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Motor fitness of young children undergoing general development exercises

Name	Joanna Harasimowicz 
ORCID iD	http://orcid.org/0000-0002-1214-2829
Affiliation	Pomorski Uniwersytet Medyczny w Szczecinie, Studium Doktoranckie Wydziału Nauk o Zdrowiu, ul. Żołnierska 54, 71-210 Szczecin
Country	Poland
Bio Statement	—
Principal contact for editorial correspondence.	
Name	Paweł Harasimowicz 
ORCID iD	http://orcid.org/0000-0002-9733-663X
Affiliation	Pomorski Uniwersytet Medyczny w Szczecinie, Studium Doktoranckie Wydziału Nauk o Zdrowiu, ul. Żołnierska 54, 71-210 Szczecin
Country	Poland
Bio Statement	—
Name	Agata Wawryków 
ORCID iD	http://orcid.org/0000-0003-0517-5857
Affiliation	Pomorski Uniwersytet Medyczny w Szczecinie, Studium Doktoranckie Wydziału Nauk o Zdrowiu, ul. Żołnierska 54, 71-210 Szczecin
Country	Poland
Bio Statement	—
Name	Katarzyna Korabiusz 
ORCID iD	http://orcid.org/0000-0003-4512-7550
Affiliation	Pomorski Uniwersytet Medyczny w Szczecinie, Studium Doktoranckie Wydziału Nauk o Zdrowiu, ul. Żołnierska 54, 71-210 Szczecin
Country	Poland
Bio Statement	—
Name	Monika Stecko 
ORCID iD	http://orcid.org/0000-0003-2685-359X
Affiliation	Pomorski Uniwersytet Medyczny w Szczecinie, Studium Doktoranckie Wydziału Nauk o Zdrowiu, ul. Żołnierska 54, 71-210 Szczecin
Country	Poland
Bio Statement	—

Abstract:

Objectives: A still small number of Poles declare regular physical activity. International Obesity reports Task Force shows that 30-45 million children in the world aged 5 to 17 suffer from overweight, and under the age of five, 22 million. In total, nearly 155 million children and adolescents are obese or overweight. Currently in Poland is the highest percentage of men over 15 years of age suffering from these conditions among all European Union countries.

The research aims to assess the impact of general conditioning exercises on the development of motor fitness of pre-school children.

Material and methods: The research was carried out in 2013 at the kindergarten in Szczecin. The children who took part in the study were aged three to six years. Classes were conducted according to the "Key to Learning" program, which was based on the ideas of LeoVygotsky . The study involved 82 preschoolers, including 38 girls and 44 boys.

Results: Compiled results indicate that physical activity determines the proper formation of traits not only motor but also psychological and social behavior in pre-school children. Own research has shown that general development exercises positively influence the level of children's physical fitness, they show on average a very good and good level, which should positively affect their health.

Conclusions: Physical efficiency is one of the most important health parameters, and its high level obtained in the early years guarantees correct adaptation in later periods of life. In children and adolescents, the right amount of traffic plays a huge role. Encouraging and introducing as early as possible an active form of spending time both in kindergarten and outside it is very important and positively affects motor efficiency of children.

Key words: motor fitness, health, physical activity, general development exercises, sport, children

Introduction: The continual progress of civilization has a negative effect on the motility of new generations. This is evidenced by research that shows younger and less resourceful young people. Insufficient amount of traffic causes great disturbances in the development of especially the youngest. [1], [2] Meanwhile, preschoolers are playing computer games longer and watching television than spending the afternoon in the open air [3]. Therefore, from the very beginning of a child's life, one should take care of his pro-health education, which is an indispensable element of education. Infiltrating the right habits and behaviors , taking care of health, proper organization of both free time and the time devoted to work, later influences the better well-being and condition of the whole organism. [4] Cendrowski presents immobility as the most important factor causing civilization diseases. It should be emphasized that the movement does not only affect physical health, but also psychological and proper social behavior. [5] During the stay in the kindergarten, the child participates in many games and games that shape its high motor skills. When painting, drawing or cutting, she constantly improves precision movements. [6] Systematic physical activity taken with the right intensity stimulates the body, thanks to which it is possible to achieve the correct state of activity and stimulate the body in the right direction. In physical education, the theory distinguishes two basic concepts: motor and motor skills. [7] At the very beginning of young children, comprehensive, general developmental activities should be used. It is only after a good mastery of the basics that you can go to specialist and ultimately improving exercises. [8] The priority goal of general development exercises is the multi-faceted and balanced development

of fitness. They shape the entire individual's mobility, motor behavior, muscular strength and endurance. One of the most important elements are movement games and activities. Thanks to them classes are more interesting, and children are more willing to participate in them. [9] Movement is a complicated act and a condition of life. The silhouette of a man depends on the movement, thanks to him we can influence the posture of the body. [10]

Aim of the study: The aim of the study is to examine how general development exercises influence the shaping of individual motor skills in pre-school children.

Material and method The research was carried out at the gymnasium in a private kindergarten in Szczecin. Children between two and six years attend it. Classes are conducted according to the "Key to Learning" program, which was based on the ideas of Leo Vygotsky. The study involved 82 preschoolers, including 38 girls - 46.34% and 44 boys - 53.66%, aged three to six. Children participated once a week in general development classes, conducted by a physiotherapist, which took place throughout the school year. A single session lasted at least 45 minutes. The participants of the classes were divided into groups of the same age. In addition, they had other forms of physical activity like rhythmic, dance and movement games in classes - a total of 1-2 hours a day. The research was carried out in the last week of the school year. The assessment of the motor performance of the studied group was carried out using the Wrocław Fitness Test for children aged 3-7 years Bożena Sekity. Its result consists of four elements:

- 20 m speed - speed rating
- long jump from the place - testing the power
- throw a 1-kilo ball from the head - checking strength
- 4 x 5 m swinging speed - testing agility [11]

Results: A detailed analysis of the conducted tests allowed to determine that insufficient motor efficiency is an element that poses a threat to health at a later age. Own research indicates that general development exercises positively influence the level of children's physical fitness. They show, on average, a very good and good level, which positively affects their health.

Discussion: One of the most important health parameters is physical efficiency, and its high level obtained already in the early years guarantees correct adaptation in later periods of life. [12] Nowadays, the level of physical fitness drops, because a man does not have to fight for survival anymore. And in an ever-growing society, muscle strength, which is the most necessary one, replaces intellectual predispositions. [13] In children and adolescents, the right amount of movement plays a huge role, which affects life in adulthood. Physical activity determines the proper formation of traits not only of motor but also of the psychological and social behavior of a young person [14].

Nowadays, obesity and overweight are a big problem around the world, not only in adults but also in children. [15] Obese and overweight children achieve much worse results in physical fitness tests compared to normal body weight groups. [16]

The main tool for counteracting and treating excessive body weight is, apart from changing the eating habits, the right dose of exercise and physical exercise, especially in the form of games and activities. [17] Insufficient motor skills are an element that poses a health risk [18]. Own research showed that general development exercises correctly influence the level of children's physical fitness. This positively influences their physical, social and mental health.

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