



The effect of educational exercises according to the learning by playing strategy in developing the agility of the Romanian junior wrestlers (10-12) years old

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Abstract :

The research aims to identify :

1. Preparing educational exercises according to the learning by playing learning strategy aimed at developing the agility of the Roman gladiators in line with the capabilities of the research sample.
2. Knowing the effect of educational exercises according to the learning strategy by playing in developing the agility of the Roman wrestlers.

The experimental method was used, and the Al-Kadhimiya Club wrestlers were selected for the junior players, which is (15) wrestlers, aged (10-12) years old.



The results resulted in a positive effect between the results of the pre and post tests for the two research groups and in favor of the post tests in developing the agility of the Roman wrestlers under study.

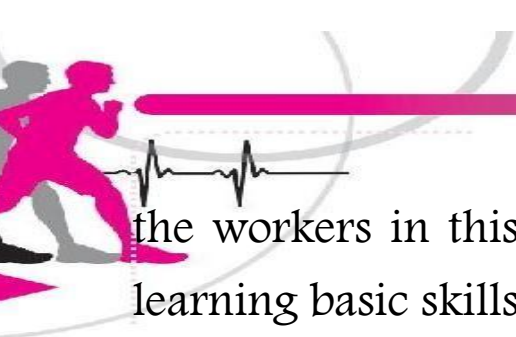
It has been recommended to use the learning by playing strategy in teaching students for its effectiveness in facilitating the delivery of information to learners

Introduction and research importance:

Educational research confirmed that children often tell us what they think and feel through their play. Recent studies have the great value of playing in acquiring knowledge and the skills to reach it, if it is well exploited and organized. It is known that the wrestling game requires specific physical requirements and motor skills, and that agility is one of those requirements that a wrestler needs, and that it helps the wrestler to integrate several movement grips in an orderly and sequential manner, as well as performing grips under changing conditions. These variables require wrestlers to have special and interconnected compatibility capabilities to achieve the best performance, so the researcher focused on an important aspect of it, which is agility.

research The problem:

Agility is one of the basic requirements and actually contributes to influencing skill performance and achieving a high level achievement in the field of wrestling. Despite this importance, through the researcher's experience as he is one of



the workers in this field, he noticed that there is an interest in learning basic skills and physical abilities in general and a lack of focus on agility and providing a service to club coaches in developing their teams and raising them to the best level.

The research aim:

1. Preparing educational exercises according to the learning by playing learning strategy aimed at developing the agility of the Roman wrestlers in line with the capabilities of the research sample.
2. Knowing the effect of educational exercises according to the learning strategy by playing in developing the agility of the Roman wrestlers.

The research Hypotheses:

1. There are statistically significant differences in the pre and post tests in the development of agility for Roman wrestlers.

The research fields :

The human field: - Among the wrestlers of the Police Club for the junior category, which number (15) wrestlers, aged (10-12) years.

Time range: - Duration from 12-25-2018 to 13-22-2019

Spatial domain: - The wrestling hall in the Police Sports Club

Research Methodology:

The researcher used the experimental method for its suitability to the nature of the problem through the use of the experimental design with (the pre- and post-test for one group).



Research community and sample :

The research community consists of the Police Club wrestlers for the junior category, numbering (17) wrestlers aged (10-12) years and who are registered within the Iraqi Wrestling Federation 2018/2019. Their percentage (88.25%) of the original community.

The researcher adopted the following tests:

Run/Back Test 4 x 10m 40m))

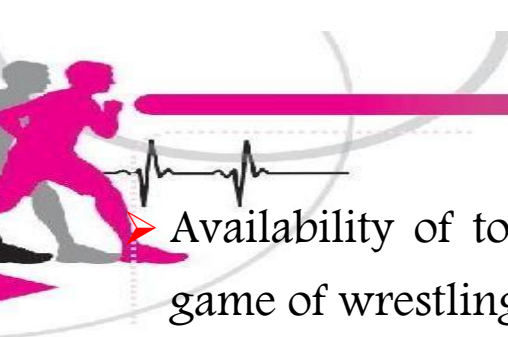
The researcher conducted an exploratory experiment on 12/18/2018-22/12/2018 on a survey sample of (2) in order to ensure that:

- The suitability of the exercises to the research sample.
- Avoiding obstacles and problems that the researcher may face during the implementation of the test.

The major experience.

The units include a set of exercises according to the strategy of learning through agile play. The units contained (16) training units at a rate of (4) weeks, which were implemented on 25/12/2018 until 22/1/2019 at the rate of (4) training units during the week for the days (Sunday, Monday Tuesday Wednesday).

- The exercises used in the educational units are derived from the wrestling game
- Knowing the principle of the appropriate time distribution of educational exercises



- Availability of tools, devices and capabilities for learning the game of wrestling in different environments
- The ability of exercises to evaluate in the light of defining educational goals and evaluation position
- Taking into account the principle of practical exercises exercises

Post-tests :-

The post tests were conducted for the research sample, under the same conditions as the tribal tests. The post tests were conducted. The post tests were conducted on Thursday 23/1/2019.

Statistical means: - The researcher used the statistical package (SPSS) and extracted the values of percentage, arithmetic mean, median, simple correlation coefficient, skew coefficient value, and using (T) test for correlated samples (pre and post).

