

SUPPORTING OF MOTORIC ACTIVITIES OF CHILDREN IN PRE-SCHOOL YEARS

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Abstract: *The article presents actual parents' attitudes to and opinions on regular physical activities of preschool children, which are attending kindergarten and kindergarten with extensive physical preparation. We have gathered the data using questionnaire for 210 respondents chosen out of parents' sample. We were aimed at finding out their personal interest about sport, their sportive background, and measure of their participation on sportive activities with their children and economic aspects of sporting (how they perceive it). We are also interested in parents' attitudes to health, physical and psychological well being of their children. On the basis of outgoing results, the authors of the article suggest to organise more sportive activities where the parents can participate with their children. They also suggest leading the children more toward positive attitude to physical training and sports and to support sportive interests of their children. Very important is to give a personal example and to pay attention to physical well being of the child and to his/her enjoy of movement.*

Key words: *physical activity, movement, kindergarten, physical education (PE), sport, family, preschool age*

Theoretical outcomes

In pre-school years, a child is formed and all this period can have a lifelong effect on them. Many times the absence of positive goaled upbringing can show a negative effect later. After that we need to exert more effort to 'catch up with' what we needed in previous development periods. We need to pay attention to important vitality competences and habits which are formed in various development periods and to stress on a progress of motoric competences, habits and attitudes to their health, too. T. Perič (2004)

Research targets

A movement is the one of the most important factors which influence health of people. A family and pre-school institutions are parts which are the most active in the development of a child's individuality in pre-school years.

Methodology and characteristic of the respondent group

In our research we gave an accent to review the opinions and the attitudes of parents to periodical motoric activities of children in pre-scholl years which attend an ordinary nursery and a nursery enriched in motoric preparations (a sports nursery).

Research results

The research was realised with help of parents whose children attend a sports nursery ($n_1=105$) – later on 1st research group and parents whose children attend an ordinary nursery ($n_2=105$) – later on 2nd research group. The first research group is an intentional selection and the second research group is an accessible selection. The respondents were from Trnava and Bratislava regions.

In the first part of our research we wanted to know which factors are the most important for the choice of a nursery. We identified criteria of individual answers of the respondents and evaluated the frequency in percentag for a better comparison.

Table no.1 The factors which influence parents to select a nursery

IDENTIFIED FACTORS TO INFLUENCE A CHOICE OF A NURSERY	PERCENTAGE EXPRESSION OF INCIDENCE OF CATEGORIES		
	1 st research group	2 nd research group	Together
Accessibility of a nursery according to their residence	32 %	31 %	31,50 %
Orientation of a nursery	11 %	12 %	11,50 %
Previous (own) experience	10 %	13 %	11,50 %
Good reputation of nursery	46 %	38 %	42,00 %
Another criterium	1 %	6 %	3,50 %

The results from the table no. 1 show us the fact that the most important factor to select a nursery is a good reputation of the institution. It could reflect a good quality of education in the institution. A very important coefficient is the accessibility of a nursery according to a residence of a child as well. Relatively a very similar frequency in the answers have the criteria of the orientation of a nursery and a previous (own) experience. Like criterium parents used to name nice surroundings and a good material equipment. A very interesting result we reached in the criterium of the orientation of a nursery where an ordinary nursery gained a higher percentage than a sports orientated nursery

In the next part of the questionnaire we wanted to find out if the parents used to practice some sports activities with their children in leisure time and how often.

Table no. 2 Motoric activities of the parents with their children in leisure time

FREQUENCY OF DOING MOTORIC ACTIVITIES OF PARENTS WITH THEIR CHILDREN	PERCENTAGE EXPRESSION OF INCIDENCE OF CATEGORIES		
	1 st research group		2 nd research group
	research group		Together
Once a week	25 %	20 %	22,50 %
More times a week	22 %	42 %	32,00 %
Once a month	3 %	5 %	4,00 %
Irregularly	45 %	25 %	35,00 %
Never	6 %	8 %	7,00 %

It is great that 93 % of parents practice sports activities with their children in their free time. We did not notice big differences between the groups. An important difference is only in the answers related to the frequency of doing sports activities of the parents with their children out of their nursery. The results from the table no. 2 display that the highest percentage of the respondents practice sports irregularly. 45 % of the respondents from 1st research group practice sport irregularly, while more parents from 2nd research group do sports activities more times a week (42 %).

In the next question we paid attention to the fact which one from the parents practices more sports activities with her/his children. 59 % of the respondents from 1st research group and 55 % of respondents from 2nd research group said that they practice sports with their children together. This can be a very beneficial pedagogical moment which extends the quality of the movement of children. When we compare mothers and fathers, fathers spend more time with their children doing sports activities in both research groups, in average about 5 % more.

