

# Improving Educational Policy in the Context of Improving the Organizational Structure of Physical Education Lessons in Schools

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**Abstract:** The article deals with the problems of success in New Elementary School, which does not depend on new partners or laptops, but primarily on radical changes in the organization of the educational process. And first of all, will we be able to shift in it the emphasis on the developing component (physical, intellectual, aesthetic, emotional, etc.). Will we be able to ensure the diverse development of pupils by all schools? Will we be able to provide a diverse schooling system for all students? Will not all pedagogical innovations lead to a deterioration of the students' condition and, consequently, to lower the educational component? To prevent this happening, it is essential to change the approaches to physical development of students, to strengthen their health. It is possible to predict the regular educational overload of young schoolchildren, if not significantly change the basic approaches to physical education of children. This will be discussed in this article. Today, there is a transformation of all spheres of social security of the life of the population, the need for research and a constructive approach to the scientific substantiation of methods of state influence on the social development of the society is growing. Of particular importance are issues of government assistance to the development of the education sector due to the growing imbalance between consumers of highly qualified specialists for enterprises, institutions, institutions and the financial capabilities of the population as a provider of human resources for acquiring knowledge in educational institutions.

**Keywords:** *youth, physical education, physical fitness, health values, educational institution;*

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## 1. Introduction

It is well-known that 50% of human health depends on its lifestyle, 25% - on environmental factors (environment), 15% - on the genetic component and 10% on the effectiveness of medical care. Therefore, organization of a healthy lifestyle in the country, education of a healthy generation is one of the most important tasks of educational institutions and the state as a whole. In Ukraine there are psychological and pedagogical researches on the problems of physical education of youth study the problems of forming students' interest in physical education and sports. How to form a positive attitude to physical culture are investigated by lot of sciences (Shcherbakov, 2016; Shchukina, 2018; Vedmedenko, 2017; Kumar, 2018). Kaydanovich (2017) explores innovative methods for the development of physical education, and Gladoschuk (2017) - the influence of physical culture on the spiritual development of student youth.

Among the main components of a healthy lifestyle (rational nutrition, sleep, psychological comfort, the mode of training (work) and rest, the abandonment of bad habits, etc.), daily implementation of adapted physical exercises and quenching are important. How to motivate students, and then students to daily driving, to make every day physical exercises harder become the same need as breathing? This will be in our study.

The purpose of the article is based on the analysis of the real state of physical health of schoolchildren, based on the main tasks of the New Elementary School, to propose new approaches to the organization of physical education of students in order to significantly improve their physical development - an important component of national education of young people.

## 2. Materials and Methods

The sample consists of 305 respondents among them primary school students (22 representatives), 5-9 classes (57 representatives), 10-11 grades (15 representatives). The survey was conducted at the School of Secondary Education of the I-III levels - Lviv region. A computerized scan of questionnaires generated a database. This sample has a group degree of community, as it includes students of general educational institutions. The survey process took place over 3 months in the form of remote correspondence due to the existence of anti-epidemic measures. Before the survey, each respondent agreed to participate in the study and to process the

data. For those respondents who have not reached the age of 18, this agreement was signed with the parents of the respondents, they are their official representatives. They were informed that the results of the study are anonymous, will be used only for scientific purposes and will not affect their success. The statistical processing of the survey results was done using the MS Excel program.

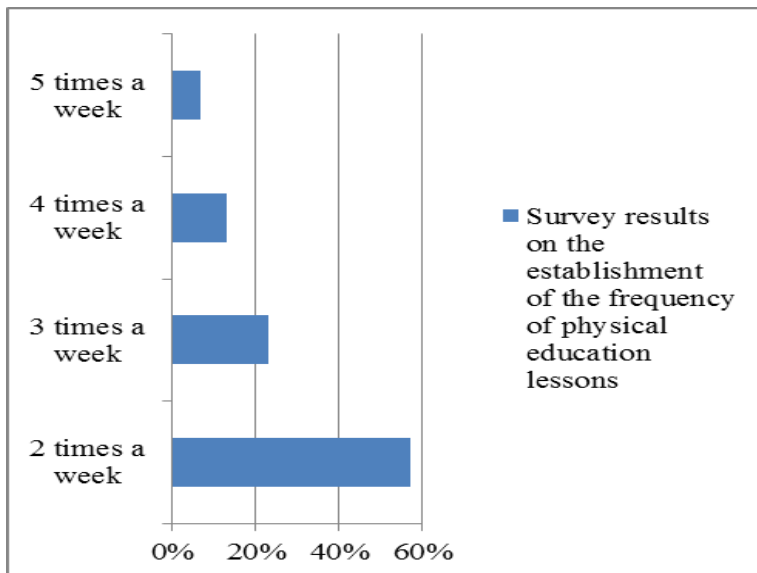
The district administration was carried out in accordance with the objectives of the Scheme for the issues facing it, which often lead to the emergence of fencing lessons.

