

THE IMPROVEMENT OF THE SIXTH GRADE STUDENT'S PHYSICAL CONDITION SUPPORTED BY UTILITARIAN - APPLICATIVE WAYS

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Key words : Physical education, motive attainments, lesson

Summary: Lesson of physical education is an important component in the process of child's education. This essay wants to relieve the importance of applicative- utilitarian ranges at this age.

Introduction

Physical education is one of the principal components of education contributing to complement at menticulture and it is in connection with moral education . The children's interest for moving and body exercises is bigger in gymnasium classes. And for good results on this line , for more valuable , is necessary an approach of efficient problem of moving and of applied range in the physical hour at this level. Through my participation at the other hours, at the other schools, I discover , in other cases , that the lessons didn't create stimulative conditions, was boring, hunger for abdication, avoidance at that lesson moment.

I consider that in the future must find forms and ways for organising the physical education hours, most attractive and variates, for enrichment the instructive-educative process and for children stimulations. This considerations constitute the fact that I choose this theme. So, the objective spotted by this is that I want to mention the roll and importance of moving games and of utilitarian – applicative ranges in students activities at physical lesson.

Objective of this essay consists in physical preparation of the students through applicative ranges at the sixth grade.

Assumption of this experiment is that the applicative ranges used like measure for solving the objectives of the lesson of sixth grade, subscribe the amelioration of the effort capacity of the organism reflected through motive qualities level testated through control probes for making sure of practice efficiency on large range

Of utilitarian- applicative range in physical lesson at little students , I made an experiment last year, 2007-2008, on 20 students, from the sixth grade. In schoolyard it is a handball court and a pitfall for leaping. Inial examinations on the court was made in the first week of March, and the

final examinations in the second week of May. At the examination participate all the students from the sixth grade.

Material – methods: experimental method, observation method, graphical representation method.

Results of initial examination

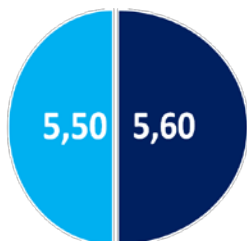
No.	SEX	Name and surname initials	Motive probes			
			Fastness race 25m(sec)	Back resistance (freq1,5uency)	Long jump (m)	The discuss throw 1kg (m)
1.	F	P.M	5,6	15	1,27	6,05
2.	M	V.V	5,4	19	1,40	6,20
3.	F	C.R	5,7	17	1,32	5,35
4.	F	R.M	5,8	17	1,20	5,80
5.	F	M.E	5,8	18	1,24	5,87
6.	F	N.L	5,6	15	1,27	6,12
7.	F	V.A	5,9	16	1,19	5,85
8.	M	B.M	5,5	22	1,35	6,58
9.	M	C.M	5,3	23	1,44	6,25
10.	M	M.G	5,5	21	1,40	6,98
11.	M	F.G	5,2	23	1,45	6,90
12.	M	T.S	5,7	18	1,36	6,05
13.	M	D.G	5,1	28	1,47	7,35
14.	F	P.T	6,0	4	1,16	4,90
15.	M	G.F	5,6	21	1,36	6,80
16.	M	M.M	5,5	20	1,40	6,44
17.	M	G.P	5,6	22	1,35	6,15
18.	F	P.A	5,9	11	1,20	5,90
19.	F	P.A	5,7	12	1,32	5,74
20.	F	N.M	5,8	13	1,30	5,90
X			5,6	17,7	1,32	6,16