In 3rd question we were interested in reality if the parents practiced sport in their history and if they do it at present.

Table no. 3 Overview about sport history

ACTIVE DOING SPORT OF PARENTS IN HISORY AND IN PRESENT	PERCENTAGE EXPRESSION					
	1 st research group		2 nd research group		Together	
	History	Present	History	Present	History	Present
Yes	40 %	87 %	45 %	72 %	42,50 %	79,50 %
No	60 %	13 %	55 %	28 %	57,50 %	20,50 %

A family is the first instance which stand for a model when choosing a hobby for a child in their life. From this point of view we found out whether the parents used to practice sports in their history. Nearly the half of the respondents said that they practiced the sports actively It is surprising that more parents in both groups began with sports when they were older. But it is important to say that the vast majority of the parents do sports regularly but only for the fun. The

most frequent sports are: swimming, tennis, football, cycling and hiking, also we registreted athtelics, volleyball, basketball, handball and karate.

It reflects the fact that the majority of the parents understand the sense of practicing sports activities. We were interested whether the parents lead their children to these activities in a leisure time which a child spends out of a nursery.

Table no. 4 The attendance of achild in sports orientated courses out of a nursery

FREQUENCY OF ATTENDING OF CHILD ON SPORT'S ORIENTED COURSES	PERCENTAGE EXPRESSION OF INCIDENCE OF CATEGORIES		
	1 st research group	2 nd research group	Together
Once a week	30 %	17 %	23,5 %
More times a week	16 %	30 %	23 %
Once a month	1 %	8 %	4,50 %
Irregularly	0 %	0 %	0 %
Never	53 %	45 %	49 %

A lot of the parents attend many courses with their children from their early childhood f.e.: swimming, ballet, gymnastic, ice hockey, dancing and the others. That's why we wanted to know if the parents whose children attend a sports nursery go with their children to sports courses out of a nursery. It shows the table no. 3, 30 % of the parents from the 1st research group and 17 % of the respondents from the second one attend sports activities with their children once a week. 16 % of the parents from 1st research group and 30 % of the respondents from 2nd research group attend sport courses more times a week. The results are very surprising.. They can be influenced by the fatc that many parents from 1st research group co-operate with a sports nursery.

Table no. 5 Evaluation of the influence of doing exercises periodically on a child in pre-school years.

EVALUATION OF INFLUENCE OF DOING EXERCISES PERIODICALLY	AVERAGE MARK IN EVALUATED FIELD	
	1 st research group	2 nd research group
Health	2,21	1,78
Better condition	3,01	2,32
Better coordination	2,73	2,42
Acquisition of new a motoric competence	1,89	2,15

Respondets' opinions about the influence of doing exercises periodically on a child in pre-school years is showed in this part.. The parents could give a mark from 1 to 5 to reflect the influence of motoric activity on their child. The mark 1 means the highest influence and the mark 5 means the lowest influence on a child. We can say that the highest sense of doing exercises periodically parents see in a better health and in

the acquisition of a new motoric competence. It is a paradox that the respondents whose children attend a sports nursery (do exercises periodically) evaluate the influence of motoric activities on their children in three classes worse than the respondents from an ordinary nursery.

Conclusion

In our texts we tried to make an overview which deals with sports activities of children in pre-school years. The results reflect that parents understand the importance of doing sports activities with their children in a period of pre-school years. It is very positive that the parents from 1st group lead their children to practice sports activities in a leisure time and this way they indirectly support the pedagogical aim of a nursery.

At the end we can summarise that it is very important to join parents in the building of a positive relation to sports activities of their children. Because the children's relation to sports and motoric activities are influenced by the motoric consciousness of the parents.

Resources

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PODPORA POHYBOVEJ AKTIVITY DETÍ PREDŠKOLSKÉHO VEKU

Súhrn: V práci ide o prezentáciu súčasných názorov a postojov rodičov na pravidelné pohybové aktivity detí predškolského veku, ktoré navštevujú MŠ a MŠ rozšírené o pohybovú prípravu. Prostredníctvom dotazníka, ktorý vyplňovalo 210 respondentov sme u vybranej vzorky rodičov zisťovali osobný záujem rodičov o šport, ich športovú minulosť, účasť na spoločných pohybových aktivitách s dieťaťom, ekonomické postoje k športovaniu. Zaujímame sa o postoje rodičov k otázkam zdravia, telesnej a duševnej