

The Role of All-Russian Physical Culture-Sports “Ready For Labor and Defense” (GTO) Complex in the System of Junior School Children Education

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Abstract—The article is about modern problem of physical upbringing and health improvement among junior age schoolchildren. During different points of view study concerning this problem we defined the plan of the future experimental work. In the presented material we studied the questions of physical readiness and motivation for the regulated normatives of All-Russian physical culture and sport “Ready for labor and defense” (GTO) complex fulfillment. There is a theoretical interconnection between physical readiness of junior schoolchildren, which should be oriented toward RLD (GTO) normatives fulfillment, and their health state. We studied age period of the 1st and the 2nd step of physical culture and sports RLD (GTO) complex. In the end we presented the plan of the experimental activity concerning physical upbringing process and junior schoolchildren’s motivational training optimization.

Keywords—primary school pupils; physical culture and sport complex “Ready for labor and defense”; physical training; motivation to attend physical culture lessons.

I. INTRODUCTION

Modern conditions of life demand another axiological mindsets and rules. In all educational establishments of Russia educational load increases and students have to spend this time in anatomically unnatural position – sitting. According to the results of the Ministry of Health of the Russian Federation, only two of 10 schoolchildren don’t have pathologies and chronic diseases. In Europe and America this index is in the following ratio: six to four (6 people don’t have chronic diseases and 4 have some pathologies). These indices are the base of a healthy nationality and as a result, the guarantee of a successful country development during further 20-30 years.

Physical upbringing as the unit of general physical culture has the aim of recreational and health-improving approach to teaching. The Russian Federation Government tries

to find optimal solutions and introduce considerable changes into a school program. Changes include the following: hours increase, given for physical culture and All-Russian physical culture and sport complex “Ready for labor and defense” (GTO) introduction. In spite of the fact that everything is fulfilled in order to achieve state policy aims, the level of schoolchildren’s health state stays at a low level. It is proved by the works of many authors, who specialize in these problems analysis and discussion.

II. LITERATURE REVIEW

D.V. Abramovich said that “health was the main value in life”. The notion of a healthy life style, health protection and physical qualities formation and development is mainly realized during physical culture lessons at primary school [1]. N.I. Sinyavskiy, analyzing physical readiness of primary school pupils, says that in spite of all orders of the Russian Federation Government, physical fitness of junior schoolchildren and as a rule their health state is far from being perfect. It happens as there is insufficient amount of physical upbringing lessons and RLD (GTO) complex lessons realization [9, 10]. All reports of officials connected with this complex realization and introduction are based on the results of sports pupils’ schools for children, which doesn’t fully reflects reality and differs from the indices of the decreasing health level among schoolchildren, starting from primary school pupils. All possible programs of development, devoted to primary school pupils and RLD (GTO) complex in particular prove this fact.

We can say that junior school age is the basic step in Federal state educational standard realization as the main document, which regulates the activity of schoolchildren and teachers. Most scientists (V.K. Balsevich, G. Doman, A.A. Kamenskiy) say about the absence of stress and orientation to getting pupils acquainted with physical culture and sport RLD

(GTO) complex during physical culture lessons at primary school. This fact is a difficulty for pupils, as there is no “continuity” of physical training among schoolchildren. It is mentioned in the strategy of physical culture and sport development till 2020. As a result, junior schoolchildren, their parents don’t know all aspects and “hidden dangers” of RLD (GTO) complex. They are misled by a subjective opinion, based on RLD complex activity in the Soviet Union and mass media. That is why the role of physical upbringing events, orientation to getting acquaintance and motivation to correspondence with normatives since early age is an important step on the way to the problem of primary school pupils’ health state solution [2, 3, 4].

I.S. Kolesnik claims that modern physical culture and sport RLD (GTO) complex is able to become the program and normative base of physical upbringing and teaching not only among schoolchildren, but also the population of the country [5]. Nowadays physical culture and sport RLD (GTO) complex is the way to estimate general physical training level of a person of the corresponding age. We can say that correspondence with normative demands of RLD (GTO) complex and a high level of physical development provide relevant and safe degree of health and absence of preconditions for this state negative change. That is why the problem is in the necessity to specify methodical work according to many-sided training among primary school pupils (physical and motivational) taking into account their level of individual health, medical-biological support and a sensitive period of physical qualities formation, which are typical for primary school children.

