

THE ROLE OF DANCING AS LEISURE ACTIVITY IN AESTHETIC EDUCATION OF STUDENTS 8 TO 10 YEARS

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Key Words: modern dance, education, rhythm, body expression.

Abstract: Activity in the lessons of modern dance, using appropriate music and features of age, is a way of activation of children in the educational process.

Modern dance teacher's personality, creativity, willingness to search and to promote the new, blending the work of training everything is good with what is beautiful, our own childhood memories bringing us closer to the age of the children that we educate, to their requirements, through all of this we can increase efficiency of modern dance classes, to ensure harmonious development, the formation of custom and pleasure to practice systematically elements of modern dance.

Using music in modern dance classes at primary school will increase efficiency and in particular its density, and the dynamic of the lessons will get a new look that can be considered for enrichment of the methods used in educational process. The purpose of this study is to record the steps of modern dance to children in primary and the efficiency analysis using music lesson in modern dance lessons.

Introduction:

Modern dance tends not only to harmonious physical development, but also to develop aesthetic elements and the beauty of movement.

Beautiful movement should be smooth, harmonious and elegant. In addition to aesthetic benefits, it ensures your overall health, prevents disease, increases work capacity and helps keep your agility.

The classes in modern dance clubs and children's palaces, associated with hardening factors, with a diet and a sensible balance between work and rest, and of course, with preventive measures to combat disease, have a significant role in achieving all those great goals of the above.

Organized and systematic practice of modern dance gives the human body some general effects, such as:

-strengthening health that positively affects a number of systems in the body: musculoskeletal, respiratory, digestive, cardiovascular, endocrine and excretory and nutrition functions;

-develops physical skills, with increasing body resistance which increases the intellectual and physical performance, as well as work capacity;

-fosters the interdependence of intellect and physical;

-movement is a strong tonic and also a longevity factor;

-outlines the moral personality, forms a disciplined and sportive aesthetic posture;

-mental and aesthetic value of movements makes emotional life to be generating movements and the body to become a means of expression of spiritual movements;

-modern dance has an ethical value of fairness, in order to support the weak, the development of honesty and moral, which become evident in the manifestation of team spirit.

Modern dance offers many advantages, especially when practiced organized in representative groups, leading to performance, but also to formation and strengthening of friendly relations.

Materials and methods:

Research was conducted in the units: School no.8 and Adancata School of Suceava, using for this purpose the unit's classrooms. Research was conducted between 01 November 2008 and May 10, 2009, at rate of two hours per week.

Battery of tests established in the early experiment aimed clues that may lead to a most objective overall view of the morph-functional capacity of subjects.

Tests used in the experiment were divided into following categories:

A. Somatic parameters (anthropometric) :

-body-height

-height in sitting (trunk)

-chest perimeter in maximum inspiration

-chest perimeter in forced expiration

-body-weight.

B. Tests of the rhythm of music:

-added side-step with background music

-“rap” step with background music

-“cha-cha-cha” step with background music

As specific methods of the modern dance there have been used a number of dances suitable for children in the research group, age 8-10 years:

- Tarzan Dance
- Samba of the Flowers Dance
- Popular Styled Dance
- Doll Dance



Photo no.1 – Tarzan Dance



Photo no.2 – Tarzan Dance



Photo no.3 – Samba of the Flowers Dance



Photo no.4 – Popular Styled Dance



Photo no.5 – Doll Dance

Results:

During the research, data obtained from initial and final tests were registered, emphasizing the dynamics of the registered parameters after testing that verified the effectiveness of methods.

Bases on the data and calculated statistical indicators, we could analyze the results:

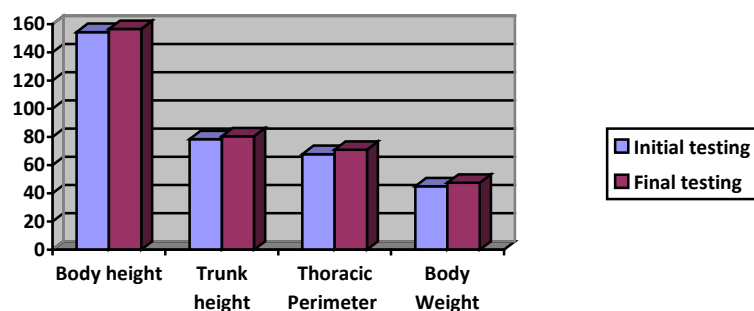
Table no.1 Summary of results of the somatic parameters evaluation

	Body-height	Trunk height	Thoracic perimeter	Body-weight
Arithmetic average Initial testing	154,33	78,46	67,86	45,00
Arithmetic average Final testing	156,5	80,55	70,97	47,45

