

## THEORY OF PHYSICAL EDUCATION ACTIVITIES FOR PUPILS IN PRIMARY SCHOOL

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### Abstract

The "golden period" for brain development, along with elements relating to weight and height, is thought to occur throughout the first six years of life, which corresponds to the time children spend in primary school. Therefore, physical education during this stage plays an important role in helping children have a healthy body and spirit. Based on studying the psychological characteristics of primary school pupils and analyzing directives and resolutions of the Party and State, the Education Law, documents, regulations, and guiding circulars related to physical education for pupils, this paper aims to present an overview of the theoretical system of physical education activities for pupils in primary schools. The findings show that the party and state's policy on physical education for the youth generation is completely practical.

**Keywords:** physical education, primary school, pupils

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### 1. Introduction

Currently, the scientific and technological revolution is developing faster and faster, and the knowledge economy plays an increasingly prominent role in the development process of society. In that context, education has become a decisive factor for socio-economic development. Countries around the world consider education to be the leading factor determining the development and sustainability of each country.

The Directive of the Party Central Committee Secretariat on building and improving the quality of teachers and educational managers stated: "Developing education is a top national policy, one of the important driving forces promoting the country's industrialization and modernization, and a condition for promoting human resources. This is the responsibility of the entire Party and the entire people, in which teachers and educational administrators are the core force, playing an important role" (Directive No. 40-CT/TW, 2004).

The 9th Party Congress affirmed that human resources are the decisive factor in the country's development in the period of industrialization and modernization, so it is necessary to create basic and comprehensive changes in education and training. At the 10th Party Congress, it continued to point out: "Education must aim to train Vietnamese people with the ideals of democracy and socialism, with good national qualities, with the ability and courage to adapt to social changes in the market economy, new requirements of the cause of building and protecting the Fatherland" (Ministry of Education, 2018).

Thus, only by developing education can open a bright future for the country. Because education in general and physical education in particular play a particularly important role in training human resources for the country. These are healthy, technical, skilled, adaptable, and communicative workers - trained and nurtured by advanced education associated with modern science and

technology. If you want to develop education and training, you need to pay attention to the first level of education - the foundation level - primary school level. For elementary school pupils, physical education is very important because at this age, participating in effective physical education activities will initially form a healthy body in pupils.

Physical Education is a very important educational activity, contributing to educating and training people for comprehensive development. Physical education activities in school include physical education and extracurricular sports activities for pupils. Physical Education activities in schools aim to improve health, physical development, contribute to forming and fostering personality, and meet comprehensive educational requirements for pupils. It can be said that the most valuable assets of every human being are health and intelligence. Having good health will create better conditions for intellectual development and vice versa. Sports activities help pupils have good health. From there, they can study subjects and participate in activities in school more effectively, which is contributing to improving the quality of education, so that they can become useful people for society. Sports activities help pupils have high discipline, a sense of responsibility towards the group, a spirit of solidarity, agile behavior, effort, honesty, and integrity. Practicing physical exercise regularly with a detailed plan helps pupils have a healthy, joyful lifestyle, study and work scientifically. Thereby contributing to moral education and character formation for pupils. Thus, to train pupils to be good citizens in the future, we must closely combine teaching knowledge and skills with physical education for them.

Identifying the importance of physical education and sports activities, right from the early days of the country's founding, President Ho Chi Minh issued a call for all people to exercise, he wrote: "*Weak people mean making the whole country weak. Part of the population is healthy, which means the whole country is healthy. Therefore, exercising and improving health is the duty of every patriot.*" His teachings serve as a reminder to encourage all people to enthusiastically participate in physical exercise and physical education activities in high schools. School sports in our country is an important part of the entire population's sports system, and is the intersection of the two fields of education and sports. School sports are not only a means of improving health and physical development, but also contribute to training pupils' personality, morality, will, discipline and healthy lifestyle. Therefore, school physical education actively contributes to creating human resources to serve the cause of building and protecting the Fatherland. Therefore, investing in the development of school sports is an inevitable need. However, this job requires responsibility, attention, and synchronous coordination not only from any industry or unit but from all levels of society.

Physical education is understood as: The pedagogical process to help educate and train the young generation, improve physical and personality, improve working ability and prolong human life. Physical education, like other types of education, is a pedagogical process with all its characteristics, with the leading role of the pedagogue, organizing the pedagogue's activities in accordance with the pupils and pedagogue's principles. Physical education is divided into two relatively independent aspects: Teaching movements and educating physical qualities. In the education system, the specific content of physical education is associated with education, intellectual education, virtue education, aesthetic and labor education.

Physical education's mission is: "*Comprehensive development of physical qualities, on that basis develop physical abilities on the basis of physical qualities, ensuring perfect physical fitness, strengthening health systematically and perfecting important skills and techniques for life to the necessary level*". At the same time, the physical education program in high schools aims to solve the educational tasks of: "*Equipping pupils with knowledge, skills and physical training*".

