

Results promotion learning process sports and recreation of preschoolers and Primary students after school

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Abstract

The objective of this research 1) The study on the Physical fitness of preschoolers and Primary School students Grade 1-3 2) The study on the development on muscle of preschoolers and Primary School students Grade 1-3 3) The results on the study to promote learning process toward sports and recreation of preschoolers and Primary students Grade 1-3 in the second semester of academic year 2558 , each level of 50 students, including 200 students in Watkuanwisade school level Primary Educational ; Service Area Office district 1 Trang. Acquired by selecting specific. Tools used in research include 1) Test the physical fitness of preschoolers student 2) Test the physical fitness of Primary School students 3) Test ability to use muscle. 4) Measure musical ability 5) The questionnaire satisfaction of student which has The program promotes learning, sports and recreation by practicing five days a week, one hour a day for eight weeks, and to analyze the data to determine the average standard deviation and test partner. The results were as follows:

1)The physical fitness of preschooler students are better than before practice at a statistically significant level .05 all items, except for bent arm lifting weights, they are not different. 2)The physical fitness of Primary School students grade 1-3 are better than before practice at a statistically significant level .05, except for running around the pillar, they are not different. 3)The results on the test muscle found that, the students be able to do more than half the amount within the stipulated time. 4)The results of the study on ability in learning music, found that the student can do more than half . 5)The results of study on the student with the satisfaction on the program

Keyword: learning process sports and recreation, activities after school

Introduction

The eleventh national economic and social development plan (2012-2016) focus on the concept the holistic integrated development "Men are the center for development" which defines the strategy of man development to society of lifelong learning sustainability. Giving the important of promoting how to decrease the risk factor in term of health by holistic. To promote the Thai's health for having the perfect condition in the aspect of physical and mental. Developing knowledge and skill in term of taking care of yourself, family and community which relates of The Eleventh National Economic and Social Development Plan (2012-2016) (Edited Version) by focusing on men are the center for development. The objective

and the policy of the plan are to promote the network, the wisdom and the learning of history, art, culture, physical education, sport in order to be the value of life and lifelong learning.

Using the most benefit of the free times will make the kids were better development in all aspects, such as mediation, relationship with the people around them, physical body, emotion, society and wisdom. If the kids choose the sport, art and music in term of using the most benefit for their free times, they will be the creative and aesthetic person.

From the trend of the society in these days, The Fifth National Sport Development Plan (2012-2016) has the objective for promoting Thai people to exercise and play sport with quality,

making the value of playing sport and exercise for being healthy and good performance. The primary target are consisted of

1.The children and youth who are studying both inside school system and outside school system at less 80% have well knowledge and understand , attitude and the basic skill in sport and exercise, moral, ethics, sportsmanship including with the ability to play sport and cheer sport under the rules and regulations.

2.The children and youth who are between 3-11 years old both inside school system and outside school system at less 80% have the basic movement ability, such as walking, running, jumping, climbing, stretching and extreme sport follow the ability criteria in each ages.

The institute of physical education Trang is the institute where conduct the physical education, sport and recreation and sport science and health. The important mission is to do the research in term of the social service. The problem from above statement make institute of physical education Trang realizes about promoting the children and youth in the aspect of physical body, emotion, society and wisdom, that's why the project of promoting the children who is studying in kindergarten and primary level to exercise after school were created in order to make the children's healthy and have a better quality of life.

From the statement of the problem, the researcher had an idea to study the result of the promoting process in aspect of the sport and recreation from the kindergarten and primary students to exercise after school for studying the result of promoting the learning process of sport and recreation in the kindergarten and primary students after school.

Purposes of Research

1.To study the physical performance of the kindergarten and the primary students who are studying in grade 1-3

2.To study the development of using the small muscles of the kindergarten s and the primary students who are studying in grade 1-3

3.To study the result of promoting the learning process of sport and recreation in the kindergarten and primary students.

The importance of the research

The result of this research will be the benefit to the institute of physical education and the involved sector in managing of creating the activity for promoting the learning process of sport and recreation in the kindergarten and primary students.

Scope of Research

In this research the researcher has scoped of the research as follow;

Population and Sample group

The population that use in this research the result of promoting the learning process of sport and recreation in the kindergarten and primary students after school are the 200 kindergarten to primary student(grade1 to grade3)from Watkuanwisade school Trang

Sample

The sample in this research have got from the purposive sampling from the 200 kindergarten and primary students from Watkuanwisade school Trang (50 kindergarten students, 50 grade one students, 50 grade two students, 50 grade three students)

Variable

The variables which use in this research as follow;

Independent variables are the activity for promoting the learning process of sport and recreation in the kindergarten and primary students after school which consisted of the sport activity, recreation, art and music.