An important place in the study of new approaches to physical education in the educational system is occupied by the vertical and horizontal trust between teachers and students. We interviewed 20 students from a single school in Eastern Europe to establish horizontal trust between students and establish vertical trust between students and teachers.

### 3. Results

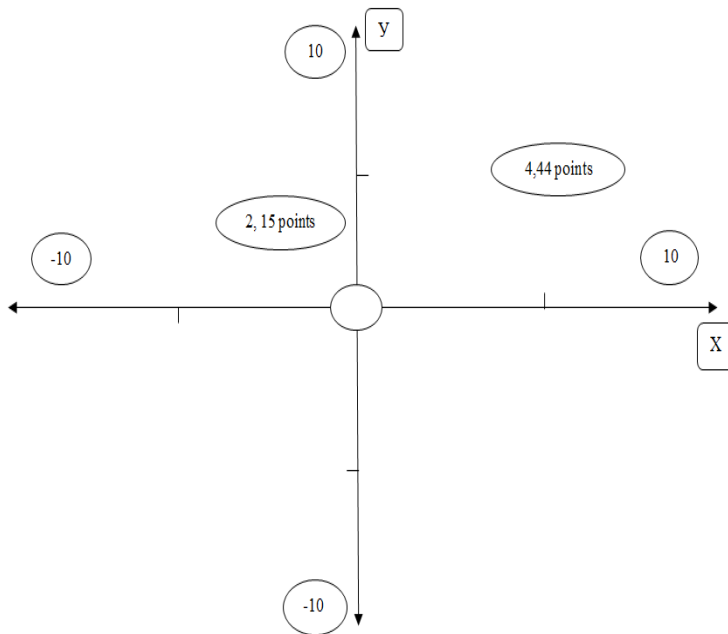
Not all ordinary schools pay much attention to physical education. On average, more than half of schools include only 2 lessons per week on physical education (Fig.1).

**Figure 1.** *Survey results on the establishment of the frequency of physical education lessons*



The average level of vertical trust is the level of trust that is observed between students and physical education teachers in educational institutions. With high confidence, we can talk about the problem-free implementation of all the tasks of the coach. According to the results of our survey of one of the leading schools in Eastern Europe, it is 4.44 out of 10 points out of the maximum possible points (you could choose a negative value). Horizontal trust is the trust between students, that is, how well they can work in a team, which is very important for physical education (Fig. 2).

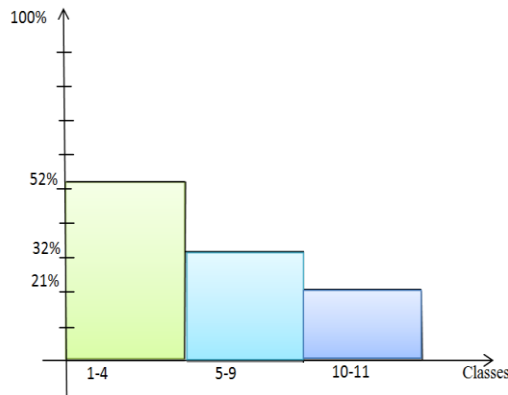
**Figure 2.** *Integrated trust points between students and physical education teachers*



It is known that the interest of students in physical education depends on many factors: from the educational and material base (gym, sports field, sports equipment, etc.), from the teacher (his professional training, pedagogical experience), from the established priorities in the institution of education, including physical culture, the health of students should be leading from the cultivation of healthy lifestyles in the family, populated point. Unfortunately, in the current conditions, the level of

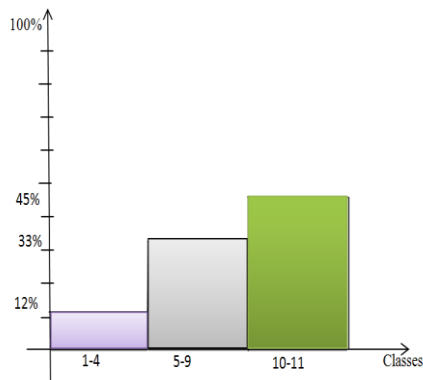
interest of students in physical education and sports is significantly reduced. Thus, in 52% of elementary school students physical education among other subjects takes the 1st place among students 5-9 grades - 32%, and 10-11 grades - in 21% physical education takes the 1st place (Fig. 3).

