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MODEL OF ORGANIZATIONAL AND METHODOLOGICAL FRAMEWORK OF HEALTH-ENHANCING AND RECREATIONAL ACTIVITIES FOR PRESCHOOL CHILDREN IN A FOOTBALL CLUB ENVIRONMENT

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Abstract

The article addresses the urgent problem of improving the organizational and methodological framework of health-enhancing and recreational activities for older preschool children in children's football clubs aiming at strengthening the health of this population and increasing their involvement in regular physical activity. **Objective.** To substantiate the model of organizational and methodological framework of health-enhancing and recreational activities for preschool children in a football club environment. **Research methods.** The following methods were used in the study: theoretical analysis of special scientific and methodological literature and documentary materials, pedagogical and sociological methods, modelling, and methods of mathematical statistics. **Results.** The model of organizational and methodological framework for health-enhancing and recreational activities of older preschool children in a children's football club environment was theoretically substantiated and developed. The model included organizational, diagnostic, methodological, and control units, as well as the

technological and methodological conditions for its implementation to improve safety and the effectiveness of classes for preschool children. The program of health-enhancing and recreational activities involving football skills training, which was a component of the developed model, was substantiated, developed, and implemented. Information and educational components of the model were also developed to increase the level of awareness of parents on health issues. Special training was conducted for children's coaches to increase the level of knowledge on the safety of classes and on the use of health-enhancing and recreational physical activity during classes for older preschoolers. **Conclusion.** The study has identified the ways to modernization of organizational and methodological framework of health-enhancing and recreational activities for older preschoolers in a football club environment.

Keywords: preschool children, children's football clubs, model, organizational and methodological framework, health-enhancing and recreational activities.

Introduction. Leading researchers believe that the main factor in strengthening and maintaining health is systematic physical activity [4, 5]. Rational design of physical activity regimen for children is one of the most important tasks of the system of preschool physical education [13]. However, in the scientific and methodological literature there are divergent views on the content, organizational and methodological peculiarities, and parameters of physical activity of 5-6-year-old children, especially when it concerns to using team sports elements [2, 8, 6, 11].

Analysis of recent research and publications. An analysis of special literature on the studied problem confirmed the relevance of the issue of organizing health-enhancing and recreational activities for preschool children, despite the implementation of a variety of programs in preschool education at the current time [7]. This is confirmed by the trend of deteriorating health and reduced level of physical fitness in preschool children [3]. Experts have pointed out that the system of physical education in preschool institutions is not functioning effectively enough, and emphasize the need to improve it both in terms of traditionally used and the introduction of new means, forms, and methods of physical education [10, 12, 14]. In these circumstances, the use of game-based approaches and exercise from team sports training in the system of health-enhancing and recreational activities for children aged 5-6 years is of particular interest [1, 2, 6, 9]. Health-enhancing and recreational activities, which are based on the use of elements of team sports, can significantly increase the

level of physical fitness, contribute to physical and mental development, and motivate preschool children to regular physical activity.

Objective. To substantiate the model of organizational and methodological framework of health-enhancing and recreational activities for preschool children in a football club environment.

Research methods. The following methods were used in the study: theoretical analysis of special scientific and methodological literature and documentary materials, pedagogical and sociological methods, modelling, and methods of mathematical statistics.

Results of the study and discussion. The study of the current state of the issue of improving organizational and methodological framework of health-enhancing and recreational activities for preschool children in a football club environment involved 11 experts. In the judgement of 18.2% (n=2) of the experts, organizational and methodological framework of health-enhancing and recreational activities for preschool children in a club environment is well developed, however 81.8% (n=9) of them believe that it should be modernized taking into account the latest findings of educational research. The most of the respondents (90.9%, n=10) highlighted the negative aspects of existing organizational and methodological framework of health-enhancing and recreational activities of preschool children in children's football clubs and drew the most attention to the inconsistency of traditional health-promoting measures for preschoolers and those that need to be replaced with more appropriate for solving the issue of improving health and physical fitness, and proper physical and mental development of children.

