Master dissertation on the topic:
"Methods of education of coordination abilities in children aged ten - twelve years in extracurricular activities"

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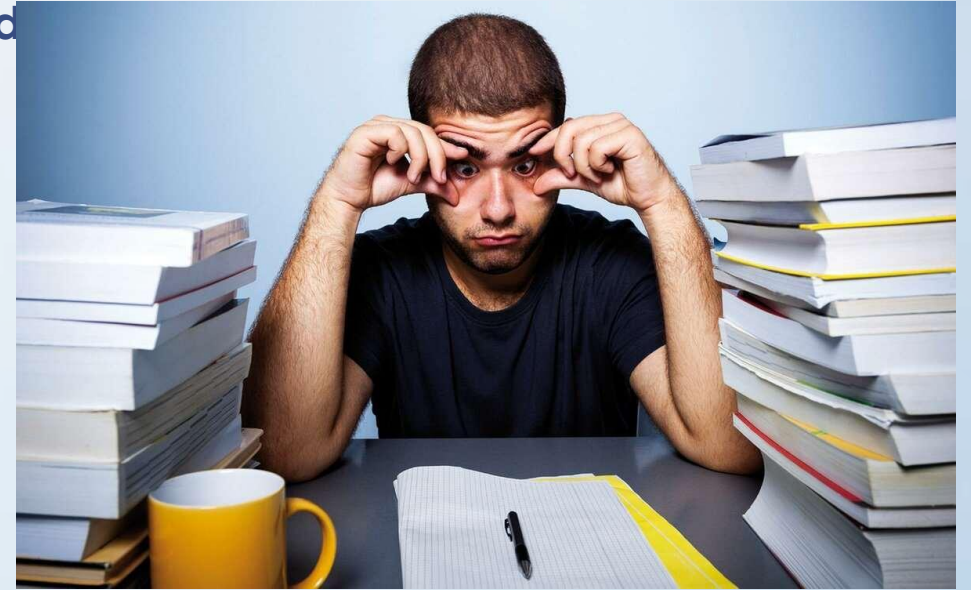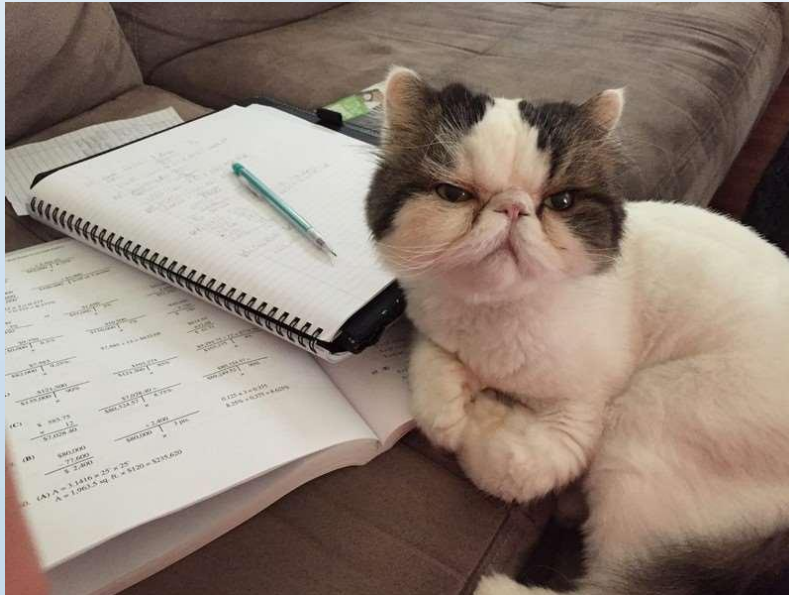
My name is Irina Aladinskaya

I work as a physical education teacher and ski racing instructor.

I love running, my primary distance is 100 kilometers

Subject of research: coordination abilities of students formed during extracurricular activities in physical culture.

Object of research: physical development of children aged ten to twelve years.

Research objectives:

1. to Study the features of the organization of extracurricular activities in physical education classes
2. To examine the characteristics of coordination abilities and regularities of their development on the average school age
3. Determine the best methods for studying coordination abilities
4. develop an experimental method for improving the level of coordination abilities in older students.
5. Prove the effectiveness of the developed methodology by introducing it into the educational process

Study methods
1. method of theoretical analysis and generalization of literature.
2. Pedagogical testing.
3. methods of mathematical and statistical processing of the material:
a) statistical observation
b) sampling method
c) Statistical summary and grouping of observation results
d) relationship of measurement results
e) correlation coefficient
f) questionnaire method study methods

In the course of the analysis of scientific and methodological literature, we came to the conclusion that despite the fact that the curriculum provides for the comprehensive development of the student's knowledge, skills and abilities.

There is a problem that, depending on the curriculum and work program, as a rule, we develop a number of strictly defined physical qualities.

This, in turn, leads to the fact that while we develop one physical quality or a set of skills, other skills are gradually lost. Subsequently, this leads to a low level of physical fitness and poorly developed individual physical qualities at specific stages of training.

In the course of studying scientific sources, it was revealed that in most scientific works the development of the coordinating abilities of schoolchildren is considered only at primary school age (up to ten years).
And in other age categories, the development of coordination is considered only in the context of specific sports.

Which is extremely strange, given that the peak of the development of coordination abilities occurs precisely at the primary school age and continues until the beginning of puberty.

So the research hypothesis was formulated: the inclusion of outdoor games, namely bowlsport in the curriculum will enhance their positive impact on the development of coordination abilities in the middle school age.

The experiment consists of 4 stages:

1. analysis of the scientific literature on the research topic
2. identification of the problem, identification of the control and experimental groups
3. writing an author's (experimental) work program for extracurricular activities
4. implementation of the program in the school and analysis of results

I am sure that my research is relevant because petanque is one of the few sports games that does not require physical fitness, and also requires a minimum amount of equipment.

Petanque combines several sports that are not combined with each other: Golf + Curling + Billiards. And the degree of activity of the game is selected individually for each student. Classes can be held both indoors and outdoors. When playing petanque, different muscle groups, eyesight, tactical thinking are developed, as well as the ability to follow a certain strategy and team play skills are formed.

In addition, there is no experience in implementing this game in General education institutions in Russia

Thank you for your attention