**Figure 3.** *Diagram of popularity of physical education classes among schoolchildren (1st place)*



To the question that you choose: direct participation in gaming activities (volleyball, basketball, football, etc.) in the open air or games on the Internet: 12% of elementary school students, 33% of students in grades 5-9, 45% of 10-11 grade students selected games on the internet (Fig. 4)

**Figure 4.** *A diagram that demonstrates giving students the benefits of online gaming*



In the concept "New Ukrainian School" a lot of attention is paid to the new approach in teaching (activity, competence, axiological), information and communication technologies of training. And this is good. However, without improving the physical development of students, strengthening their health, it's useless to hope for success in learning. Especially since the scientific and technological process (computerization of everyday life and economy) does not contribute to the motor activity of both children and adults.

Sukhomlinsky (2017) noted that "the child, a sickle, a child-prone illness is the source of many bad weather".

Of course, the sedentary lifestyle of students, which leads to the electrification of the way of life, imposes a negative impact on the health of children, and, consequently, the future of the Ukrainian nation. Unfortunately, parents contribute to the hypodynamism of their children, trying to get their Smartphone as soon as possible, with the highest possible cost, instead of creating mini-workshops for children at home (for guys - with the basic tools for working with wood and metal, for soldering, and for girls - for sewing, embroidery and knitting, for cooking, etc., in which children in their free time would develop their hand-made skills. The development of man-made skills has a significant impact on the development of intelligence, positively affects Lynch (2019) argued that: "The work of hands, in the process of which the plan is implemented and developed, promotes the development of such qualities of reason as critical, flexibility, breadth and activity of thought, the ability to critically examine assumptions and conclusions. people in whom hands from small years work in close connection with thought, is characteristic of the ability to check the truth of assumption by labor."

In addition, noted: "That 85 percent of the lagging and lagging behind are the main reason for lagging behind, ignorance, unsatisfactory work at lessons and at home, secondary education - poor health, some kind of illness or malaise, often quite imperceptible to a doctor, that is only diagnosed as a result of joint efforts mother, father, doctor and teacher" (Kirk, 2019; Vilenskiy, Vnukov, 2017; Walsh, 2019; Butnariu, et al., 2018).

Unfortunately, the state of health of schoolchildren is not improved by year. "The statistics show an increase of 20% in the last 10 years of the disease among children, 2.87 times the prevalence of chronic diseases, and a contingent of children with disabilities has increased by 22.9%. The most common are diseases of the endocrine system (an increase of 3.5 times),

blood diseases and blood-forming organs (2.8 times), diseases of the circulatory system (1.8 times), birth defects increased by 77.6%, diseases of the nervous system - by 43.4%.

There is a high overall incidence of children.

Among graduates of comprehensive educational institutions, according to statistical data, 60% have disturbances of posture, 50% - myopia, 40% - disturbance of the cardiovascular system and neuropsychic deviation, 60% - speech impairment. Every 4 youth can not undergo military service in the state of health. More than half of children 12-14 years old - 62% and more than 72% of young people aged 15-20 years drink alcohol".

#### **4. Discussions**

The disappointing statistics on the health of our children encourage not only a profound analysis of this state, but also to improve the physical education of students in schools. Many specialists in physical culture and sports are advocating for a substantial increase in the number of lessons per week in physical education, others - to strengthen the educational and material base, and others - to improve the technology of training in physical culture. Obviously, each of these proposals is relevant, but needs to be rethought and new approaches.

To this we are encouraged by the real health of students and students.

We will analyze the main goals of physical education classes that are formulated in the curriculum for students in grades 1-4: "Students gain experience in the activities of teaching, cognitive, practical, social, the formation of stable motivation in students and the need to preserve and strengthen their health, physical development and physical preparedness, complex development of natural abilities and moral qualities, use of physical education in the organization of a healthy lifestyle".

Everything is correct, but not specific. This goal may be as a general physical education for high school. However, each educational link needs to be specified, since each age period has its own peculiarities in physical development, its sensitive periods, which most contribute to the formation and development of certain physical systems [13]. Unfortunately, in the current conditions, each family is not able to provide a scientific study of the physical development of their child and on this basis an adaptation of the

program, therefore, it is necessary to adhere to the general guidelines for inclusion of students in sufficient daily physical activity.

The purpose of the lessons of physical education in grades I through IV should be to: motivate the students to carry out daily adapted physical exercises, learning, assimilation and performance by students of different systems of physical exercises (for strengthening the muscles of the spine, arms and legs (lumbar and spinal parts), cervical spine, etc.), learning and performing a large number of various mobile games (with a ball and without a ball, with a hoop and with ropes, using different geometric shapes, etc.), to form a value-attitude towards their health in students (balanced nutrition, recovery of sleep, etc.).