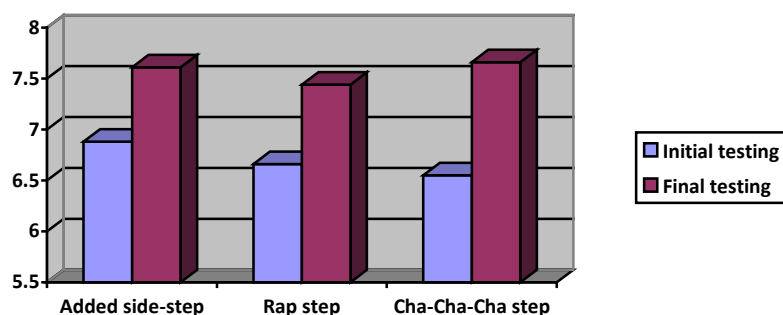
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Table no.2 Summary of results of the rhythm tests

	Added side-step	Rap step	Cha-Cha-Cha step
Arithmetic average Initial testing	6,88	6,66	6,55
Arithmetic average Final testing	7,61	7,44	7,66



Graphic no.1 Somatic parameters



Graphic no.2 Rhythm tests

Discussions:

The means used to educate the pace and body expression in modern dance class increase its efficiency, especially the density of the lessons through active participation due to the attractiveness and good mood created.

By different rhythms, music is directing the execution, activates children, forms paces, leading to acquisition of beautiful elements and being the key to improving the quality of movement.

The use of music favors rhythm education, helps create and maintain a straight posture and teaches positive character features.

Baggage of movements creates harmony between the pace of movement, body expression and music, and places the movement in space and time. This way, comes the opportunity for students to express their feeling and thoughts through natural movements.

Children, who practice modern dance to strengthen health, will become more balanced, and movement, rhythm, body expression, music and harmony will provide them a purpose in life.

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Titlu: Rolul dansului ca activitate de timp liber în educarea estetică a elevilor de 8-10 ani.

Cuvinte cheie: dans modern, educare, ritm, expresie corporală.

Rezumat: Activitatea desfășurată în cadrul lecțiilor de dans modern, prin folosirea muzicii adecvate și a particularităților de vârstă, constituie o modalitate de activizare a copiilor în procesul instructiv-educativ. Personalitatea profesorului de dans modern, spiritul creativ, dorința de

căutare și de promovare a noului, împletirea în munca de instruire a tot ceea ce este util cu ceea ce este frumos, amintirea propriei copilării care ne va apropia și mai mult de vârsta copiilor pe care-i educăm, de cerințele lor, prin toate acestea putem contribui la creșterea eficienței orelor de dans modern, la asigurarea dezvoltării armonioase, formarea obișnuinței și a plăcerii de a practica sistematic elementele din dansul modern.

Folosirea muzicii în orele de dans modern la ciclul primar va duce la creșterea eficienței lecției și în special a densității acesteia, dinamica orelor căpătând un nou aspect ce poate fi luat în considerare în vederea îmbogățirii metodelor folosite în procesul instructiv-educativ. Scopul lucrării este acela de a înregistra pași de dans modern la copiii din ciclul primar, precum și analiza eficienței lecției prin folosirea muzicii în cadrul lecțiilor de dans modern.

Titre: Le rôle de la danse comme activité de loisirs dans l'éducation esthétique des élèves de 8-10 ans.

Mots-clés: danse moderne, l'éducation, le rythme, l'expression corporelle.

Résumé: L'activité entreprise dans le cadre des leçons de danse moderne, en utilisant la musique appropriée et les particularités d'âge, constitue une modalité d'activer les enfants dans le processus instructif éducatif.

La personnalité du professeur de danse moderne, l'esprit créatif, le désir de chercher et de promotion du nouveau, le combinaison dans le travail d'instruction de tout ce qui est utile avec tout ce qui est beau, le regard de l'enfance qui donne la possibilité de nous approcher de l'âge des enfants qu'on éduque, de leur exigences, c'est la modalité par laquelle nous pouvons contribuer de la leçon de danse moderne, à l'assurance du développement harmonieux, à la formation de l'habitude et du plaisir de pratiquer systématiquement les particularités de danse moderne.

L'utilisation de la musique pour la leçon de danse moderne au cycle primaire signifiera l'intensification de l'efficacité de la leçon et en particulier la densité de celle-ci, la dynamique des leçons en ayant une nouvelle modalité qui peut être prise en compte afin de diversifier les méthodes utilisées dans le processus instructif éducatif.

Le but de cet étude est d'identifier les étapes de danse moderne ma aux enfants de cycle primaire mais aussi d'analyser l'efficacité de la leçon de danse moderne en utilisant la musique.