



PHYSICAL READINESS OF CHILDREN FOR SCHOOL ACTIVITIES

Snezhana Vacheva

KONSTANTIN PRES LAVSKY UNIVERSITY OF SHUMEN

Abstract: *The paper dwells on the model of children's physical readiness for school activities. It further comments on the following criteria: good health condition of the child, child's fitness, level of endurance and industriousness of the child's body, high level of resistance against diseases, harmonic physical and nerve-psychic development, high level of motor development, cultural-hygienic habits and manners in maintaining the principles of personal hygiene, motor skills; physical skills with children, interest and desire for participating in physical activities.*

Key words: *physical, readiness, children, school activities*

The moment the child enters the school building his/her kind of living changes as well. The child starts studying the basics of school subjects and disciplines. This definitely asks for a particular level of intellectual, social and physical development. The school activities, the new school environment are factors which create a level of tension in the nerve system and other functional systems of the child. The child should possess a certain level of physical development in order to easily and painlessly adapt to the school surroundings, which will help him/her easily assimilate the school lessons. In that respect the physical preparation of the child for school is of special importance. It comes as a result of the physical development which becomes obvious in kindergarten and in the family.

T. Babaeva adds to the physical readiness of the children for school activities the following components: good health condition of the child, fitness, certain level of endurance and industriousness of the child's body, a high level of resistance against diseases, harmonic physical and nerve-psychic development, a high level of motor development, cultural-hygienic habits and manners when maintaining the principles of personal hygiene [3]. This model could also couple to some extra components – formation of motor skills; physical skills with children, interest and desire for participating in physical activities.

Studying in the school institution is a rather complicated activity for students which requires that they should be in good health condition. Strengthening of the body and health and creating suitable conditions for appropriate physical development are problems and tasks regarding the physical education in kindergartens. The physical state of the child determines his/her abilities and eagerness when participating in diverse school activities. Health is a crucial factor in improving the mental capacity for work with children. The functional abilities of the child's organism do not only determine his/her readiness for school activities but they also have a certain impact on child's adaptation to them.

The process of making children harder and fitter is a vital factor in the process of improving child's overall well-being. This definitely asks for a number of principles that should be strictly followed: the principle of order, systematic regularity, individual approach. The effective process of making children harder and fitter could successfully contribute to the decrease of the infectious diseases among children in school. Due to that process the child's body does not only get fitter and stronger and more resistant to illnesses and negative external influences of the school environment but certain conditions are established so that the child could adopt additional knowledge, skills and habits. Health strengthening and the process of hardening the child's body contribute extensively to the appropriate physical development and the improvement of the mental capacity for work with children. The process of physical development is closely related to children's health and is a major component in their physical readiness for school. Successes in education depend on children's physical development as well. It is a biological process which refers to the ontogenetic alteration of the morphological and functional symptoms of the human organism. Physical development - average height, weight, chest volume, muscular tonus, body proportions, eyesight, hearing, motor functions, nerve system status and overall good health condition. A major problem in pre-school education is to achieve physical efficiency in realization of different forms of motor activities.

Physical readiness comes as a necessary component of school maturity (T. Baeva). School maturity expresses a certain level of morpho-functional and psychic-physiological development of the child's organism which allows him/her to adopt a set of knowledge and skills.

Another characteristic feature or component of the process of physical readiness is the development of motor skills. A special part in developing writing skills with children is the training process of the wrist muscles. Writing is a hard activity for children and children should be prepared for it. An important condition is the psychic-motor readiness of children for school. Dina Batoeva relates this component of school education readiness to a certain level of school and educational maturity; the coordination of wrist movements and the

development of sensor processes. She points out that the psychic-motor readiness of children for school does not only refer to the physical readiness for school, but it is also related to the other personality sides, characteristics, qualities and states [2]. P. Kozhuharova focuses on the dependence which exists between the graphic skills and peculiarities of thinking (capacity for summarizing, analyzing and synthesizing). In order for children to solve the graphic task they should analyze the suggested elements they are supposed to redraw outlining in their minds the most particular elements [3].

It could be concluded from the above mentioned that motor development is a crucial factor in physical, psychic-motor readiness of children for school and of other components in the process of readiness.

Children's motor activity is essential and needed for their adequate physical development and in enhancing their capacity for work. Motor activity turns to be a necessary condition for the normal functioning of the organs and systems in the child's organism. The relation between the child's motor activities and his/her intellectual development has been known for a long time. The active participation of the child in motor activities is of great use when the child is in the process of forming motor habits and skills. Physical culture and its main component – physical education have to drop almost to zero the negative external influences of the sedentary way of living and especially with respect to children [1].

The physical readiness of children for school could be characterized by the level of the formation of the physical qualities – strength, endurance, rapidity, agility, flexibility, resistance and balance. The physical qualities actually determine the efficiency of the natural child's movements – jumping, throwing, running and others. That's why a major task with respect to physical education in pre-school educational institutions is the formation of physical qualities in children.

Pre-school childhood is an important period for the formation of health-hygienic habits with children. In that period they do not only adopt basic health-hygienic habits and routines but they also realize their importance for the health. Children should acquire knowledge of the role of the motor activities in child's development, be familiar with the basic means of physical education and the basic rules in the activities concerning individual hygiene. This definitely increases the child's interest in physical occupations and provokes their desire to actively participate in the activities. In that way still in kindergarten children become interested in physical education lessons in school and are taught to take care of their health.

The physical readiness of children for school is a crucial condition and prerequisite for successful education in the school institution. Children's good health and their appropriate physical development make the child's organism unadaptable to the unfavorable factors in the school surrounding. Additionally,

children could easily acquire the educational material showing interest and enthusiasm without losing their nerve energy and draining their good health.

References:

- [1]. Aleksiev, R. Motor activity in kindergarten, Shumen, 2005.
- [2]. Batoeva, D. and I., Koleva, Special preparation for school, Bl. 1992.
- [3]. Doshkolanaia pedagogika: Metodika i organizaciia kom. vospitaniia v det. sadu. Ucheb. posobie dlia studentov ped. in-tov po spec. 2110 "Pedagogika i psihologiya (doshkolanaia)" pod red. V. I. Loginovoi, P. G. Samorukovoi. M., Prosveshtenie, 1983.
- [4]. Kozhuharova, P. Interdependences between the psychomotor readiness and the results of the training in mastering the graphic component during the period of initial writing. In: Strategies for quality provision in secondary education // Ministry of education and sciences, Konstantin Preslavsky University of Shumen, DIQLL, Varna, 2001.