



Features of Activation of Cognitive Development of Children in Preschool Institutions by Means of Physical Education

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Abstract

The study conducted in Qatari Pre-Schools, which indicates the importance of physical education to Pre-School children to their health and mental well-beings. "Mental wellbeing (shown here as happiness) scores are higher for those who are active than those who are less active". The study is based on comparing two lesson plans one from the English schools and the other one from the Arabic school, the lesson plans are very similar but the English one is more specific, they have several curriculum books and one is specialized in physical education. It is called physical education, physical activity and sport in schools by Long R, et al.. The outdoor play is more than the Arabic school especially in swimming which is compulsory in the British curriculum. "All schools must provide swimming instructions either in key stage one or key stage 2". This study indicates that the English school is more advanced in physical education when compared to the Qatari school, despite this the Qatari school is still well developed in physical education. The English schools have more teachers assistants in physical education and are more advanced in the out-door sitting.

Keywords: Pre-School; Curriculum; Lesson Plan; Physical Education

Introduction

Evidence shows that physical development will enhance brain development and children are leaning better in classrooms after physical education lesson. Studies shows that people with physical activity habits have a favorable influence on brain development [1-3]. After walking on a treadmill for 20 minutes at a moderate pace, children responded to test questions (in the content areas of reading, spelling, and arithmetic) with greater accuracy, and had a more intense response within the brain, than children who had been sitting [1]. Research on humans has demonstrated improvement in cognitive Studies shows future health interventions that utilize physical activity as a means to improve cognitive development [4].

The results of studies shows the impact of physical activity on both motor skills and cognitive development in preschool children [5]. This study provides some preliminary evidence that physical activity may have beneficial effects on cognitive development during early childhood [6]. Regular physical activity promotes growth and development and has multiple benefits for physical, mental, and psychosocial health that undoubtedly contribute to learning [7].

Physical Education curriculum in English and Arabic Schools

English Schools Curriculum Skills

Standing: demonstrates ability to stand in different positions in different periods of time. Walking: using different

walking steps. Stairs and climbing: Ascends and descends stairs using various patterns. Running: run with different movement and speed. Jumping: demonstrates different jumping skills. Hopping: demonstrate different hopping skills. Kicking: kicks 9-inch (23 cm) playground ball with different kicking movements. Balance Beam: walks balance beam using different stepping movements. Catching: catching a ball thrown or bounced from a distance of 6 feet, (2 m) using skills of different developmental level. Rolling and Throwing: this demonstrates different rolling and throwing skills [8].

Arabic Schools curriculum Skills

Recognizing body and space, Healthy Body position. Walking in straight line while raising your hands up. Walking in different directions front back left right and change directions. Run front back imitation to the environment. Run in destination beginning and end. Run under instructions for race. Jump in one place different directions with imitation. Jump with one feet and go around in the same place. Jump with one feet and down with one feet and two feet. Climb in the wall and tilted surface. Jump with one feet high and down with two feet, hang with straight body [9].

English School Lesson Plan and Arabic School Lesson Plan

Physical Education Lesson Plan in English School

The teacher lesson plan is prompt and specific includes the year (Preschool), the unit (movement), lesson (1) time (30) minutes. It includes learning objects such as running and walking, vocabulary such as jogging on the spot, running, smile and walking. Resources from AG book, Flipbook. Learning outcomes: must stop to rhythm and music by means of movement. Should move in a range of ways such as walking and running. The children could move in confidence and safety. Assessment: what do you notice about your heart? Can you feel it beating in your chest? Are you breathing more heavily? Assessment opportunities: do the children move slowly or quickly. Learning activities including adapting tasks appropriate to pupil need, which include introduction: sit in a circle, warmup, children copy the teacher as she walk in the spot. Main, dance to the music, walking holding hands, unlink hands and pump their arms finally jog lightly to the music. The end cool down sit while listening to the music then lay down and close their eyes the teacher will go around and name each child individually so the get up and line up.

Arabic school Lesson Plan

The lesson plan is simple specific the year kindergarten (preschool), the unit running, time 20 minutes. The learning

objectives respond to sound and visual instructions, the benefit of physical education to the body, can make decision on healthy life style. Learning activities: walking in circle with hands up, small game: stand then run when is instructed by P.E teacher. Stand in pair then run to see who reaches first finally breathing and relaxing giving instruction about healthy food and hygiene [10].

Outdoor lesson plan English school and Outdoor lesson plan Arabic school

English schools, swimming pool, with physical education teacher assistance and volunteers. Playground to practice standing, walking, hopping, kicking, running, jumping, skipping, rolling, and throwing. Arabic schools, physical education teacher training them standing, walking, running.

Conclusion

Teachers who get children started early with learning about physical fitness have better chance of creating healthy habits that can last a lifetime [10]. Physical education help children for an active and healthy life, which improves self-discipline, and reduce stress [2]. Studies show the relation between physical education and academic performance between youth. A 44 study determined the relation between physical education and cognitive achievement in children [11]. An analysis included 73 published and unpublished studies, shows the effects of physical activity on children's mental health were small but significant, and indicating that on average physical activity led to improved mental health outcomes for all children [12]. Physical Education and Sport in schools have the potential to make significant contributions to the education and development of children and young people. Physical, lifestyle, affective, social, and cognitive development. There is evidence that PES can have a positive and profound effect in children (Richard, 2006). Physical education classes are scheduled at least 30 minutes every second day all through the year. Learning inquiry help children develop knowledge, and make children use their mind to analyze information to understand the world around them [13]. The aim of physical education and sport in Turkey it is a part of education and improve the child cognitive development and social development [14].

Physical development is essential to child development in all parts of his live it enhance healthy, happy , active live. There was significant positive effect between physical development and cognitive development [12]. Research need to consider how curriculum can encourage physical development too [15-17]. There is a long tradition saying indicate that a "healthy mind is in a healthy body,' all research indicate the importance of physical education and sports in the pre-school to enhance the cognitive development in

children.

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