Presentation, analysis and discussion of results:

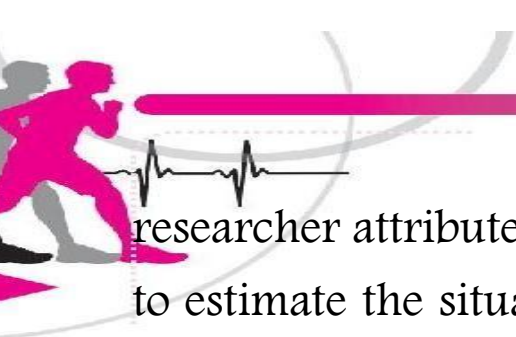
Table(1) Shows results of agility tests

The indicated difference	line level	value(t) calculated	deviation difference	deviation difference	Post test		pretest		measuir unit	Variables
					standar deviatio score	verag score	standar deviatio score	averag score		
Indecatec	0,00	8,21	0,63	1.51	0,49	15,6	0,79	17.1	second	shuttle run

Significance level at error level (0.05)

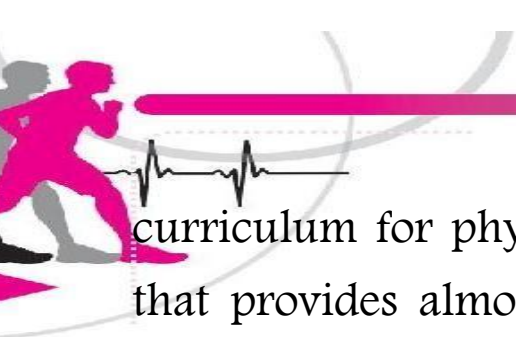
Discussing the results:-

The results showed that there were significant differences between the results of the pre and post tests of the agility test. The



researcher attributes the development that occurred in the ability to estimate the situation through a group of various exercises in the direction of developing agility through jumping exercises, speed of movement frequency inside the training hall, changing speed, changing direction and lateral movements Which covers various forms of the movements performed by the learners during the educational units, where the scientific sources confirmed that (a six-week standardized training using jumping exercises led to the development of the element of agility for young and emerging), in addition to the fact that the researcher took into account the focus on the correct technical performance of the movements when performing the exercises Especially swimming with a change of direction, which the learners were missing before the beginning of the educational curriculum, and this helped to develop the element of agility among the learners of the grips under study, as Paul and others stress (it is important for the learner to perform the agility movements correctly and at high speed).

The researcher attributes the reason for this development to kinetic games through the researcher's reliance on games that contain exercises that include (running, jumping, rolling and jogging with change of direction) based on the principle of suspense and excitement, which made the learners not feel bored, but rather contributed to increasing their motivation and desire to perform this ability. And its development, (a good



curriculum for physical education includes a broad framework that provides almost all students with an opportunity to learn and participate in various sports, whether they are individual or selected group).

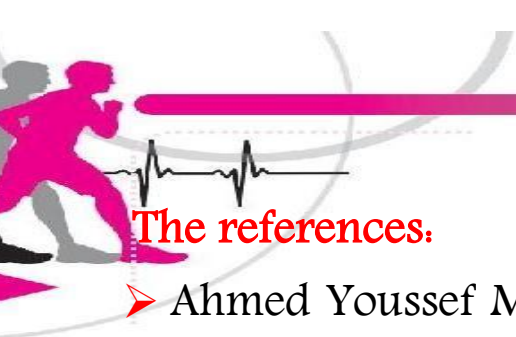
And this accepts the alternative hypotheses that the researcher followed in the variable investigated for the emergence of statistically significant differences between the tribal and dimensional tests of the experimental group and in favor of the dimensional.

Conclusions:

1. Play-learning strategy exercises have a positive effect on gaining agility.
2. Organizing work and controlling the components of the educational unit through the correct use of educational tools and aids, through which it leads to the development of motor abilities and skillful performance of wrestling grips.

Through the results and conclusions that appeared in the research, the researcher recommends the following:

1. It is necessary to use the learning by playing strategy in teaching students for its effectiveness in facilitating the delivery of information to learners.
2. Educational games related to the curriculum that teachers need to teach different mathematical skills.



The references:

- Ahmed Youssef Miteb and Samira Zia Hormoz, the percentage of the contribution of some motor and physical abilities and the self-concept in the performance of some basic handball skills for Babylon University players, (Journal of Physical Education Sciences, Babylon University, Volume 9, Issue 2, 2016), p. 310.
- Farag and Elaine Farag, Experiences in games for young and old, 3rd edition, (Alexandria: Foundation of Knowledge, 2012).
- Hal Wessel, Bketball: Steps to Successas, Human Kinetics, 2011
- -Paul W, Robert P, Mary J, Timothy A, Dynamic Physical Education, Benjamin Cummings, 2012

A model of games exercises in the educational units :

Traffic race from under and over the front roll bar

Objective: -Developing agility and learning the preparatory section of holding the arm and encircling the torso from the back.

The race to break through the hoops and obstacles:

Objective: To develop agility and learn the main section of the roller grip

- -Slalom running with a competitor