

Improvement of Primary School Pupils Physical Education with the Help of Aerial Silks Classes

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Summary: Secondary schools of Ukraine offer interesting innovative programs for children and parents. The GlobalKids School (Lviv, Ukraine) is no exception - an innovative kindergarten and school, where children are offered not only general education programs for student development, but also additional developmental subjects that allow fully develop the child's personality. In addition to general education subjects in this private school, children were offered additional classes in physical education, namely, football, karate, aerial silks, etc.

Primary school children who find it difficult to sit still for a long time - this gives them an important opportunity to move and gain additional energy for the humanities. Therefore, we had a goal: to explore methods of improving the physical education of primary school students by means of aerial silks. Due to the research, we analyzed the literature on the issue of physical education of primary school students, identified the main methods of their physical education and used aerial silks trainings as a means of improving the physical education of children. The innovative school and kindergarten GlobalKids gave the opportunity for the primary school students try their forces in this direction and make a choice for children on the possibility of professional training on aerial silks at the School of Aerial Acrobatics.

Keywords: GlobalKids kindergarten, physical education, primary school age, teaching methods, aerial acrobatics, aerial silks.

Formulation of the problem

Modern innovative methods of education include current areas of development of intellectual and physical abilities of the child. More and more schools offer students not only to master academic subjects, but also to learn relevant art and sports. Aerial acrobatics on canvases is a modern innovative method of improving the physical education of primary school students. After all, it allows a child to learn and perform simple acrobatic elements in the air, develops their coordination, balance, endurance, flexibility and plasticity.

Analysis of recent research and publications

Modern methods of physical education of primary school students were researched in the works of Zh.K. Kholodova (2004), I.Ya. Chalenko (2003), O.Ya. Stepanenkova (2006), N.O. Kozlenko (1985). An overview of the main methods of training in aerial acrobatics can be found in the foreign publication Santos Steven «Simply Circus» (2013) and Z.B. Gurevich (1984). However, the question of improving the physical education of primary school students by means of aerial acrobatics on canvases has not yet been raised in modern literature.

Selection of previously unsolved parts of the overall problem

The issue of innovation in the field of physical education has already been considered in previous studies, and has helped to identify ways to improve methods of teaching and developing children of primary school age. However, the question of the use of aerial acrobatics on canvases as a means of physical education of primary school students in secondary schools and the relevance of its application is still poorly researched, so it requires additional scientific consideration.

Formulation of the goals of the article

Therefore, we had a *goal*: to explore methods of improving the physical education of primary school students by means of aerial silks.

In this regard, the following *tasks* were set:

- analyze the literature related to the issue of physical education of primary school students;
- identify the main methods of physical education of primary school students;
- use aerial silks classes as a means of improving the physical education of primary school students.

Presentation of the main research material

Physical education of students is an integral part of all educational work of the school and plays an important role in preparing students for life and community service.

Work on physical education at school has a great variety of forms that require students to show organization, initiative, which contributes to the education of organizational skills, activity, ingenuity. Carried out in close connection with mental, moral, aesthetic education and labor training, physical education contributes to the comprehensive development of students [4, p.22].

Physical education of junior school children has its own specifics due to their anatomical, physiological and psychological features, as well as adaptation to new conditions. With the beginning of training the volume of mental work of children considerably increases and their physical activity and opportunity to be in the open air is considerably limited. In this regard, proper physical education in early school age is not only a necessary condition for the comprehensive harmonious development of the student's personality, but also an effective factor in improving his mental capacity [7, p.55].

The new primary school Global Kids is an innovative educational institution with an author's program of education and development, in which the child develops harmoniously, learning in the atmosphere of kindness, respect and, of course, discipline. This school has a special attitude to children, they are taught not only academic knowledge, but also apply current models of success. They are also taught practical skills and abilities that meet the modern challenges of the global world [3].

On the basis of the school, special equipment was installed for conducting classes in aerial acrobatics, and thus created conditions for conducting classes on canvases. In a 4 m high room, canvases were hung and a special «tatami» was placed, which ensures safe conducting of aerial classes. Children of primary school age (6-7 years old) were invited to classes and began to practice acrobatic exercises on canvases with them. To do this, they started training with a qualified coach who helps with the performance of the elements.

Aerial acrobatics classes in such educational institutions require careful organization of the training space before the start of classes, because children of primary school age require active attention from the coach and class teacher. Before the lesson, prepare the room, lay out the «tatami» and arrange the mat accordingly (if available) so that the children can safely perform all the necessary acrobatic elements. All extra items (balls, pyramids, rugs, etc.) should be removed from the gym, which can be a distraction for the children, as they should focus on working with the coach and the canvas training process. Therefore, the effectiveness of training depends on how well the space will be organized.

Aerial silks are a kind of aerial gymnastics, the participants of which perform tricks on fabric cloths tied to the ceiling. This sport was popularized in the 90s of the twentieth century by the leading French Cirque du Soleil, adding to it the concept of aerial arts as a dance form and theatrical expression, rather than a purely gymnastic art of movement [1, p.56].

