

## **The effect of a sports recreational program on improving the skill performance of the (running and walking) competition for children in athletics competitions**

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### **Introduction**

Childhood is one of the stages of human growth, and its importance is great in that it represents the stage of growth, development and formation in the child, if the building of the body takes place physically, physically and skillfully, and its mental and behavioral upbringing.

Recreation programs are one of the areas that help in building the child's personality, by giving him opportunities to express himself, his abilities and his creativity. It is also an area rich in activities that satisfy the child's urgent need for movement, meditation, thinking and creativity, which he acquires through exercise of physical, psychological, physiological and skill fitness and develops his motor skills. The basic, and in this, Muhammad Al-Hamamy and Aida Abdel Aziz indicate that recreation provides the child with experiences, information and skills in an automatic way, and it is the functional basis in the world of childhood and the main means of forming the child's personality, which is the formative force and psychological foundation for building the child in its successive stages. (177:6)

Motor skills are the motor activities that appear to most children and include activities such as throwing and catching balls, jumping, jumping, hops, balancing, walking and running. Such as crawling, walking, running, rolling, jumping, throwing, climbing and hanging, and because these motor patterns appear in humans in an elementary form, so they are called basic motor skills. (14:7)

And since athletics is one of the digital sports that includes a large number of races that are linked to the basics of human motor functions, which are the activities of running, jumping, throwing and walking, which makes the practice of athletics in children an essential foundation for building and establishing their harmonious motor abilities. (25:3)

## Research Problem

Through the researcher's experience as an athletics player, she noticed that the children's athletics players have a deficiency and a decrease in the level of motor skills (running, walking) at the Children's Athletics Festival. They are also interested in training with their basic competition only and do not realize the importance of applying a recreational sports program and the extent of its impact on upgrading their basic motor skills. despite the importance and positive impact of practicing recreational sports activities of all kinds and programs that affect children players from a physical point of view The physiological, psychological, social and mental impact on the development of all different aspects of their personality and the development of basic motor and physical skills, which prompted the researcher to design a recreational sports program and know its impact on improving the skill performance of the (running and walking) competitions for children in athletics competitions.

## Research importance

### 1- Scientific importance:

- The importance of this research is to study the impact of the proposed recreational program on improving the level of achievement of track skills (running and walking).
- This research opens new scientific fields in scientific research related to the proposed recreational programs and its impact on the motor skills of children.

## The objective of the search

This research aims to design a sports recreational program and studying its impact on improving the level of achievement of Motor skills (running and walking)

## Theoretical framework Recreational program

### The concept of the recreational program

See Taha Abdel Rahim (2006 AD) It is that quantity of recreational activities that individual practitioners, pioneers, supervisors and administrators choose to practice in an organized or unorganized manner in a specific place and at a specific time that suits the practitioners (their free time) in order to achieve the goal of recreation and recreational education. (52:5)

### Steps to build a recreational sports program

- 1- Setting goals
- 2- Formulation of goals
- 3- Divide the goals
- 4- Defining and selecting the content of the recreational sports program
- 5- Organizing the experiences of the recreational sports program
- 6- Application of the recreational sports program
- 7- The first calendar of the recreational sports program
- 8- Modify the recreational sports program
- 9- Comprehensive calendar
- 10- Development of the recreational sports program (١٩:١) .

### Athletics for children

#### The concept of athletics for children

The International Athletics Federation competitions for children are characterized by bringing excitement and suspense to the practice of athletics. The new and innovative competitions enable children to discover basic motor citing exercises for competitions and different and provide new and ex , skills motor tasks that are run within the teams' races in different locations and within a specific time period, which helps to Leaving a good and new impression on athletics for a large number of children (٦:٢) .

