ANALYSIS OF COMPLEX MOVEMENT OF YOUNG CHILDREN

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In this study we investigated psycho-motor learning of a complex motor task (long jump). Long jump is elementary movement that is composed of inrun, push off, flight fase and landing (Coh, 1992). Children like to jump. Soon after they learn how to run they start jumping. First they push off with both feet. Five to six year old children have very good morphological proportion which enable them good conditions for their activity (Pisot and Planinsec, 2005; Rajtmajer, 1990). At this stage most of children know how to push off with one foot. For correct execution of the long jump we have to plan the practice. Only in this way children can achieve proper degree of coordination and strenght for correct execution of the long jump. One of the ways to find out influence of programmed practice on the movement itself is experiment in physical education (Sagadin, 1993).

In the study we included 100 children in experimental and 100 children in control group of both genders from 5,5 to 6 years of age. Experimental group performed programmed practice for seven weeks (fourteen training units). We tested starting and final conditions of both groups by the test «long jump». We assesed the execution of the movement according to previous criterion (Rajtmajer and Vehovar, 2002). We compared the knowledge of experimental and control group and between boys and girls with the t-test for independent samples. The computation was performed using the SPSS statistical software.

We found out that experimental group improved significant (p<0,05) compare to control group and that in all groups boys performed the test better than girls (p<0,05). Our results are very similar to the results of previous research (Rajtmajer and Vehovar, 2002). The difference in the final state of experimental and control group are according to their research (1,70) almost the same as ours (1,67). The results show that with the suitable practice we can achieve progress in the child’s knowledge in a relatively short time.


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