Dependent variables are as follow;

1.The physical performance of the kindergarten and primary students (Grade 1-3).

2.The small muscles of the kindergarten and primary students (Grade 1-3).

3.The satisfaction of creating the activity for promoting the learning process of Sport and recreation in the kindergarten and primary students (Grade 1-3).

The hypothesis of the research

1.The students who join the activities for promoting the learning process in term of sport in the kindergarten and primary students after school have better physical performance than before joining the activities.

2.The students who join the activities for promoting the learning process in term of sport in the kindergarten and primary students after school have better ability in using the small muscles than before joining the activities.

3.The students who join the activities for promoting the learning process in term of sport in the kindergarten and primary students after school have better ability in playing music than before joining the activities.

Research Instrument

The tools for collecting the data

The tools that use for collecting the data in this research are as follow;

1. The physical performance test form for 4-6 years old Thai of the institute of physical education which are consisted of 7 lists.

- 1.1 Body mass index
- 1.2 Sit and reach
- 1.3 Bicep curl in 30 seconds
- 1.4 20 meters dash
- 1.5 Standing broad jump
- 1.6 Sit-up
- 1.7 Shuttle run and Zig Zag run

2. The physical performance test form for 7-18 years old Thai of the institute of physical education which are consisted of 7 lists.

- 2.1 Body mass index
- 2.2 Sit up in 30 seconds
- 2.3 Push up in 30 seconds

2.4 Standing broad jump

2.5 Sit and reach

2.6 Zig Zag run

2.7 Distance run

3. The small muscles performance test form are consisted of

3.1 The agility in using the small muscles

3.2 The flexibility in using the small muscles

3.3 The ability in controlling the use of the small muscles

3.4 The hand-eye co ordination

4. The ability in music test form

5. The satisfaction of student toward to the program of promoting the learning process in term of sport and recreation in the kindergarten and primary students after school

Data collecting

The researchers have collected the data by ourselves as follow;

1. Have studied the detail of in each test in order to know the method of testing, the equipment preparation and the place for testing.

2. Have consulted for co-operation with the physical teacher from Watkuanwisade school Trang and the student at the institute of physical education Trang for being the assistance of doing the test and explained the process of testing and try out.

3. Have asked for kindly help from the responsible advisor for asking the information about the student, and asked for co-operation in testing by the time and the date.

4 Have arranged the equipment and the place for testing

5.The researchers have tested together with the students from the institute of physical education Trang

6.Have explained the testing objective and demonstrated the testing method in each items for the student who were under the test to understand.

7. The data have been recorded and collected for calculating the statistic.

Data Collecting

After the data had been collected, the researcher analyzed the data as follow;

1. Have brought the performance testing data of the kindergarten students grade 3 and the primary student grade 3 before and after testing to analyze by using the descriptive statistic as follow; mean, standard deviation, percentage, comparing the physical performance by using t-test for dependant and presenting the data by the form of table chart.

2. Have brought the data of the ability in using of the small muscles and music to analyze the statistic data.

3. Have brought the data of the satisfaction of the student, the lecturer and the parents which toward in term of using the knowledge for the social benefit to analyze the statistic data.

Research Result

The research in the title of the result of promoting the learning proceed in sport and recreation of kindergarten and primary students after school is the quasi experimental research by using the pattern of one group pretest-posttest design which having the objective 1) For comparing the student performance before and after training by using the program of promoting the leaning proceed in sport and recreation 2) For studying the satisfaction of student toward the program of promoting the leaning proceed in sport and recreation. The sample were the 200 kindergarten and primary students grade 1-3 , second semester year 2015 (and 50 students per each class) from Watkuanwisade school Trang primary educational service area office 1. The purposive sampling was used in this research.

The tools in this research are consisted of 1) The program of promoting the leaning proceed in sport and recreation. 2) Two copies of the performance testing form which are consisted of 2.1) The performance testing form for the kindergarten students. The researchers use the institute of physical education

performance testing form for 4-6 years old and 2.2) The performance testing form for the primary students. The researchers use the performance testing form that relates to 7-18 years old Thai kids.(Thai health promotion foundation) 3) The ability in using the small muscles testing form 4) The ability in playing music testing form and 5) The questionnaire of the student's satisfaction toward the program that were created.

