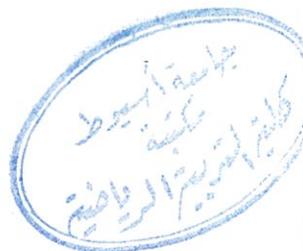


Summary of the Research



Introduction & Research Problem :

Childhood is generally considered the most important stage in human life as a whole, in which the individual's abilities flourish , his personality grows , and all his aptitudes are developed to face life with all its intricacies. Thus, caring for this stage of life that is considered the base on which the integrated construction of man is accomplished, and the criterion by which the progress and development of society can be measured is a very crucial and vital responsibility . The middle childhood is the most important stage in which a child moves from home into school. Therefore , he starts to acquire new attitudes, values, and skills. Besides, his relationships vary due to the expansion of his social environment .

The stage of childhood necessitates further organization of children motor experiences through developing the basic motor skills of the child. One of the most important aims of sport and physical education in the first episode of basic education, is the development of children's basic movements due to their significance in establishing the child's motor base which is a main requirement of most physical activities . If we want to raise the standard of motor performance for any special skill, we must at first pay attention to one of its main components, that is, the essential motor skills in general , and the relevant basic motor skills specifically. Caring for developing basic motor skills is accomplished through providing the suitable environment that facilitates promotion and development of performance . Such environment contains the valid content represented in scientifically-based programs and also in the right selection of the teaching method , in addition to the teacher's competence in this method in order to spread the spirit of enthusiasm and motivation for continuing performance , and

the desire to promote the learner's standard. The teaching methodology and technique have a great effect on increasing children's motivation, as well as increasing their period of attention . Hence, explaining the importance of using optimum method and technique in teaching motor skills to ensure excitement and joy and increase the child's concentration . Therefore , an action story is one of the main and most useful teaching method in teaching basic motor skills in a suitable technique . In addition, it does not require too many instruments , besides , it is exciting and interesting.

Field and track races are based on natural human movements , a child in his growth, starts with walking , then running and jumping . Therefore , it is the first sport practiced by man . so, those who work in the field of teaching and training must care for such a sport, and developing the basic motor skills associated with it through the specialized programs that are designed in a good and appropriate way.

Through the work of the researcher in supervising the teaching practice of physical education in schools at the first episode of basic education, she observed the weakness in the performance standard of skills related to field and track races. Assigned for third grade students, in addition to the existence of a difficulty for the students in acquiring such skills, leading to student's reluctance concerning performance, which in turn, may affect their practice of field and track races later.

The two competitions , high jump , and sequence are among the races that require a high degree of neuro-muscles coordination, and adjustment especially between eye and hand , and between eye , hand, feet . They also require caring for basic motor skills that represent the main component of these races .

In spite of the importance of these races, and the importance of basic motor skills , few studies only , dealt with programs that develop basic motor skills related to field and track races of this age in general , and these dealing with action story specifically . That is what led the

researcher to design a suggested program for action stories, and recognize its effect on basic motor skills that are associated with field and track races for first episode basic education students.

• **Aim of the Research :**

The research aims at designing a program using stories and recognizing its effect on the following :

- 1- The performance standard of basic motor skills that are associated with field and track races (high jump , sequences) among the present research sample .
- 2- The performance standard of field and track races that are assigned to the present research sample (high jump , sequences).

• **Hypotheses of the Research :**

- 1- The action stories program leads to an improvement in the standard of performance of basic motor skills that are related to field and track races (high jump , sequences).
- 2- The action stories program leads to an improvement in the standard of performance of field and track races (high jump , sequences).

• **Procedures of the Research :**

The Research Approach : the researcher used the experimental approach because of appropriateness for the nature of the research , using the experimental design containing a control group and an experimental group . (performing pre and post tests) .

• **First : population and sample of the Research :**

The research population was determined deliberately from among first episode basic education students whose age ranging from (8-9) years, registered in primary schools under the supervision of Assuit Educational Administration during the academic year 2003 –2004 .

The research sample was chosen through the random purposeful method. It included (60) male and female students whose ages ranging between (8-9) years in EL Zahraa mixed primary School belonging to Assuit Educational Administration .

The research sample was divided as follows:

- 1- An experimental group consisting of (30) male and female students , on which the suggested action stories program is applied .
- 2- A control group consisting of (30) male and female students, on which the developed syllabus of ministry of Education is applied.

The sample was treated concerning homogeneity as a whole , in addition to equivalence of the two research group in variables considered as influencing accuracy of the results as follows :

- 1- Age , height , weight , and standard of intelligence
- 2- Basic motor skills included in the research

• **second : Instruments of Data Collection:**

1- **Tools and equipments that are used in measurement:**

- A medical scales – Medical balls - cubic boxes for storing equipments – A measuring ribbon – sponge mattresses – A table – sequence sticks – High jump equipment – balancing bars – A stop-watch .

2- **Questionnaires for experts' opinion:**

- a) A questionnaire for experts' opinion about basic motor skills related to field and track races (high jump , sequences) .

b) A questionnaire for experts' opinion about tests of basic motor skills related field and track races , (high jump , sequences) and their appropriateness for the age included in the present research .

c) A questionnaire for experts' opinion about the suggested program concerning : (the total period of the program – distribution of teaching period – content of the program – evaluation techniques).

d) A questionnaire for experts' opinion about the program after transferring stories into exercises , and accomplishing its final form.