To realize this goal, you need:

- change the name of the subject in grades I to IV from "Physical Culture" to "Physical development and health";
- under this name integrate the current two subjects "Physical Culture" and "Fundamentals of Health";
- Focus on Physical Development and Health 5 weeks;
- plan to conduct physical education and physical education for a specially trained teacher of physical education (5 hours x 4 = 20 per week in a one-unit elementary school), while not reducing the salaries of primary school teachers;
  - to build special gymnasts for elementary school students;
  - To form from experienced and creative teachers of elementary school and physical culture, scientific and pedagogical workers creative teams for the development of mobile games, systems of physical exercises for the development of various types of muscular systems and the publication of teaching aids;
  - organize the preparation of special children's doctors for schools that would conduct a diagnosis of students' health, prepare programs for their physical development, and monitor progress.

Of course, the implementation of this program requires both considerable financial resources and time. However, some of its provisions can be implemented immediately: to develop a new program on the subject "Physical development and health", integrate two subjects "Physical Culture" and "Fundamentals of Health", pass the reading of the subject "Physical Culture and Health" specially prepared specialists in physical education (by introducing the specialization "teacher of physical culture for elementary



school" at the last course of corresponding higher educational institutions) (Jiang, 2020).

In the end, it is possible to begin the implementation of the wise advice of Jiang (2020) concerning the physical development of junior schoolchildren:

- "Younger students go to bed, usually at 8 o'clock in the evening and get up at 6 o'clock in the morning (they go to bed in the break-even months and get up in the morning an hour later)" (Lynch, 2019);

- "After the morning toilet, charging and breakfast (for all it takes no more than 20 minutes), the student is taken to work. For half and two hours before going to school (one who lives close, for two and a half hours), he performs homework. So, the working day begins with the most difficult ... Morning - the most favorable time for this " (Kirk, 2019).

- "Experience convinces that, with the correct formulation of all educational work (especially the study of new material in the classroom), one or two or two hours (sometimes two and a half) of mental work in the morning can be done twice as much as at the same time after the lessons. Pupils of the I-II classes perform in the morning all homework for 20-25 minutes, students of III-IV classes - in 40-45 minutes. Without the homework, as practice proves, can not be done" (Lynch, 2019).

- "After classes, our students are busy with creative work in circles (by their will and choice), games, excursions, walks, hikes, reading of artistic and popular science literature (again, according to their choice), artistic amateur activities, and at least 90 percent of all time - in the fresh air " (Jiang, 2020);

- "Nutrition should be not only sufficient calories, but also rich in easily digestible products (milk, butter, sugar) and components that play an important role in the formation of the body (especially proteins and vitamins).

Particularly important in the diet of the child are milk and sugar, in particular, fruit juice" (Jiang, 2020).

- Gymnastic exercises and bathing are of great importance in health promotion. In addition to charging after awakening (at home), the school conducts gymnastics exercises before the classes - specifically for the development of posture.

Before a 30-minute break, teachers spend a physical exercise (for a special complex for each age).

- "Physical labor plays the same important role in the formation of physical perfection as in sport. Without a healthy fatigue a person cannot be fully enjoyable enjoyment of rest" (Jiang, 2020).

- "From the first days of schooling, all our students work physically - in the office of wildlife, in the workroom, in the educational area. We find work intensive for 7-year-old children: care of fruit trees and grapes, growing of seedlings, collecting seeds of ornamental and fruit trees, selection of seeds of cereals and industrial crops" (Jiang, 2020).

## 5. Conclusions

Primary education is the foundation of the future basic school. All joint activities of teachers and students are aimed at the comprehensive development of schoolchildren (physical, intellectual, emotional, aesthetic, etc.). If the intellectual strengths of the students (attention, memory, thinking, imagination) are not developed in the elementary classes, then in the following classes students will be doomed to failure in their studies, they will not have that intelligent tool, with the help which can be extracted all the more and more advanced knowledge. However, only a healthy child, full of physical strength, optimism and cheerful worldview can successfully develop their mental powers. In order for the new Ukrainian school to take place, it is necessary to shift the emphasis on the physical and intellectual development of students, to change the established principles of physical education of students, which should be based on the improvement of schoolchildren, the prevention of various diseases, instilling pupils the need for daily exercise of physical activity, and motor activity. Only a healthy child will be capable of daily hard work of intellectual work.

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