When making recommendations that will help increase the effectiveness of organizational and methodological framework of health-enhancing and recreational activities of children's football clubs, all of the experts unanimously pointed to: the need to substantiate and develop health-enhancing and recreational programs for preschool children in a club environment; the importance of the use of educational innovations, modern psychological and educational technologies; introduction of innovative programs that increase the effectiveness of conditions for organization of health-enhancing and recreational activities in a football club environment; the relevance of developing a clear organizational model and methodological support for health-enhancing and recreational activities in a children's football club environment, as well as the appropriateness of active use of traditional and non-traditional forms, methods, and means of physical education that would optimize the physical activity regimen of preschool children. The results of the expert assessment formed the basis for improving organizational and methodological framework of health-enhancing and

recreational activities of children's football clubs.

The model consisted of four units: organizational, diagnostic, methodological, and control (Fig. 1). The organizational unit included an assessment of the material and technical conditions of the children's football club, an assessment of human resources, an assessment of the possibility of implementing health-enhancing and recreational programs for older preschool children. The diagnostic unit involved an assessment of the physical condition of older preschool children and survey of parents about characteristics of physical activity of their children, their interests and preferences. The methodological block consisted of the "Football Stars" program of classes involving the use of sports animation and the "Football club" program of classes, as well as included an information and educational component aimed at increasing educational literacy of parents on health issues and a training course for children's coaches to improve their knowledge on the safety of classes and the use of health-enhancing and recreational physical activity during classes with preschool children. The control unit included an assessment of changes in the physical condition of older preschool children, the level of their satisfaction with participation in the programs involving the use of the means of health-enhancing and recreational physical activity, as well as making adjustments to the programs when it was necessary. The following technological conditions for the implementation of the organizational and methodological framework of health-enhancing and recreational activities in children's football clubs were identified: assessment of the available material and technical resources, evaluation and description of the spatial conditions, facilities, and equipment that can be used for health-enhancing and recreational activities; surveying parents to determine the objectives of the program, taking into account the age, interests, expectations, and needs of children; and designing health-enhancing and recreational program for older preschool children.