Teaching activities in schools hold a central position because it takes up most of the time and workload of teachers and pupils during a school year; it is an important foundation for successfully implementing the comprehensive education goal of high schools; At the same time, it determines the training results of the school. Therefore, building a theoretical system about physical education activities for pupils in elementary school is extremely important. This study is a reference for researchers, pupils who are interested in this content, and the research results will serve as a theoretical foundation for further practical research on this topic.

## 2. Literature review

Physical education activities for pupils in scientific research has attracted the attention of many researchers, university lecturers, and scientists. Previous Researches are presented below:

In the general education system of most countries (89% of primary schools, 87% of secondary schools), Physical Education is a mandatory subject in the curriculum of the Ministry of Education and Training. Along with countries that do not require compulsory physical education but encourage participation, this number increases to 95% (in the European region, applicable to all countries). Participation in physical education in schools also varies between regions and countries depending on age and each stage of schooling. (Ly Duc Thuy et al., 2013). Although there are official regulations on the implementation of physical education in schools, the implementation still faces many difficulties, especially in the context of socialization of teaching programs. However, a number of international surveys conducted in the past decade have shown that 4/5 (79%) of countries apply physical education in schools, of which 89% in Europe, Asia and North America only have 33%. (Ly Duc Thuy et al., 2013).

Physical education is one of the activities aimed at physical development and improving physical condition, in addition to knowledge education and moral education to achieve the goal of comprehensive education for pupils (Ho Minh Duoc, 2017).

In the book "Collection of scientific research on physical education and school health", the authors' research in the field of physical education and school health has been published (Ministry of Education, 2006). Author Dang Thanh, Institute of Psychology, National Center for Social Sciences and Humanities, has determined: the value of sports is to maintain the existence of society through making people healthy, active, and healthy, maintain social lineage. Sports contribute to reproducing a healthy population, enhancing human physical health and contributing to the development of social civilization. The authors believe that, first and foremost, physical education is to educate awareness and noble spirit in sports.

To summarize, the above review of previous research on physical education activities have identified the issues that call for further research in this study, that is building a theoretical system about physical education activities for pupils in elementary school.

## 3. Methodology

The author read documents, books, newspapers, and research projects about physical education activities for pupils in general and elementary school pupils in particular. Read and select, analyze, and synthesize theoretical issues in research works, books and magazines specialized in education. Research directives and resolutions of the Party and State, Education Law, documents, regulations, and guiding circulars related to physical education activities for pupils to deeply understand the nature of the research problem.

## 4. Results

### 4.1 *Psychophysical characteristics of elementary school age*

Education is a purposeful activity of a pedagogue to form certain qualities in pupils, based on individual characteristics and age group characteristics. Therefore, the content, methods, and forms of educational organization must be based on the characteristics of the age group.

Primary school pupils are children (6 - 11 years old) with the outstanding characteristic of physiological leaps. This is the age of strong but uneven physical development. The development of the skeletal system, mainly arm and leg bones, is very rapid. The qualitative change in the age of primary school pupils has caused them to have different personality characteristics from other ages. However, primary school pupils are not aware of their physical limitations. Therefore, educators need to pay attention to pupils' characteristics to have appropriate physical education impacts.

In terms of metabolism and energy, the anabolic process is dominant over the catabolic process, and energy consumption during activity also depends on age. During the same activity, children consume more energy than adults.

Regarding the circulatory system, in young people, blood volume is proportional to body weight higher than in adults. The absolute and relative size of the heart gradually increases with age. And it is greatly influenced by physical training.

Physical activity in general depends on the magnitude of the amount of exercise and the heart rate is unstable. Under the influence of stimulating factors, they change more than adults. When exercising, the frequency of heart contractions will be higher. Cardiovascular recovery after physical activity generally depends on the magnitude of exercise. After a small amount of exercise, children's bodies will recover faster than adults. But after a large amount of exercise, their bodies recover more slowly.

Physiological characteristics in children have a clear influence on respiratory function. Respiratory frequency will gradually decrease when reaching adulthood, in children there are characteristics of rapid and unstable breathing, shallow breathing and equal exhalation - inhalation ratio. Respiratory frequency will gradually decrease when reaching adulthood to 12 - 18 times/minute. Vital capacity is also smaller than adults. However, in terms of vital capacity per body weight, children have a higher index than adults. 14-year-olds have a reasonable vital capacity; The average is 120.l/1 kg of weight while adults are 80ml/1kg of weight. Vital capacity as well as maximum lung ventilation in elementary pupils are both higher than in children of the same age who do not practice sports. During sports activities, children's lung ventilation increases mainly due to increased respiratory frequency, not the depth of respiration. In children, oxygen absorption during sports activities can increase 10 times compared to the normal level. Basal metabolism while adults can increase oxygen absorption up to 15 - 16 times. Maximum oxygen absorption ( $VO_{2max}$ ) of children is lower than that of adults but still higher than children of the same age who do not exercise.