#### Athletics goals for children

There are many organizational goals for the concept of the International Federation of Athletics for Children, which we summarize as follows:

1. Numberof children can participate at the same time
2. Performing many and varie forms of strong games skills for children
3. Contributing to good results is not limited to the strongest and fastest child
4. Diversity of skill requirements according to the age groups and necessary compatibility abilities
5. Introducing the spirit of and pleasure to the program adventure
6. Contribute to improving and developing the general health status of children (٧٥:٤)

### Research Methodology

The researcher used the experimental method by designing the control and experimental groups through the pre and post measurements, due to its relevance to the nature of the research.

### Research community

The research community included the athletics team for children from (8-12) years old from each of Nasr City Sports Club and Al Shams Club.

#### - The research sample

The research sample was chosen in an intentional method from the athletics team in Nasr City Sports Club and Al Shams Club for the age group (8-12) years and its strength (50) children divided as follows:

#### First: The basic research sample:

The number of the basic research sample was (40) children, with (20) children for the experimental research sample, and (20) children for the control sample for the age group (8-12) years from Nasr City Sports Club.

#### Second: The plot study:

It was selected from the research community and outside the basic sample, and the number was (10) children from Al-Shams Club, and table (1) illustrates the research sample

**Table (1)**  
**Description of the research sample n=50**

the sample	Number	percentage
Experimental	٢٠	%٤٠
control	٢٠	%٤٠
Plot study	١٠	%٢٠
Total	٥٠	%١٠٠

Table (1) shows Description of the research sample.

### Reasons for choosing the sample

1. Age appropriate to the nature of the research.
2. Children's attendance in the training.
3. Availability of the sample number.
4. Parental approval consent to participate in the research.

**Table (2)**  
**Correlation coefficient between the first and second application of the research tests**  
 = n10

Tests	measruing unit	second application		first application		correlation
		p	s	p	s	
Speed test running 20m	Sec.	0.34	5.02	0.32	4.99	.988
30m gait test	Sec.	0.17	9.12	0.17	9.10	.978

(R) Table at level of significance (0.05) = 0.632

Table (2) shows a high correlation relation between both test applications

### Survey study

The researcher conducted the exploratory study on (10) children from Al Shams Club, from 20/7/2021AD to 27/7/2021AD on a sample of the research community and from outside the basic sample in the age group (8-12) years In order to find out:

1. Ensure the ease of applying the tests.
2. The validity of the tools used.
3. The extent of children's understanding of children's athletics.
4. Problems facing the researcher when conducting the basic experiment

### Suggested sports recreation program

#### • Program Aims

dThis research aims to build a propose sports recreational program to develop some basic motor skills for the participants in the Children's Athletics Festival and to identify its impact on each of

- running skill
- walking skill

### The foundations of building a recreational sports program

The recreational sports program was prepared by the following steps:

1. The researcher compiled the races for the age group from (8-12) years in athletics races for children and they were distributed on the program and the races were set to ensure that they are gradual from easy to difficult and simple to the compound.
2. Taking into account the objective of the program
3. The content of the program is appropriate to the level and capabilities of the research sample

4. Taking into account the characteristics of the age stage.
5. Appropriateness and acceptance of the program for practical application

### The proposed Programme:

#### 1. Warming-up (10 min.):

The warm-up part included forms of light jogging, small warm-up games, stretching exercises, and ABC exercises, with the aim of:

1. Raising the body temperature.
2. Increased respiratory rate and heart rate.
3. Preparing the children's body to practice the recreational program in the main stage.

#### 2. The main part (30 min.):

This part aims to achieve the main purpose of the recreational unit. The main part includes:

1. Educational models for running: It includes the educational models of the International Federation of Athletics for Children in Formula 1 competitions, hurdles and relays.
2. Educational models for walking: It includes educational models for the International Federation of Athletics for Children in the walking competition.

#### 3. Cooling down (5 min.):

It aims to reduce body temperature. This part takes 5 minutes. The concluding part includes light running, some weights, vibrations of the arms and legs, fixed stretches, and recreational play.