Studying the age period of the 1st and the 2nd step of physical culture and sport RLD (GTO) complex. Considering normative correspondence of schoolchildren with physical culture and sport RLD (GTO) complex, we should mention that renewed in 2014 complex, its exercises and their amount, are divided into several steps, according to the age of the respondents [6, 7]. We are interested in the first two steps: the 1st step – schoolchildren at the age of 6-8 (the 1st and 2nd forms), the 2nd step- schoolchildren at the age of 9-10 (the 3rd and 4th forms). All control tasks, offered for primary school children, correspond with physical loads, which should master primary school children at physical culture and independent lessons. According to the aim of those, who created the complex and the normative-juridical documents, which regulate this activity, having mastered the definite level of physical qualities at primary school, with their transfer to secondary school, primary school children should regularly fulfill the exercises from RLD (GTO) complex and demonstrate higher results.

III. RESULTS

All-Russian physical culture and sports complex “Ready for labor and defense” defines its main aims: productivity increase of physical culture and sport abilities use in health improvement, harmonious personality development and succession provision in physical upbringing realization among people. Global aim of this complex is life duration increase

among the population of the country with the help of regular physical culture lessons. Physical culture and sports complex “Ready for labor and defense” is based on the principles of voluntariness and availability. However, according to the research results of some scientists, regular RLD (GTO) complex fulfillment for own physical readiness revelation happens after 18 years-old, avoiding junior school age (6-9 and 10-12 years-old).

In Chelyabinsk region the level of correspondence with the regulated norms of physical culture and sport RLD (GTO) complex was not very high among primary school pupils. We can come to the conclusion that physical training is at a low level and as a result, there are diseases and pathologies progress among primary school children. R.I. Platonova says about the necessity to organize obligatory physical upbringing process optimization at school and physical culture lessons correction [8]. It is also necessary to provide motivation during the process of training for RLD complex normative fulfillment and improve the degree of motivation for independent physical culture activity.

IV. CONCLUSION

We come to the following conclusion:

1. Primary school children’s health becomes worse, regardless of the attempts of the state to optimize the process of physical upbringing (the third physical culture lesson introduction into curriculum, physical culture and sport RLD (GTO) complex renewal and introduction).

2. All-Russian physical culture and sport “Ready for labor and defense” complex is considered the criterion of physical readiness estimation among primary school pupils and other people. As a result, regular and “clear” correspondence with the regulated norms of RLD (GTO) complex among schoolchildren can show the level of their health state, physical training level and the degree of motivation to go in for physical activity. If schoolchildren fulfill the exercises, pass the normatives and achieve “badge zones” (bronze, silver, gold), we can claim the effectiveness of physical upbringing and education conception at this stage. If schoolchildren don’t correspond with the regulated norms of this complex, don’t know about it, we can say about the problems in the conception of physical culture education, which can lead to problems with health among schoolchildren and the degree of motivation decrease to lead healthy life style, to realize independent physical culture activity.

3. Taking into account the facts by some authors, Chelyabinsk region and Chelyabinsk in particular have low level of correspondence with the regulated norms of RLD (GTO) complex. We can state insufficient amount of physical culture lessons, their effectiveness, the absence of stress on motivation formation to fulfill the normative of RLD (GTO) complex [11,12,13].

Taking into consideration all mentioned above facts we created the plan of experimental activity concerning the work optimization with primary school children:

- to fulfill diagnostics of correspondence with the normative of physical culture and sport RLD complex among primary school children at municipal autonomous educational establishment secondary school №147 in Chelyabinsk;

- to analyze the received results, taking into account individual and anatomic-physiological characteristics of junior schoolchildren;

- to carry out experimental work concerning motivation increase to fulfill regulated norms of physical culture and sport RLD (GTO) complex;

- on the basis of the received results of the experimental work create methodical recommendations, directed toward junior schoolchildren's motivation level increase to go in for physical culture.

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