

**YOUNG RESEARCHERS Professional article****Slavisa Maksimović<sup>1</sup>**<sup>1</sup>Student postgraduate studies, The Faculty of Physical Education and Sport, Pale

UDK: 613.71/.72:373.2/3

Doi: 10.7251/SIZ0215078M

**PLAY AND THERE IMPORTANCE IN REMEDIAL  
GYMNASTICS CHILDREN PRESCHOOL AND  
SCHOOL AGE****Summary;**

*The game is voluntary. Free selected and enjoyable activity that takes place without any external necessity aimed at verifying the individual and collective capabilities. Execution requires persistence, patience and initiative to form the contact personality. Game is necessary for the health of the child and his physical development. One creates joyfully. Good mood, increases the activity of teaching children's body and meets the need of the child to move. The process of rehabilitation of the child easier to bear with game. Game has not only psychological but also pedagogical significance. Different games have different effects on the child to further his developments. So to games in which the forces running, effort, swimming, skiing and similar activities are developing lungs, the muscles that hold the skeleton upright, the muscles of the limbs and same. Some games are intended to strengthen the circulatory system, while others develop skills and kordinatinon movement. I sense that the child will practice correct deformity contributes to healthy growing up. If together educators and parents accept child and develop a system of exercises that will help correcting or alleviating the deformity can not expect the child to develop the habit of regular exercise independent.*

**Key words:** *game, corrective exercises, children, preschool, primary school age*

**1. INTRODUCTION**

The game is as old as human society. Childhood and youth have always been met game. They the kind of behavior in specific conditions, characteristic for the period childhood. Game satisfies the need for movement and activity for exercise and activity, characteristic of the organism that develops and enables venting of children's mischievousness.

Play is spontaneous. Freely chosen and enjoyable activity that takes place without any external necessity aimed at verifying the individual and collective capabilities.

Children play to develop their abilities but through the game to achievement. They play to meet the internal need for activity that is at stake and usually directed toward some aim. In play child is harmonizing different activities to achieve the objective for which overcomes various obstacles. For every game important that the child is participating in it and with feeling. Feelings are not only an engine in various games but they also share in all stages of child motivation. To help the child to persevere in the game if he's already tired.

Play discipline children and adapts them to the execution of the rules, because children are generally happy to submit to the rules of the game itself and keep an eye on their execution.

Execution requires persistence, patience and initiative to form the contact personality. Game is necessary for the health of the child and his physical development. They create joyfully.

Good mood, increases the activity of teaching children's body and meets the need of the child to move. The game is equally important for the intellectual and aesthetic development of the child's age child game sets aim. To order to achieve this goal must remember what we know game content and rethink how to obtain what is think.

Play gives children the fullness of life for which it longs. Presents not replaceable arena for the study of the child because the same is reflected not only the individual lines and abilities, but also the dominant moods, likes and aspirations of the whole child, the child gets collectivity. Through game experiences, develop ideas, ingenuity and the skills that would later allow you to smoothly adopt a logical concept of number and other mathematical operation.

The same time that preschool children spend on the various forms of the game and is not lost because it enables versatile development for successful education and development of luck and active personality.

If children with deformities in time we find and if you teach them to work for the correction of each deformity if you enable them to be psychologically and socially cope with the problem, we will help them to grow up in order to avoid the pitfalls that lead them to delinquency. Correction physical deformity children preschool and school age is a precondition for healthy adulthood.

Teachers in kindergarten and primary teachers with the necessary help of health workers and with the appropriate organization of educational work a good portion of the deformity can be prevented and thus participate in the proper formation of the child's body.

## **2. GAME AND ITS IMPORTANCE IN REMEDIAL GYMNASTICS**

The game is the most important activity for the child, often more important than the meal and sleep. Game can be defined as an active endeavor of one or more persons restricted rules of the game date, time and more or less clear aim. For unlike games played activities are not limited by strict rules, stability and strict attachment to a thematic objective, these activities are one or more persons thematically oriented under unstable rules and rally coordinated thematic orientation towards the aim of which was not determined.

Children can devote all their game. They practice game in any place with no time. So is very important that teachers and parents closely monitor game play activities the child in order to avoid overloading certain muscle groups, endangering the ligament or other physiological problems during a long duration of the game or excessive intensity. Children which have physical deformity are very private reject the company of peers because their peers have built a proper attitude towards disability.

Children do not know how to hide and sometimes mocking and insulting attributes for children with deformities tend to be unpleasant. So that the importance of the game even more, because it does not allow us to withdraw into himself what is the basis for an interactive relationship with same children. Child rehabilitation process easier submitted with Igru. Igra has not only psychological but also pedagogical meanings.

Child in the game feels like a member of a feeling of belonging but also social support to the collective, and thus be easier to fulfill and all school. The corrective gymnastics tj. game adopted child spontaneously and culture sports. Child are taught how to use sport for their health but also design your own body learns to revel in the sport and that it is perceived as pleasant and useful activity. Child regularly works corrective exercise gymnastics has all the prerequisites to easily develops complex system of exercises for the whole body, a system that is useful for health people. Big is unlikely that such a child to choose a proper sport that will be addressed in the future.