In air cloths there are three inseparable elements of performance of tricks:

- Heights are used when performing tricks in the air. There are three types of lifting - basic, French and Russian.
- Wrapping cloth - the process of wrapping parts of the gymnast's body with the cloth on which he hangs. This process is accompanied by an additional gymnastic element - twine, rocking, and so on.
- Flight from a height - a fall technique in which the pre-wrapped canvas is untwisted and helps the gymnast to safely descend to the floor [2, p.56].

Of the three types of stunts, flying from a height is the most difficult and dangerous element. Air canvases are an art that requires a high degree of strength, power, flexibility, courage, endurance and the ability to practice a lot.

Before you start working on the canvases, you need to warm up the



children's muscles and prepare the students' bodies for the exercises on the canvases. You should do ground exercises, which can include exercises for stretching, pumping the press, back and arms, because these muscles are most actively involved in the process of training on the canvas. In addition, the lesson may contain elements of choreographic training. After all, performances on air canvases are not only gymnastic and acrobatic elements, but also choreographic connections, exercises in the ground floor, completion and static positions, which should be performed gracefully and elegantly for better perception of the performed acrobatic elements. (Fig. 1)

Classes on canvases can include the study of "windings", "hanging", "twisting" and "disruptions". Therefore, it is necessary to start with the study of the simplest "wraps" of legs and arms, in order to focus the child's attention on the importance of these exercises, you should show these elements first to the coach, and then advise children to perform these exercises. Primary school children can work on canvases in pairs (when one performs an exercise on the canvas, the other does, on behalf of the coach, stretching exercises, flexibility or



muscle pumping), it helps the child regain strength after intense muscle work on the canvas, as well as involve more children during classes. It is not recommended to have more children in one canvas, because it delays training time and makes it ineffective, because it does not allow to create appropriate discipline and order during classes (Fig. 2).

Before training, you should warm up well with exercises around the hall: it can be steps in a circle, running, lifting legs, jumping, climbing on the floor, galloping, or polka, which will allow the child to warm up well and bring his muscular corset to the appropriate physical form before performing exercises on the canvas.

With children of primary school age, it is necessary to perform simple elements, it can be an exercise "candle", "scorpion", holding two canvases, coups with bent and straight legs, "overturns". Then you can move on to the study of the windings of the legs and arms. Learning these elements can take several lessons (four to five), as it is necessary for each child to master these simple elements, which are an integral part of almost all the hangs and breaks on the canvases. In addition, it should be borne in mind that canvas training is a dangerous sport, so you should insure the child during the exercises, as well as ensure that children perform the exercises only under the supervision of a coach.

After studying the basic windings, you should try to study with children the split on the canvases, for this you should wrap both legs and make a split in the air, you should make both transverse and longitudinal split. Children easily perform these elements, because,

although they are not technically complex, they still look very impressive.

Innovative school GlobalKids has the opportunity to post photos from classes on their own website, where teachers highlight the success of each student and have the opportunity to describe the successes and progress of each performer, make their own comments and give homework to each pupil, so it allows you to contact parents, that it is very important for working with this age group of children.

After "hanging" in the splits, you can ask children to learn to climb on the canvas. For starters, children should learn the usual manhole, which will allow them in the future to perform exercises at height, which is especially exciting during performances and is an important prerequisite for a good overview of the element during its implementation. After that, children can perform simple heights of wrapping one leg and arm, as well as exercises on the "knot", transverse split or other elements upside down, with one foot engaged with the canvas, it is important to teach children to climb up into the knot, which will allow later , perform them simple disruptions.

After the exercises on the canvases, you should move on to the renewing exercises. To do this, go down with the «tatami» or mat and locate with the children in the middle of the hall. *Por de bras* exercises in the Modern style, or stretching, are suitable for the end, depending on the individual program of the trainer and his plans for further elements. For example, a *plie* with a body roll or a *deep body bend* can be suitable, these exercises will stretch the body of the performers well and adjust the child to a calmer rhythm to continue the day. After the hitch, the children should be taken out of the hall and placed under the supervision of the class teacher of these students, because discipline during aerial acrobatics is a guarantee of children's safety, as well

as good and productive activities and will help prepare children for performances and guide the most capable students to vocational schools in this direction.

Communication with parents is also an important component of the effectiveness of classes, because each child requires an individual approach. It is possible to teach children complex acrobatic elements on canvases when an individual approach to the child is found and he can feel safe and interested in the lessons. For this purpose, a system of assessment of the wards' knowledge can be useful, as well as stimulating their development through assessments, stickers, cards, which will be an incentive for children and a good guarantor of their development. For primary school age, such motivation is extremely important, because they can thus be responsible for their actions to parents.

Conclusions

So, due to the research, we analyzed the literature on the issue of physical education of primary school students, identified the main methods of their physical education and used aerial silks trainings as a means of improving the physical education of children. The innovative school and kindergarten GlobalKids gave the opportunity to primary school students to try their forces in this direction and make a choice for children on the possibility of professional training on aerial silks at the School of Aerial Acrobatics. This experiment confirms the importance of using the latest methods in education, because it gives good results to improve the physical condition of primary school students and helps to improve their physical preparation.

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