

Innovative approach to physical education software for primary school students in Romania (2014-2020)

According to the Romanian legal framework and school curriculum, the area of physical education, sport and health covers two primary school subjects - "physical education" and "play and movement". It is this synthesis that directly affects the specific training for the formation of students' health by educating the need for movement. The subject of "Physical education" directly provides physical development, which is implemented through the formation of mobile skills, growth of physical qualities, providing the benefits of integration into the natural and social environment.

The educational subject "Game and movement" aims to complement and strengthen this influence by introducing games with their cognitive, social and developmental components. The subject of "Physical education" is studied according to the program for two hours a week by a physical education teacher, and for "Play and movement" one hour a week is provided under the guidance of primary school teachers or professional instructors or teachers.

The provisions of the program for grades 3-4 are developed according to a new model of school design, focused on competencies. The content of the programs is structured in such a way that they contribute to the development of the student from the initial stage of training, using the knowledge, skills and abilities acquired in pre-school education institutions. The main reference point of the pedagogical course, starting with the competencies, goals, and, accordingly, the forms and methods of forming the student's personality.

The curriculum being analyzed is not a dogma and is a flexible offer that allows specialists to vary their educational activities. It provides for the implementation of a personalized pedagogical impact, which will ensure the formation of knowledge provided by the program in a context specific to each class and each student.

It is age-specific, based on the motivation to learn through games, that has become the basis for differentiating pedagogical actions depending on the level of physical fitness of children. Consider the program "Play and movement" for grades 3 and 4 of the Romanian school, which was tested in accordance with Annex 2 to the order of the Minister of national education of Romania No. 5003/02.12.2014 in 2014 and implemented in the educational activities of schools in this country in 2019.

The introduction of the subject "play and movement" in the curriculum of grades 3-4 in Romanian schools emphasized the role of play in the development of children aged 9-10 / 11 years. As a full-fledged and integrated component of the software program "Game and movement" emphasizes the educational, educational and training potential of games, especially targeted specifically for the period of primary school age.

A large number of types of outdoor games (with and without subjects) aimed at cooperation and competition, with or without roles, can be the basis for designing certain situations in learning with a rich and useful impact on the child's personality.

The potential of outdoor games can be used to strengthen the knowledge gained in the study of other subjects (Romanian language, mathematics, natural science, etc.). The integrated way of learning these subjects makes it possible to learn / strengthen the alphabet, numbers, names of animals, fruits, vegetables, and the like. Due to the specificity of group activity, mobile play contributes to the demonstration of social relations (cooperation, competition), anticipating the harmonization of individual interests and their own efforts with the group; it promotes inclusion in the team, taking responsibility, demonstrating critical and self-critical behavior, initiative, and allows children to find out what tolerance means, accepting another, making a decision, and taking responsibility for its consequences.

The school program for the course "Game and movement" offers a flexible start, based on the assessment of the teacher's competence and experience, and the specific resources of the educational institution. Teaching staff are free to choose, change or Supplement educational activities that should be adapted to the characteristics of students and based on learning through games.

In turn, students are encouraged to Express their impressions of the implementation of certain games in the learning process. Among the main competencies of the program are:

- participation in outdoor games, organized or spontaneous;
- * demonstrate adequate social behavior in daily activities.

Accordingly, the program divides specific competencies and provides examples of training activities. In the context of playing activities, it is important to have a balanced perception of victory/defeat in mobile games. To do this, the program provides: performing roles and tasks in the team (team captain, judge, Secretary, etc.); participating in the draw; greeting team members/opponents; independent analysis of their own performance and the team's performance.

The components of the second specific competence in the program "Game and movement" and examples of educational activities are offered only for the fourth grade.

The main content of the program is a list of types of outdoor games and relay races, differentiated respectively for the third and fourth classes. Here is a list of them for the third grade in the program "Game and movement". Games are divided into three large groups: games for the development of psychomotor skills (outdoor games with varieties of walking, running, carrying objects; games and relays with jumping, throwing and lifting; games, transitions and relays, including complex motor skills: they are pushing, climbing-convergence), games and exercises that foster communication and cooperation skills in a group. The third group of games is called "Active lifestyle". It combines a variety of games and sports events, children's tourism.

So, the "Game and movement" program for grades 3 and 4 of the Romanian school, which was tested and implemented in the educational activities of schools in this country in 2019, offers a flexible start, based on the assessment of the competence and experience of the teacher, specific resources of the educational institution. In the future, it is planned to analyze other educational programs in the field of "Physical culture" of Romanian educational institutions for the use of effective ideas in the Ukrainian education system.