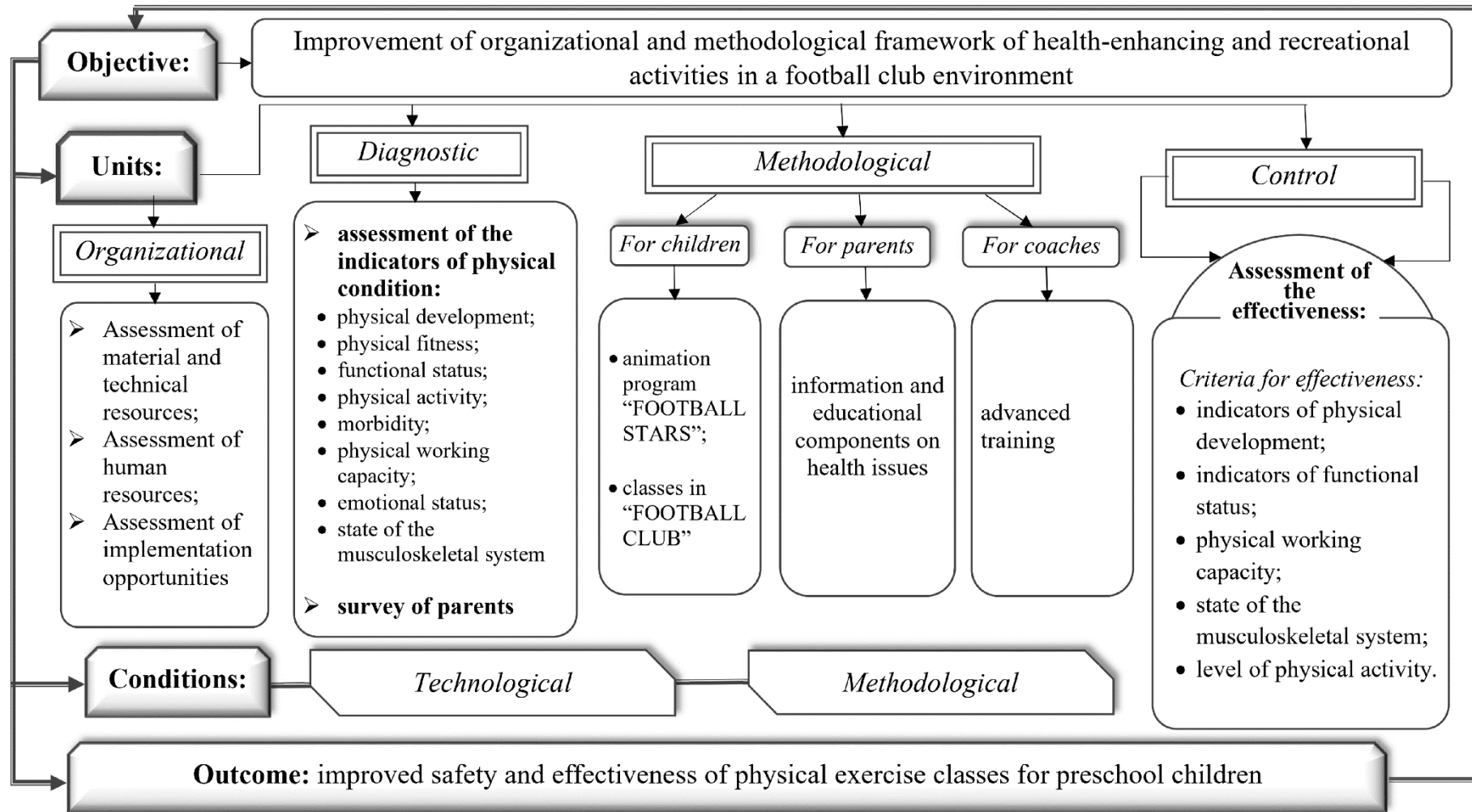


Figure 1. Structure of the model of organizational and methodological framework of health-enhancing and recreational activities of a children's football club

For each session, the description was provided that included a list of specific activities, their duration, and place. For the formation and satisfaction of children's interest in participating in the classes, a variety of animation activities were carried out; parents and children were informed about the content, benefits and attractive characteristics of the program; the changes were made in the content and schedule of classes according to the implemented program of sports animation; and program participants were tested and surveyed.

The main methodological conditions for the program implementation were taking into account the initial level of physical condition of older preschool children and providing proper primary, operational, and on-going medical and pedagogical assessment; taking into account the needs of children and the expectations of their parents when determining the objectives of health-enhancing classes; creation of a complete schedule for health-enhancing and recreational classes; improvement of professional competence and qualification and providing methodological support for coaches who conduct classes according to the program; creation of optimal conditions for the work of children's coaches; improving educational literacy of parents on health issues; creating favourable conditions for personal development and creative self-realization of children involved in the classes; and flexibility and mobility of the program in response to changes that occur with children in the process of health-enhancing and recreational activities.

The program included a series of fun games with a football ball: relay games, active games, contests, sports quizzes, entertainment events, sports festivals, and story-role games. These exercises were easy to do and interesting for children. Since the training groups were formed of children with different levels of physical fitness, special attention was paid to the safety and to simplicity of doing the exercises. Duration of physical activity sessions did not exceed 40 minutes. The workouts were done three times a week. Adding of special exercises aimed at getting acquainted with the game of football to the program contributed to the mastering of the following elements of initial technical training: stopping the ball with the foot; passing the ball with the foot (inside of the foot); dribbling the ball with the left and right foot; kicking the ball with the instep etc. Preschool children, who showed an increased interest in football, had the opportunity to attend additional classes in the "Football club", which were focused on the initial football training. The main tasks of the "Football club" program were as follows: learning the basic football techniques; studying the history of football; training in basic knowledge of football officiating; development of competitive skills in accordance with the rules of the game of football; increasing the level of general physical and functional fitness of children; and learning the techniques of playing football and improving tactical actions.

Conclusions. The study has identified the ways to modernization of organizational and

methodological framework of health-enhancing and recreational activities for older preschoolers in a football club environment. The model of organizational and methodological support for health-enhancing and recreational activities of older preschool children in a children's football club environment was theoretically substantiated and developed. The model included organizational, diagnostic, methodological, and control units, as well as the technological and methodological conditions for its implementation to improve safety and the effectiveness of classes for preschool children. The program of health-enhancing and recreational activities involving football skills training, which was a component of the developed model, was substantiated, developed, and implemented. Information and educational components of the model were also developed to increase the level of awareness of parents on health issues, the level of knowledge of children's coaches on the safety of classes, and the use of health-enhancing and recreational physical activity during classes for older preschool children.

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