical exercises.

### **Abstract**

This article presents a research topic that will take place during March 2011 - March 2012 with two groups of 12 primary school students each, from the School no. 6 Grigore Antipa Botosani, one of the groups being geared in leisure at Relax Sport Club Zaicești, Botosani. It aims to determine students who participate in club activities to practice the physical exercises independently, this producing a shift from an unformal organized type of activity to an independent one.

**Hypothesis:** It starts from the assumption that children there are involved in physical exercises practice, in addition to school, increase their chances of practice physical activity independently.

**The methods** to be used in the research chorus are:

- Literature reviews
- Observation
- Experiment

### **The objective of the paper:**

- I aim to show importance of involving children in a leisure club, within they can practice physical activitys.
- I also propose that in this way to persuade as many parents to encourage their children to participate in leisure clubs but also to encourage them to practice the exercise independent.

### **Introduction**

The practice of physical exercises should be a primary concern of society today. Sedentary lifestyle, low quality food and polluted

environment are factors who must be controlled by society and also by physical education specialists.

Ideally, the people should practice physical exercise since childhood up to the most advanced ages, but for practicing independent exercise one must become accustomed to them since the first years of life. The practice of physical exercises during the school hours is beneficial to the body, but this process should continue also when the individual is not agrenat in a organized form. Besides practicing exercise during school hours, the child must be involved in various physical activities and outside of school.

The route is therefore:

- the practice of physical exercises during the school hours
- the practice of physical exercises outside of school hours –the practice of physical exercises quite independent.

Of course this order is not mandatory. In other words, for having great chances to accustom the child to practice independently exercise should follow the route:

formal education - non-formal education - informal education

Between formal (of the school) and informal education must be interposed non-formal education outside the school, but in an organized form. The non-formal education creates the premises of a best quality informal education. Students take contact with the term “leisure time” when they are engaged in a form of activity: kindergarten, school, etc.. Therefore the habit of students to spend their free time in a beneficial way since this age is vital.

The habit of practicing physical activities has an significant health effects on physique and psyche of every student. This is sent also to other plans who determs the students to be more ordered, more optimistic, more energetic and to use their leisure time more effectively.

### **Content:**

The leisure club is one of the best options of non-formal education, who can send the habits of practice physical exercise from school to practice the exercise independent.

In this way I will make a research of the effects caused by practice physical exercises in the leisure club, on primary school pupils. Thus, during a year i will run an experiment for verify that hypothesis will confirm or refute. I Will choose two groups each of 12 children, students of the School no. 6,"Grigore Antipa Botosani” with the age between seven and 12 years. The first group - the experimental group will be involved in Relax Sport Club Zaicesti, from Botosani. The

second group - the control group is not involved in any extracurricular activities.

The experiment will take place in three stages:

**Phase I March 15, 2011 to June 15, 2011** - The selection, of students who will take part from the experimental group and also the ones from the control group.

- Testing the level of qualities and development acquiring the motor skills of students in both groups. - Questioning students and parents regarding students' independent activity.

**Phase II June 15, 2011 to December 15, 2011** - Organizing activities with students from the experimental group Relax Sports Club for three months, during the summer. June 15, 2011 to June 15, 2011.

- Supervision of students in the experimental group in his spare time.

- Supervision of students during free control group. Students will be monitored during the holiday period free from June 15 to September 15 witch represent the period of activity in the club, but also after the training stage of the club until December 15, for verifying and measure how strong and persistence is the habit of practicing physical exercise during leisure. The children from the experimental group will take part an attractive activity and diverse games, relay, competitions and contests to increase their enjoyment of practicing exercise. It will track also the transfer to the independent activity, children doing some activities individually but supervised by teachers.

### Water game



### **Game for development of mobility**



### **Pulling rope - for force development**



**Stage III 15 December 2011 to 15 March 2012** - Test driven development level qualities and the degree of acquiring the motor skills of students in the experimental group and also from the control group.

- Questioning students and parents regarding students' independent work both in the experimental group and control group.
- Processing and interpretation of results.
- Analysis of experimental results.

An important and particularly aspect is to attract children into the leisure club, in this sense it should be used with a lot of tact marketing methods.

Because the state budget funds allocated for these activities are limited, is required the participation of those involved in business and financial plan, emphasizing the need for professionalism this club staff need to demonstrate that money is invested in children's education justified.

In the process of raising children should be sent messages to two directions: by parents and by children.

The messages send to parents must contain: safety, health and wellbeing. The message send to the children must contain: playing, fun, race. Appearance and playful spirit of emulation can be found in the factors motivating the children. For comfort and safety of children, they will provide transportation home from the club and the club house.

Also must be highlighted activities who as diverse and different from those held in the school: Swimming, Tennis, Horse Riding

### **Swimming exercise**



### **Riding initiation**



### **Conclusions**

To get a healthy life, people need to practice physical exercise throughout life and if the hypothesis will be confirmed to have a better

chance to get used to physical activity is necessary for children since small ages was angreanat to be practicing a form of exercise organized additional to school, thus ensuring a transfer between school, work outside school organized and independent activity.

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**Titlu:** Clubul de timp liber: punte între școală și activitățile independente ale elevilor de școală primară

**Cuvinte cheie:** educație nonformală, practicarea independentă a exercițiilor fizice, atractivitate.

**Rezumat:** Acest articol prezintă un subiect de cercetare care va avea loc în perioada martie 2011 - martie 2012 cu participarea a două grupuri de 12 elevi, de la școala primară, Școala nr. Grigore Antipa Botosani 6. Un grup este de asemenea implicat în activități a avut loc la Clubul Sportiv Sport Relax Zaicesti, la Botosani. Scopul nostru este de a încuraja elevii înscriși să practice independent exerciții fizice, pentru a facilita o trecere de la o formă de activitate nonformală la una independentă.

**Titre :** Le Club de loisir: intermédiaire entre l'école et le travail indépendant des élèves dans l'enseignement primaire.

**Mots-clés:** l'éducation nonformelle, l'activité de détente, l'exercice pratique indépendante

**Résumé:** Cet article présente un sujet de recherche qui aura lieu au cours de la période Mars 2011 - Mars 2012, avec la participation de deux groupes de 12 élèves, de l'école primaire, l'École no. 6 Grigore Antipa Botosani. L'un des groupes est aussi impliqué dans les activités déroulées au Club Sport Relax de Zaicesti, à Botosani. Notre objectif est d'encourager les élèves y inscrits à pratiquer indépendamment les exercices physiques, pour produire ainsi le passage de l'activité organisée nonformelle à la pratique indépendante.