3} tests :

a) picture intelligence test : by Ahmad Zaki Saleh (1978)

b) tests of basic motor skills included in the research :

- walking between two lines – counting to 30 from flying start .
- jumping by use of one preferred foot.
- swinging by alternating arms and legs .
- walking on balancing bars – catching while moving (designed by the research) – jumping on one foot from running (modified by the researcher) .
- forward falling – stretching body from standing position
- bending body from standing position .
- turning trunk right and left - turning on squares (modified by the research) .
- Test of evaluating the record standard in sequence race (designed by the research) .

• Third : Pilot Studies :

1) The first pilot study : that was conducted in the period from 17-3-2003 into 20-3-2003 aiming at ensuring the validity of instruments and appropriateness of application place, in addition to ensuring conditions and instructions of tests, their appropriateness for the sample , and training assistants at conducting tests

2) The second pilot study : that was conducted during the period from 20-4-2003 to 5-5-2003 aiming at conducting scientific of the tests .

3) The third pilot study : that was conducted during the period from 22-9-2003 to 25-9-2003 aiming at experimenting some program lessons and ensuring its appropriateness for the research sample .

• **Fourth : The Main Experiment :**

a) The research conducted the pretests during the period from 26-9-2003 to 26-9-2003 on the two research groups before starting the main experiment of the following research variables:

- measurements of height, weight , intelligence , and age
- Tests of basic motor skills involved in the research

b) The research conducted the program to the research sample during the period from 5-10-2003 to 28-17-2003 where the total program lessons were (24) divided as two lessons per week, each lesson includes 45 minutes-

c) The research conducted the post test for the two research groups during the period from 29-12-2004 to 1-1-2004 concerning the basic motor skills involved in the research .

d) The researcher conducted a unit for teaching the field and track races (high jump , sequences) using teacher guide in preparing the unit that consists of (28) lessons, divided as (4) lessons for each skills . the lesson duration was (45) minutes . then, the researcher measured the standard of performance of the two research groups in high jump and sequence races .

• **Statistical Treatment :**

- Arithmetic means
- Kurtosis coefficient
- Standard deviation
- skew coefficient
- Pearson's correlation coefficient - T-test .
- percentage of increment or progress .

• **Conclusions:**

In the light of the research aims and hypotheses , and through statistical treatments and discussion of findings, the researcher concluded the following :

- The suggested action stories program had a positive influence on most of the basic motor skills related to field and track races involved in the research such as :
(falling – jumping – balancing – swinging – turning – catching from movement – running – rotating – bending – stretching) .
- The suggested action stories program had no positive influence on the skills of walking as a basic motor skills .
- The suggested action stories program led to improvement in the standard of performance of field and track races (high jump , sequences).

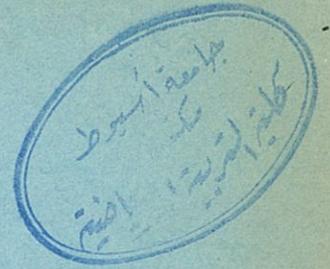
• **Recommendations:**

- 1- When teaching the races (high jump , sequences) it should be preceded by a program for developing basic motor skills that are relevant such as (swinging , balancing catching from movement, turning, running, bending , and stretching for the sequence skill, and (rotating , jumping swinging , balancing , falling, and running) for the high jump skills.
- 2- Caring for designing action stories programs for different grades of the age between (6-9) years on the basis of valid scientific principles whether concerning the selection of suitable stories or the motor aims that meet the needs of children in this stage , and qualify them form practicing specialized activities .
- 3- Reconsider the content of the developed syllabus assigned for the third grade of the first episode of basic education , in addition to units arrangement and good preparation .

- 4- The necessity of preparing and training physical education teachers for the first episode of the first episode of basic education concerning using action stories as a method of teaching their way of preparation and implementation, as well as caring for the different techniques of implementing physical education lessons in general .
- 5- The necessity of preparing student teachers and training them at using different methods and techniques of teaching especially in the middle childhood stage due to its importance in the life of children that affects their future motor development .
- 6- Caring for designing programs for developing basic motor skills that base on which a child's motor development depends leading to higher standards.
- 7- Paying attention to designing qualitative tests for measuring different basic motor skills due to their scarcity that causes dependence on quantitative tests.
- 8- Conducting further researches to compare males with females concerning the standard of performing basic motor skills .
- 9- Conducting researches dealing with the relationship between the action story and appearances of attention of first episode basic education children .
- 10- Conducting similar studies to recognize the effect of action story on different development paths of the child .



Faculty of Physical Education
Track and Field Race Department



**The Effect of Motion Story Program on Basic
Movement Patterns Which is Related Track
and Field Events, for First graders of
Elementary Stage**

By

Mona Awad Hussin Soliman

Lecture Assistant at the Track and Field Race Department, Faculty of
Physical Education,

Assiut University

Supervised By

Prof. Dr.

Ahmad Maher Anwar

Professor in Curriculum and Teaching
Methods, Dept vice dean of physical
Education for Men in Cairo
Helwan University

Prof. Dr.

Fouad Rezk Abdel Hakim

Professor and Head of the Field and
Track Rade Dept, Faculty of
Physical Education
Assiut University

**Including requests of getting Philosophy Ctorate Degree in Athletic
Education**

2004