

ملخص الرسالة باللغة الأجنبية

Primary stage in the light of the A suggest plan about the gymnastics program about the movements sides and dimensions
A Summary of the message in Arabic

1- The study significance and limits:

This study is an attempt to propose a suggested plan about the elementary stage in the light of the movements sides and dimensions, what ever dues to the designed curriculums based on the newly tendency of the concepts. It has become apart of the educational structure for many countries and acicle of the regular education cicles a long the life.

Besides the application of the suggested plan for the elementary stage the gymnashe program, and also, the application of curriculum based on scientific nules dues to its learning with ease and to the increased number of its practitioners from the children. Also, this curriculum is believed to beamean of how to teach the skills which mely on the movements.

2- the study aim :

this study aims at designing a suggested plan about gymnastics program me in the light of the movement sides and dimesions which requires to acknowledge:
the concepts of the movement dimensions in the gymnastics which fit for the elementary stage.

The study in queries:

The me searcher makes the following questions to go ahead in the study performances and to achieve.

Its goals:

What are the concepts of the movement sides in the gymnastics which fit for the childrenof the elemen tary stage?

What are the concepts of the movement dimensions in the gymastics which fit for the children of the elementary stage?

What are the concepts of the movement dimensions in the gymastics which fit for the children of the elementary stage?

4- The study performance:

a) The study curriculum.

The researcher used the transactional analysis curriculum.

b) The study sample

This is represented by the teacher guide for the first four rows of the physical education program me in the elementary stage.

c) Data collecting means:

- analyzing the documents and the resources.

- the wide word net for exchanging the information (The internet).

- The movement sides and dimensions concepts list (criteria).

- analysis lists for the first four years of the physical education in the elementary stage.

d) Statistical treatment:

- The percentage.

- The correlation factor.

5) The deductions.

In accordance with the criteria of Laban analysis for the concepts of the movement sides and dimensions, the researchers can provide these deductions:

- 1- The importance of constructing the educational plan in the light of the concepts of the movement sides and dimensions.
- 2- The physical education as a science has special concepts in which the movement dimensions are represented in the vocabularies, the sides are represented in the sentences, and the plan is represented in the group of structures which result in the proficiency.
- 3- The elementary stage is considered the most important stage in which the child learns. Various physical movements due to the child's interests in this learning.
- 4- The children learn different physical movements (sportive movements) because of their interests in this skill learning.
- 5- The physical education program includes the concepts of the movement sides and dimensions; but in a lower proportion that doesn't go with its importance to attain. The proficiency level especially in the gymnastics which demands sensitivity to the equipments and the bodily, under standing, the made efforts.
- 6- The physical education programs in the elementary stage deal with the various concepts of the sides and the dimensions of the movements in a random distribution in comparison with these sides distribution according to the professionals of the sportive movements field such as: Laban and vector. ... etc.
- 7- The recent learning process requires the child's accurate understanding of the educational process sides, its dimensions and the movement sides.
- 8- There commendation:
 - (1) It's represented in the exploit of the research counterpart in the construction of the educational plan for the educational skills in the elementary stage.
 - (2) Exploitation of what is included in this study (4) (5) (6) in learning gymnastics skills according to the concepts and the dimensions sides of the movements, and to that what ever goes with the age and the school year.
 - (3) Exploitation of what is included in the counterpart in the construction of teaching plan and the young and the construction of teaching plan and the young and the grown training to compete in the gymnastics field.
 - (4) The inters tin the teaching my theology to complete and prepare teacher of physical education to achieve and excute learning styles through the concepts of the sides and dimensions of the movements.
 - (5) Developing the ways of preparing the teacher in the physical education especially in her previous study which founded a deficiency in the physical education college's students.
 - (6) It's necessary to include curriculum in the physical education about the concepts of the sides and the dimensions of the movement.
 - (7) It's essential to train the teachers before and wit in the service on how to deal with the sides and the dimensions of the movement in plans, excution, assessment until the teacher becomes abletodo his role well.

- (8) Utilizing avarious my thodolgies to teach the physical education in which the student has an effective role; besides, he can practice what ever helearns and co-operate with his teacher and his class mates inside the school and outside it till he has an active role in his environment.
- (9) Following the concepts lists which is attempted when ever the activities and the books of the physical education were planned.
- (10) Every one of the education men, the workers in the mass media and the authors of the physical education books has to realize the necessity of the concepts of the sides and the dimensions of the movement which are found in the list, and their importance for the general (Public education) pupils in the physical education program me in the different education stages.
- (11) Caring about what ever attained in the concepts lists when the physical education was revised in each educational stage.
- (12) Replanning the physical education program me especially in the first years to be in a figure of experiences, activities and concepts based on satisfying the pupils needs.
- (13) Caring about the competence of the courses to polish the trainers and the teachers with.
- (14) Preparing programs in the light of the concept rest of the elementary activities and games.
- (15) Consisting a list (criteria) about the concepts of the movement sides and dimensions for each sport or activity of the other activities especially dancing and collective games.
- (16) Using anointer prise plan in the stage of the gymnastics young choice.
- (17) Planning gymnastics program me according to the scientific bases.
- (18) Caring that the programs are convenient to the recent scientific advances.
- (19) Developing the realization of the place.
- (20) Developing the realization of the relations of the individuals and the objects.
- (21) Advancing the styles of gymnastics and its my thodolog within the physical education colleges and the nursery colleges curriculum.
- (22) Considering the relation between the experiences in which the student interacts and the requirement of its execution in the various education stages.



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**Asuggest plan about the gymnastics program about the
Primary stage in the light of the movements sides and
dimensions**

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**Athesis submitted for fulfillment of the requirements
of the ph.d.degree in physical education**

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2005