The researcher collected the data from 23 of December 2014 to 29 of February 2015 by doing the physical performance test with the sample students before training. After that the 40 hours (8 weeks, 5 days a week and one hour a day) of activities in the course syllabus of promoting the learning process by sport and recreation in the kindergarten and primary students after school have been in process. The activities are consisted of 4 aspects of activities which were sport, recreation, art and music (different activities in each day) from the first activity to the ten activities respectively. When the activities had been done, the sample students were tested by the same physical performance test. The researchers collected the data in term of the student's satisfaction by themselves. Mean, standard deviation and dependant t-test were used for analyzing the data and making the conclusion and discussion.

From 200 samples can be divided into 49.99% male and 50.01% female. When they were divided into the grade, it found that all the grade have the same number of students which were 25% as follow; the kindergarten grade 2 and the primary student grand 1-3.

Comparing the average of the physical performance of the kindergarten boy students before and after training from the 7 test items found that the average testing results were statically significant at the 0.05 level.

Comparing the average of the physical performance of the kindergarten girl students before and after training from

the 7 test items found that the average testing results were statically significant at the 0.05 level.

Comparing the average of physical performance of the primary boy students grade 1 before and after training from the 7 test items found the average testing results were statically significant at the 0.05 level.

Comparing the average of physical performance of the primary girl students grade 1 before and after training from the 7 test items found that the average testing results were statically significant at the 0.05 level.

Comparing the average of physical performance of the primary boy and girl students grade 1 before and after training from the 7 test items found that the average testing results were statically significant at the 0.05 level.

Comparing the average of physical performance of the primary boy students grade 2 before and after training from the 7 test items found that the average testing results were statically significant at the 0.05 level.

Comparing the average of physical performance of the primary girl students grade 2 before and after training from the 7 test items found that the average testing results were statically significant at the 0.05 level.

Comparing the average of physical performance of the primary boy students grade 3 before and after training from the 7 test items found that the average testing results were statically significant at the 0.05 level.

Comparing the average of physical performance of the primary girl students grade 3 before and after training from the 7 test items found that the average testing results were statically significant at the 0.05 level.

Comparing the average of physical performance of the primary boy and girl students grade 3 before and after training from the 7 test items found that the average testing results were statically significant at the 0.05 level.

Comparing the average of physical performance of students in every grade before and after training from the 7 test items found that the average testing results were statically significant at the 0.05 level.

Research Discussion

To study the physical performance of the kindergarten and primary students grade 1-3 from Watkuanwisade school, there were the things that need to be considered and discussion which were the result from the development in the physical performance by comparing between before and after developing in the physical performance of girl and boy students as follow;

1. The physical performance of the kindergarten students were statically significant at the 0.05 level which found that the boy kindergarten students were better in physical performance because of the movement activities that the kids have been trained. The movement activities are the very important things for controlling and using the co-ordination between body and timing, such as the leg and arm controlling, balancing and jumping. These activities have the benefit for developing in physical body, emotion and society (Learn how to give and take), and kids always use activities in their routine which relates with the research's hypothesis and the work from Ausaree Saedee (2011). Teaching the physical education have the matching course syllabus with the development of student in each periods. The variety activities are the activities that promote the development of the students. Should promote the students to do the exercise activities and recreation few days a week, such as rhythmic activity, Thai folk game and the muscle flexibility in order to make progression for students. Dejnaris Hanrojanakul (2011) has studied the research about using Thai folk game for making the progression of student's physical performance.

When the bicep curl test has been considered, the weights for lifting were too

light which make no deference of lifting both before and after training.

2. The physical performance of the primary students grade 1-3 were statically significant at the 0.05 level, except for running around the pillar. The physical performance of the students increase relates to the ages, and the nature of primary ages is the enthusiastic ages. They like to show the effective movement ability including with using the big muscles for effective working. (Sirichai Karnchanawasri refer to Sopon Apponsirirod (2005: 34) include with using the big muscles for playing sport.

Furthermore, the activities which have been defined by the researchers make the kids to learn and to change from the experiencing, training and the interacting

with the environment that contribute to their needs and interesting, and the kids can use the most of their abilities. The experiences are the necessary things for developing the kids in term of physical body, emotion, society and wisdom which help the kids to create the skill for having the knowledge. Chalinee Atsadangkul (2007 : 66) The kids who always do the activities don't like to work in academic things, and the kids in this ages don't like to eat the good foods which increase the student's body mass that relate with the work from Panitta Ruengpanyawut (2016) found that there isn't different in body mass for students including with the researcher hasn't limited the food, the rest and the daily activities.

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