

## STUDY ON DYNAMIC GAMES - PART OF THE PHYSICAL ACTIVITY MODERN EDUCATIONAL TOOL

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### Abstract

The game is one of the most attractive tools with which teachers have the opportunity to achieve their educational goals. The involvement of children in dynamic games makes the activity more attractive and enjoyable, thus increasing the chances that the practice of physical exercises will be a habit both during school activities and in free time. Practiced systematically, the dynamic game can bring benefits to the children, thus being able to form in the students' mentality the automatism to practice them.

### Introduction

The current educational requirements are in a continuous dynamic, imposing adaptability and an intense concern on the part of those who lead the instructive-educational process. [7]

In order to have a healthy lifestyle, the child must be involved and accustomed to exercising both at school and in his free time. However, in order to reach this habit, he must first be attracted to physical activities, this requiring concern and pedagogical tact on the part of teachers, the teacher-student interaction but also ensuring attractiveness being conditions to be respected by any teacher.

Unfortunately, some of the methods that are still used in our education system are outdated, need improvement, we need to find other ways to mobilize students to get moving, to do physical education and sports. [9]

### Material-Method

At present, there is a need for a different approach to physical exercise, taking into account the following considerations:

A. General considerations:

1. - Sedentary lifestyle

2. - Irrational feeding of children. [6]
3. - Polluting environment

B. Considerations related to the activity within the school:

1. - The current provisions of the school curriculum regarding the number of hours allocated to the common core - too small to meet the movement needs of students and allow the achievement of the framework objectives and reference standards. [4]
2. - The constant avoidance of teachers to approach the "autonomy of students" in the lesson, which would allow a gradual transition from the teaching process led exclusively by the teacher to subsequent independent activity (which thus remains only a desideratum).
3. - The development of most lessons in the form of a pattern characterized by rigidity, rarely appealing to the creativity and imagination of students, competitions, formulating problems without adopting and modifying stimulus depending on the context and needs, lead to a monotony of training and generates states of conscious and active non-participation.
4. - Poor communication in the lesson, cumulated with the lower possibilities of understanding of students generated by age peculiarities, causes difficulties in awareness and understanding of the importance, purpose and effects of certain physical exercises, used in dosing effort, in compliance with certain fundamental principles of training in the formation of self-assurance skills of theoretical knowledge, ways of working, etc. [3]
5. - The precarious sports base of many schools, combined with the arguments listed above, can contribute to creating a negative attitude of the student, rejecting the discipline of physical education. [2]

Given the above-mentioned considerations, we can say that we face a current problem in terms of the manner and degree of involvement of students in the practice of physical exercise, thus imposing an intense concern of specialists in the field of physical education in order to find the most effective methods, attracting children to dynamic activities.

In this sense, in addition to practicing physical exercises during school hours, the child must be involved in various physical activities and outside of school. [8]

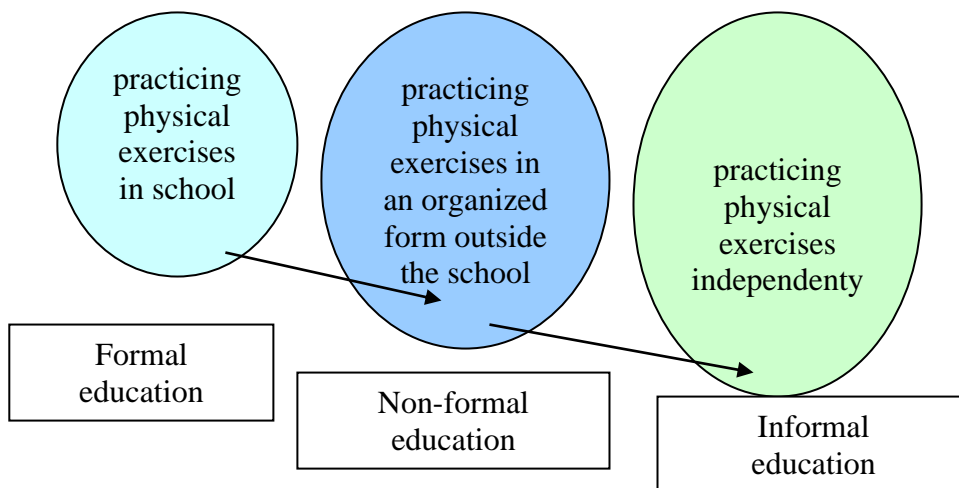


Fig.1 Types of education

One of the methods used in attracting physical activity is dynamic play.

The game is one of the most attractive tools with which teachers have the opportunity to achieve their educational goals. [10]

Every teacher knows that only when they hear the word "game" do students show their joy, thus ensuring the beneficial



Fig.2 Sport activity

effect of the games on them.

In the educational process, any type of game finds its meaning, but especially the dynamic game that has effects on the character, on the physique and the psyche of those involved in the game. [5]

The game and the competition are thus levers with which each teacher must "juggle" to ensure the attractiveness of the classes.