### Results and discussion:

#### First: Presentation and discussion of the results of the first hypothesis

Table (3)

Significance differences between the pre and post measurements for the experimental group in the research variables n= 20

Variables	Measuring units	Pre-Measurements		Post-Measurements		T-Test	P value	%
		X	SD	X	SD			
Speed test running 20m	Sec.	5.17	.11	5.38	.13	10,328	.000	3.90 %.
30m gait test	Sec.	9.11	.07	9.25	.05	17,603	.000	1.51 %.

\* "T" Table value at the level (0.05) = 2.093

\* Significance at (p) value > (0.05)

It is clear from Table (3) that there is a significant differences between the pre and post measurements of the experimental group in the motor skills tests of the participants in the Athletics Festival for the children under discussion in favor of the post-measurement, where the calculated “T” value was higher than its tabular value, and the improvement percentage ranged between (1.34%) ( 9.66%).

These results agree with Earl. as **Earie. c (2010 AD)** Recreation for children may be a sufficient and rich experience. Recreation for children is a great responsibility, as the recreational leader plays a decisive role in developing children’s performance through teaching and developing basic motor skills and physical activities. These forms are necessary when children in the long run are participants and achieve their aspirations, but that Children's behavior and progress in sports will be shaped and scattered by their experiences during the periods of their practice of recreational programs, and the popular games may encourage children in their healthy lives and physical and motor activities (8).

**Thus, the researcher has verified the validity of the first hypothesis, which states that there are statistically significant differences between the mean of the pre and post measurements of the research sample in (walking, running) in favor of the post-measurement of the experimental group.**

## Second: Results and discussion of the results of the second hypothesis

**Table (4)**  
**Significance differences between the pre and post measurements for the control group in the research variables n= 20**

Variables	Measuring units	Pre-Measurements		Post-Measurements		T-Test	P value	%
		X	SD	X	SD			
Speed test running 20m	Sec.	5.36	0.13	5.33	0.13	12.222	.000	0.56 %.
30m gait test	Sec.	9.28	0.10	9.25	0.10	13.752	.000	0.32 %.

\* "T" Table value at the level (0.05) = 2.093

\* Significance at (p) value > (0.05)

It is clear from Table (4) that there are statistically significant differences between the pre and post measurements in the motor skills tests. The researcher returns these differences in favor of the post measurement, where

the control group used the traditional program scheduled for a period of (8-12) years. These results and percentages of improvement refer to the traditional program scheduled using The appropriate exercises for this stage when applied to the members of the control sample

The results of the research are also consistent with what was indicated by “**jurgen schiffer**” (2011 AD) that the practice of athletics for children helps to activate and train the mind and improves basic skills (9)

**Thus, the researcher has verified the validity of the second hypothesis, which states that there are statistically significant differences between the mean of the pre and post measurements of the research sample in (walking, running) in favor of the post-measurement of the control group.**

### Third: Presentation and discussion of the results of the third hypothesis

Table (5)

Significance differences between both post measurements for the experimental and control group in the research variables n= 40

Variables	Measuring units	Experimental (20)		Control (20)		T-Test	P value	%
		X	SD	X	SD			
Speed test running 20m	Sec.	5.17	0.11	5.33	0.13	4.196-	.000	%3.09
30m gait test	Sec.	9.11	0.07	9.25	0.10	4.999-	.000	%1.54

\* "T" Table value at the level (0.05) = 2.042

\* Significance at (p) value > (0.05)

It is evident from Table (5) that there are statistically significant differences between the post-measurement of the experimental and control groups in the motor skills tests of the children under research in favour of the experimental group, where the calculated “T” value was higher than the tabular “T” value, and the researcher believes that these differences came in favour of the post-measurement For the experimental group, where the experimental group used the proposed sports recreational program using the project of the International Federation of Athletics for Children, in order to develop some of the basic motor skills of the participants in the Athletics Festival for children.