Results of final examination

No.	SEX	Name and surname initials	Motive probes			
			Fastness race 25m(sec)	Back resistance (frequency)	Long jump (m)	The discuss throw 1kg (m)
1.	F	P.M	5,5	15	1,27	6,05
2.	M	V.V	5,2	19	1,40	6,20
3.	F	C.R	5,4	17	1,32	5,35
4.	F	R.M	5,5	17	1,20	5,80
5.	F	M.E	5,7	18	1,24	5,87
6.	F	N.L	5,5	15	1,27	6,12
7.	F	V.A	5,7	16	1,19	5,85
8.	M	B.M	5,2	22	1,35	6,58
9.	M	C.M	5,0	25	1,51	6,80
10.	M	M.G	5,3	22	1,46	7,64
11.	M	F.G	5,0	29	1,54	7,48
12.	M	T.S	5,5	26	1,40	6,20
13.	M	D.G	5,0	30	1,50	7,88
14.	F	P.T	5,8	6	1,21	5,22
15.	M	G.F	5,3	25	1,42	7,08
16.	M	M.M	5,4	29	1,40	6,75
17.	M	G.P	5,3	25	1,41	6,90
18.	F	P.A	5,7	16	1,28	6,42
19.	F	P.A	5,5	24	1,36	6,17
20.	F	N.M	5,7	15	1,33	6,05
X			5,5	21	1,37	6,58

At the fastness race on 25 m, at the initial examination , it get the arithmetic mean 5, 6 seconds ; at the final examination – 5,5 seconds. We know that fastness is the least perfect motive quality, the progress of 0,1 seconds, achivement in short time, is important.

FASTNESS RACE 25 m (seconds)

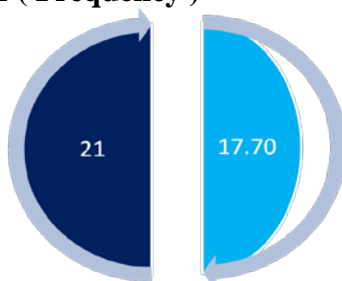




-  Initial examination
-  Final examination

At the initial examination, it field test “resistance of muscular force groups of the back” , and get a mean of 18 executions.

Values of arithmetic means of the two examinations – initial and final – presents at this trial match a diference of three executions ($X_1 = 18$ executions ; $X_2 = 21$ executions). This result confirms that at this trial it get after the experiment qualitative leaps by the tested groups, 9 persons registering values bigger than the maxim result of the trial indicated by the rough guide which centralize all the country.

BACK RESISTANCE (Frequency)



-  Initial examination
-  Final examination

Substantial reclaims can be obtains by experimental group at this initial and final examination of the others motive probes .

In fact , I want to make a global vision about the results obtained by the person that I choose the motive probes to be tested (initial and final). I will present a road post with this dates:

Systematic Tested Trial	Mark								Arithmetic Mean	
	Very Good		Good		Enough		Insufficien t			
	X1	X2	X1	X2	X1	X2	X1	X2	X1	X2
Fastness race 25m(sec)	3	10	13	10	4	-	-	-	5,6	5,5
Back resistance (frequency)	11	17	6	2	2	-	1	1	17,7	21
Long jump (m)	4	12	12	7	4	1	-	-	1,32	1,37
The discuss throw 1kg (m)	5	10	7	7	6	2	2	1	6,16	6,58

Discussions: Objectives of this essay consist in physical preparation of the students through utilitarian - applicative ranges at the sixth grade. In this essay, I followed the roll and importance of moving games and utilitarian -applicative ranges in students activities improvement at physical lesson.

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Titlu: Optimizarea pregătirii fizice a elevilor din clasa a VI –a cu ajutorul traseelor aplicativ – utilitare

Cuvinte cheie: Educația fizică, deprinderi motrice, lecție.

Rezumat: Lecția de educație fizică este o componentă importantă în cadrul procesului de educație a copilului. Această lucrare vrea să scoată în evidență importanța utilizării traseelor utilitar – aplicative la această vîrstă.

Titre: L'optimisation de la préparation physique des élèves de la VI-ème classe à l'aide des tracés applicatives utilitaires

Mots clés: education, physique, habilités, motrices, leçon.

Résumé: La leçon d'éducation physique est un élément dans le proces pour l'éducation de l'enfant. Cette épreuve veut montrer l'importance des tracés applicative-utilitaire à cette âge.