Psychological characteristics at young age: New psychological and physiological structures are mainly brought about by exercise activities and are gradually formed with the formation process of physical training activities.

The development of cognitive processes:

- The development of perception: Perception level develops thanks to purposeful, planned learning actions. At the age of Primary school pupils, the generality of perception gradually gives way to precise perception.
- The development of concentration: Children also know how to distribute attention to different types of activities. The intentionality of attention and perception are new psychological features of this age group.
- The development of memory: Intentional memory is gradually formed and developed during the learning process and is clearly formed at an age. The two forms of intentional memory and unintentional memory exist in parallel, transform, and complement each other. In the last years of this stage, memory has the active participation of language.
- The development of imagination: Mainly the development of specific re-creative imagination as follows: begins to visualize more fully and fully with its intermediate state, the child's imagination develops accordingly. Tends to be more concise and general. This trait develops in parallel with meaningful memorization. Creative imagination begins to take shape towards the end of the stage.
- Development of thinking: Visual thinking, grasping the relationships of concepts, thinking operations such as classification, calculation, space, time, ect.

Personality development at age: Mainly takes place and is dominated by the main activities of learning and sports activities. Children control themselves according to "musts" and not according to subjective wishes. Thanks to the intentionality of all actions, we gradually grasp moral standards and behavioral rules. The characteristic feature of the relationships between children is that they are based

on similarities in living situations or random interests. The behavior and evaluation of friends are of great significance in recognizing and understanding each other. Self-evaluation is the basis for self-worth. The image of adults, especially teachers, has great significance in education. The influence of labor activities, self-service work and family help has shaped labor skills, skills to plan and set goals for action, created conditions for emotions, good feelings towards labor.

Education and physical training at primary school age is very complex. Teachers need to master age characteristics to adjust the amount of exercise to ensure that pupils' physical development develops normally before, during and after puberty.

In summary, the physiological, cognitive, communication, learning, and friendship characteristics of elementary school pupils are an important basis for the educational workforce. School education needs to pay attention to the above characteristics to organize financial educational activities to suit age characteristics. Organizing personal educational activities without paying attention to this characteristic will not be able to promote pupils' proactiveness.

By mastering the characteristics of primary school pupils, administrators and teachers can well direct and organize educational activities in today's schools.

#### ***4.2 Tasks of physical education activities***

Physical education in schools is an organic part of the goals of education and training, and is a comprehensive aspect of education for the young generation to create a class of people; "Intellectual development, physical strength, spiritual richness, and moral purity." The urgent health and physical requirements of the young generation require that physical education in schools have a worthy position.

The tasks of physical education activities include:

- Contributes to proper physical development and strengthens health. Physical education is aimed at perfecting the pupil's body in terms of form and function, making the body strong against unfavorable influences of the external environment, and aiming at preventing diseases and illnesses. Protect the health of pupils.
- Develop motor qualities. Human's diverse movement abilities can only be achieved on the basis of all physical qualities such as strength, speed, endurance, and dexterity being formed strongly and harmoniously.
- Form and perfect movement skills and techniques. Important motor skills for life are formed during the practice process such as walking, standing, running, jumping, throwing, launching... These motor movements help people grasp skills and being able to gain experience in movement makes them confident when performing movements in the changing conditions of daily labor activities and sports activities.
- Forming a desire and satisfaction gained from exercise that gradually turns into a habit of wanting to exercise regularly and systematically, then turns into a sustainable need for exercise and sports activities.

#### ***4.3 Characteristics of physical education activities***

The basic characteristic of this activity is that learning theory is associated with practice, knowing theory to practice more correctly and accurately. Conversely, through practice, pupils will understand the theory deeply, full and firmly, thereby achieving high quality learning efficiency. In reality, the practice part accounts for a large proportion, because only through practicing physical exercises according to scientific methods can health and physical strength be achieved, and physical health is the basic goal of sport. Therefore, exercise is the basic form that represents the characteristics of physical education. The amount of time needed to practice, the instructor, the practice field, the gymnasium, the equipment and safety issues during practice, which are important conditions for the subject of physical education to perform its function and is a decisive factor in achieving the subject's objectives.

Content of teaching physical education in primary schools, including:

- General theory.
- Team line up.
- Exercises for general development.
- Running, jumping, throwing, games, optional sports.

## 5. Conclusion

Physical education brings many benefits to people such as health, intelligence, providing basic knowledge about body hygiene, environment, etc. Physical education contributes to forming pupils' personalities. The most precious thing of every person is health and intelligence. Therefore, departments need to re-evaluate the current situation of physical education teachers in schools; Invest in teaching equipment suitable to practical requirements; There is a document directing schools to continue improving the quality of physical education classes; Regularly organize professional training classes, organize seminars or training classes to improve the capacity of physical education teachers; In addition, it is necessary to strengthen interdisciplinary coordination with functional branches to organize cultural, artistic, sports and physical activities, diversifying types of extracurricular activities for pupils.

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