This agrees with Hagedorn et al (2004 AD) that attention should be paid to developing programs for children with diverse and interesting activities, so that the percentage of them is not less than 70% of the content of the basic program, which affects the improvement of physical abilities, basic motor skills and the psychological aspect of the child. (26:10)

**Thus, the researcher has verified the validity of the third hypothesis, which states that there are statistically significant differences between the two dimensional measurements of the research sample in each of (running skill, walking) for the control and experimental groups.**

#### **Fourth: Presentation and discussion of the results of the fourth hypothesis**

**Table (6)**  
**Change rates between the control and experimental groups**

**n=40**

<b>Variables</b>	<b>Measuring units</b>	<b>experimental group</b>	<b>control group</b>	<b>difference between averages</b>	<b>%</b>
<b>test Speed running 20m</b>	<b>Sec.</b>	<b>5.17</b>	<b>5.33</b>	<b>0.16-</b>	<b>%3.09</b>
<b>30m gait test</b>	<b>Sec.</b>	<b>9.11</b>	<b>9.25</b>	<b>0.14-</b>	<b>%1.54</b>

It is evident from Table (6) the rates of change between the control and experimental groups in the basic motor skills tests of the participants in the Children's Athletics Festival.

The results of Table (6) indicate that the ratios of improvement in the measurements of the experimental group over the measurements of the control group in the basic motor skills of the participants in the athletics festival for children under study, the researcher also believes that amending the laws of athletics competitions for children to suit the skill level of children had an impact on the progress of the skill level And digital for children. This agrees with what was mentioned by **Charles Gizoli and others (2006 AD)** that changing laws to suit children can increase the speed of learning and this leads to their enjoyment of the activity. (7:4)

**Thus, the researcher has verified the validity of the fourth hypothesis, which states that the improvement rates resulting from the implementation of the proposed recreational sports program for the**

research sample on each of the skills (walking, running) may reach 10%, in favor of the experimental group.

## CONCLUSIONS AND RECOMMENDATIONS

### Conclusions:

Through the objectives of this study, and in the light of theoretical readings, reference studies, the limits and nature of the study sample, and statistical treatments, the researcher was able to reach the following conclusions:

- 1- The proposed sports recreational program has a clear positive effect compared to the traditional training programs on developing the skill of running and walking for children in athletics.
- 2- The percentage of improvement between the pre- and post-measurement of the experimental group in the 20-meter sprint was 3.90% in favor of the post-measurement.
- 3- The percentage of improvement between the pre- and post-measurement of the experimental group in the 30m walking test was 1.51% in favor of the post-measurement.
- 4- The percentage of improvement between the pre- and post-measurement of the control group in the 20-meter sprint was 0.56% in favor of the post-measurement.
- 5- The percentage of improvement between the pre- and post-measurement of the control group in the 30m walking test was 0.32% in favor of the post-measurement.
- 6- There are statistically significant differences between the mean of the two dimensional measures of the control and experimental group in favor of the experimental group.

### Recommendations:

Through the objectives of this study, In light of the research problem and its objectives and within the limits of the research sample and the results reached by the researcher, the researcher recommends the following:

- 1- Inclusion of recreational games within the programs of educational, educational and sports institutions in schools, clubs and youth centers.
- 2- Building recreational programs for different age groups to identify the extent of its impact on the basic motor skills of the participants in the Children's Athletics Festival.

- 3- Athletics trainers use recreational games in children's training.
- 4- Paying attention to the use of various and different modified children's athletics tools because of their positive impact on children, as they provide the element of fun and suspense, as well as security and safety factors for children of that stage.
- 5- Organizing training courses, seminars and workshops for trainers on the importance of applying recreational sports programs and using them in developing the skills of running and walking and improving the skillful, physical and digital level of children.
- 6- Paying attention to the provision of athletics tools for children in schools, clubs and youth centers.
- 7- Conducting similar studies with physical and kinetic variables and different age stages

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