The playful aspect and the emulation involve the subjects emotionally in the actions carried out, transforming the hour into a very pleasant activity. [1]



A suitable setting for performing dynamic games can be found in the Sport Relax leisure club in Botoșani, where physical activities and various movement games on land and in the water take place.

The diversity of the activities carried out within this club eliminates the monotony and

thus creates great satisfactions for the Fig.3 Type of Sport activity

According to **European Core Health Indicators** quote by insp.gov.ro „In 2017, the proportion of adults who reported weekly physical activity doubled, from 36.1 in 2014 (Norway) to 71.4

(Estonia). The following places were occupied by Great Britain, Denmark, Slovakia, Ireland. Although the

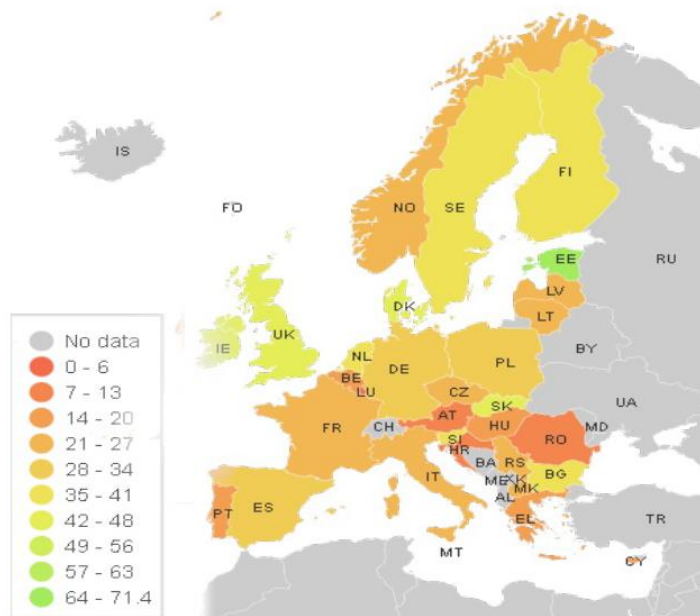


Fig.4 Proportion of adults who report weekly physical activity  
 Romania has located on the last places, next to Portugal, Austria, Malta. [12, 13]

In Europe, in 2017 there was a marked increase in the proportion of working adults physics. In 2014 it was between 2.4 - 36.1%, and in 2017 between 6.2 - 71.4%.

The latest Commission Eurobarometer survey on sport and physical activity, published in March

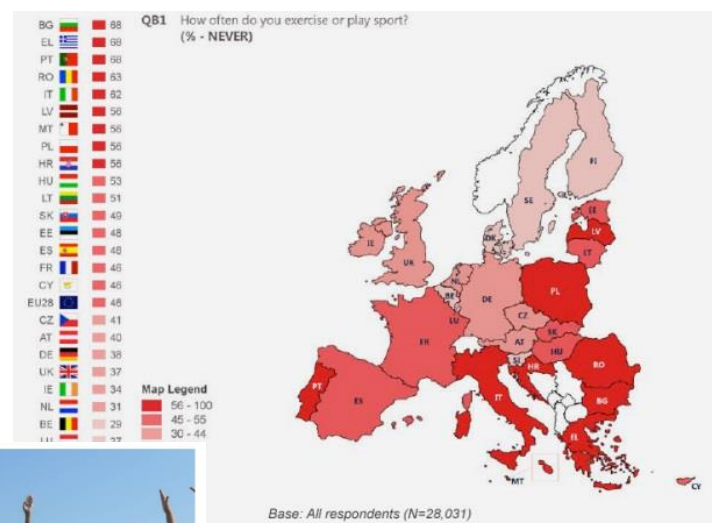


Fig.5 Proportion of adults who report weekly physical activity

2018, shows that half of Europeans exercise or are trained in sports games, but many I never do physical activity. The report shows that participation levels have not changed substantially compared to the previous Eurobarometer survey in 2014. In fact, the proportion of those who say that never exercise has been slightly increased from 42% to 46% at European level, and this is a continued gradual growth since 2009. Six countries improved, respectively several individuals report increased physical activity: Belgium, Luxembourg, Finland, Cyprus, Bulgaria and Malta. [12, 13]

The activity takes place during the summer vacation, ensuring students a continuity of motor activities performed during the school year during physical education classes.

The activity is also notable for a diversity of actions, including specific exercises in: football, handball, basketball, volleyball, tennis, badminton but also in athletics and gymnastics.

Fig.6 Type of Sport activity

Of particular importance with a great effect on children are those activities that differ from those practiced in school. Novelty and diversity are aspects that can ensure attractiveness, making swimming, horseback riding or tourist orientation courses very popular.

In addition, nature, through its clean air and greenery, makes its mark on the physical and mental health of children. [11]

**Conclusion:** The feedback received from parents and children enrolled in the club but also the visible effect of the activity on children leads us to the conclusion that such an outdoor activity in which we find movement games and competitions is extremely beneficial to the subjects involved.

We can say that motor games can bring great satisfaction to engaged children, thus being an inexhaustible source of joy. That is why every physical education teacher should use them in classes but also in camps, excursions or hikes and also recommend them to children to practice in their free time.

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