

МЕЂУНАРОДНА НАУЧНА КОНФЕРЕНЦИЈА
Ефекти примене физичке активности
на антрополошки статус деце, омладине и одраслих

Зборник сажетака



Book of abstracts
International Scientific Conference
Effects of Physical Activity Application to
Anthropological Status with Children, Youth and Adults



Ministry of Education, Science and
Technological Development,
Republic of Serbia



REPUBLIC OF SERBIA
MINISTRY OF
YOUTH AND
SPORT



Универзитет у Београду
Факултет спорта и физичког васпитања

Београд, 11-12 децембар 2013.

Međunarodna naučna konferencija

Efekti primene fizičke aktivnosti na antropološki status dece, omladine i odraslih / Zbornik sažetaka

International Scientific Conference

Effects of Physical Activity Application to Anthropological Status With Children, Youth and Adults / Book of Abstract

Izdavač / Published by

Univerzitet u Beogradu, Fakultet sporta i fizičkog vaspitanja
University of Belgrade, Faculty of Sport and Physical Education

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Prevod na srpski i engleski / Translated by

Gordana Vekarić

Kompjuterska obrada i grafički dizajn/ Technical editing - layout

Anka Srećković, dipl. ing.

Fotografija na koricama/ Cover page photo

Dunja Dopsaj

Štampa / Printed by: 3D+, Beograd

Tiraž / Circulation: 150 copies

RAD PO SESIJAMA / *WORK IN SESSION*

SESIJA 3 / SESSION 3

Metodički aspekti efekata primene fizičkih aktivnosti
u fizičkom vaspitanju, sportu i rekreaciji
*Aspects of teaching methods of the effects of
physical activity application in PE, sport and recreation*

AMF III / Hall 3

17:30 – 19:30

Moderator/ *Chairman*: **prof. dr Dragoljub Višnjić**

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17:35 - 17:50	Danica Piršl, Dragan Marinković; Slobodan Pavlović, Sandra Mićanović	Efekat tretmana vežbi oblikovanja na decu ruralne i urbane sredine
17:50 - 18:05	Popeska Biljana, Klincrov, Ilija, Orce Mitevski, Nikovski Goran	Possibilities for realization of physical education teaching process in the first grade in Republic of Macedonia according the determined motor abilities of children
18:05 - 18:20	Ante Burger, Luka Bjelanović, Katarina Pelivan	Ekspertno vrednovanje metodskih postupaka usvajanja elementa zaustavljanje igrača u rukometu
18:20 - 18:35	Dragiša Mladenović	Doprinos pojedinih elemenata usvajanju osnovne tehnike alpskog skijanja kod dece uzrasta 5-8 godina
18:35 - 18:50	Darko Mitrović; Željko Rajković, Ivan Milivojević	Obuka veslanja u kajaku na mirnoj vodi kod dece iz redovne i specijalne škole
18:50 - 19:05	Dopsaj Milivoj, Komlenović Radoslav	Analiza učešća dece osnovno školske populacije Rasinskog okruga u sistemu sporta: pilot istraživanje
19:05 - 19:20	Marija Zegnal Koretić	Physical Education in the School Curriculum and its Role in Protection and Promotion of Students' Health
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SESIJA 3

**METODIČKI ASPEKTI EFEKATA PRIMENE FIZIČKIH AKTIVNOSTI
U FIZIČKOM VASPITANJU, SPORTU I REKREACIJI**

SESSION 3

**ASPECTS OF TEACHING METHODS OF THE EFFECTS
OF PHYSICAL ACTIVITY APPLICATION IN PE, SPORT AND RECREATION**

POSSIBILITIES FOR REALIZATION OF PHYSICAL EDUCATION TEACHING PROCESS IN THE FIRST GRADE IN REPUBLIC OF MACEDONIA ACCORDING THE DETERMINED MOTOR ABILITIES OF CHILDREN

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Introduction

Respecting the individual possibilities of every child, respectively the adjustment of educational contents of children's real possibilities and needs is one of the basic principles in educational work with children as well as in the realization of PE teaching process (Conception for nine years educational system in Republic of Macedonia, 2007). In this sense, the goal of this study was to determine the compatibility between children's abilities and PE contents, through the analysis of the current PE curriculum for the first grade in Republic of Macedonia and determined structure of motor space of 6 years old children (first grade pupils), as well as to suggest different activities that will innovate and enrich the current PE curriculum.

Method: Motor abilities of the first grade pupils were determined as a part of larger longitudinal study (Popeska, 2011) realized at a sample of 123 six years old children, pupils in the first grade in five primary schools in Skopje, Republic of Macedonia. The survey was conducted applying 33 motor test used for estimation of nine motor abilities (coordination, speed, frequency of movement, explosive, repetitive and static strength, balance, flexibility and preciseness). The structure of motor space was determined using factor analysis – promax procedure. Established motor abilities were used as a fundament for analysis of educational contents from PE curriculum in the first grade.

Results and discussion

According to the results obtained in the research and applied factor analysis, the motor space of six years old children (first grade pupils) was defined with following ten latent dimensions: speed, coordinated and explosive movements, realization of fast movements with legs, static balance, strength of the front parts of the trunk, arms and shoulders, preciseness with leading, flexibility, strength of the back parts of the trunk, arms and shoulders, preciseness with throwing and one undefined factor (F8). According the analysis of PE curriculum for the first grade, educational contents are realized divided in 5 thematic unions which integrate different modifications of fundamental movement skills. The accomplishment of educational themes: *movements for body shaping and basics of gymnastics*, facilitate manifestation and development of strength of the front and back parts of the trunk, arms and shoulders, flexibility and balance. Acquisition of contents from the thematic union *basics of athletics* facilitate manifestation and development of co – ordination, speed and explosive strength, while the elementary forms of throwing in certain goal, activities similar to bowling etc, facilitate manifestation and development of preciseness with throwing.

Conclusion

Results gained in this survey point out on compatibility of determined motor abilities and contents anticipated in PE curriculum for first grade. Possibilities for complementation and innovation of current PE curriculum exist in possibility to enrol contents used for development of co – ordination, balance, mainly static balance and preciseness with leading.

Key words: PE curriculum, teaching contents, motor abilities, first grade pupils, analysis.

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1. Bureau for the development of education (2007). Physical education curriculum from the first to third grade in nine year primary education, Skopje: Macedonian ministry of education.
2. Popeska, B (2011) Development of morphologic and motor dimensions at 6 and 7 years old children. Unpublished doctoral dissertation, Skopje: Faculty for Physical Culture