### **3. MEANINGS EARLY CORRECTING DEFORMITIES**

We can not expect small children to understand the importance of daily gymnastics for the elimination of physical deformity, but we expect to welcome more games in which are embedded exercises for correcting physical disorders. Children do not know what's kyphosis, lordosis, or scoliosis, I do not know what it means flat feet but will gladly accept any fun, games and entertainment, but with an exercise that corrects this deformity. U anatomy and corrective gymnastics theory we know that exercise should be performed in order to correct the spinal column or flat feet or in literature, we have very few materials that link these exercises with the game, adjusting to preschool or school age.

The Company may not be happy if you are not happy its individuals, is now achieved only at the individual level, just over an individual. Hence and the importance of correcting physical disorders that have a moral and economic the importance of. Moral significance is that it achieves the principle of solidarity, mutual support, according to which community should help each individual to achieve their optimum capacity and thus occupy an appropriate place in society. Big importance and role of all who work with children to participate properly in detecting deformity. Earlier we can detect deformities in children's development it will have more chances to deformities straighten. Teachers can identify very early child development disorder but us this diagnosis is much less true if you do not have an adequate therapy. Best results are obtained if the appropriate therapeutic exercises connected with the game that corresponds to the age of the child.

#### 4. APPLICATION GAMES IN REMEDIAL GYMNASTICS

In order to properly apply the game and play activities in corrective exercises must take into account a number of assumptions, such as:

- Selection Games
- Prepares children to play
- Designed games
- Game with exercise
- Completion Games.

*The choice of the game* is primarily related to the objective that we have in remedial gymnastics, is correct or mitigate deformity. If we want to make the correct choice of games we need to keep in mind: psychological abilities, material conditions in which the game will be achieved, play activities, or compatibility with a given exercise and other activities of the child.

The psychological characteristics of the child determines the choice of games on multiple grounds. For younger children, it is necessary to adjust the timing and rules of the game. The game can not last long and the rules need to be as simple and children completely understand. Young children play for themselves and the rules are respected because they derive personal benefit personally enjoy the game.

*Preparing children for the game* has multiple aspects. The child should be clear how the game flows should then be psychologically prepared for possible effort the game brings with sobriety. In terms of physical preparation of the child for the game it is necessary to adequately dress and put on her to have suitable equipment for special and specific movements.

*The design of the game* is very complicated. When invent a game for children should provide the following: The content of games, game rules and tasks of the game. Content of the game refers to what the game contains as a primary activity, as the essence of the action to be performed. Rules of games are always aligned and children must adopt in order to comply with the flow of the game. Easy way of adopting the rules is demonstration or trial operation of a game.

If well designed, games have a powerful effect on the child's persistence in the collective exercises to develop his imagination and sociability, its positive emotion. Good designed game introduces children to the rules of social behavior, developing in them tolerance and democracy. To designing games are two possible access: one-that children are aware that one of the goals of the game is deformity correction and others that children unwittingly play a role so that we can achieve the objectives of corrective gymnastics.

Teacher will opt for one of access. The best way through role. If action is justified to children consciously played the role to help his friend in corrective exercises, then the teacher will clearly emphasize the importance of the role and I assign roles of the group. The known that all children want to play a major role. In this case, the teacher will explain why precisely the role of the administration is so important. As a role of a child who treat secondary corrective exercise, the teacher can verbally reinforce its importance may be noted that because the game takes place or that the game could not be realized without the role.

If you prefer another approach to Games in which children unconsciously mediate activities of corrective gymnastics then the division of roles will go by the teacher to give

individuals or let group members to assume division of roles and will take into account whether the goals of corrective gymnastics.

The change of games with the exercise must flow so that it creates a positive impact that we want to accomplish corrective exercise. Children will be happy to forget that the basic goal of the game deformity correction. They will opt to play as fanny. Teacher should control the intensity of the game as its duration in order to avoid the adverse effects of the game: overuse of muscles. If the game takes place outside the teacher's control then it is possible that only a parent monitor their efficiency, then a teacher and parent are in the role of coordinator and supervisor game. Teacher need to take care of the aesthetic aspect of these activities. One hand it is about the aesthetics of movement performance as well as the actions that the game takes place on the other side of it is the aesthetics that we exercises to achieve the aesthetic outcome of the game.

*End of game* may not be out of control of teacher. Children often like to play lasts too long because it is important that the teacher controls the duration game. Instead of violent interruption of the game the teacher is available to substitute one game after another.

## **5. GAME AND EXERCISES TO CORRECT POSTURE OF THE BODY**

Different games have different effects on the child to further his development. So to games in which the forces running, effort, swimming, skiing and similar activities are developing lungs, the muscles that hold the skeleton upright, the muscles of the limbs and same. Some games are intended to strengthen the circulatory system, while others develop skills and koordsinacija pokreta. Some game will be intended to strengthen the balance, some easier to navigate in space, or motor skills, etc., and some games will primarily have socialization and emotionally stability child. Every combination of games and corrective exercise aims to enhance the effect of corrective exercises, to help alleviate or eliminate deformities in children.

### **5.1. Game and exercise to correct scoliosis**

*Exercises 1.: „Dolphin swim on dry land“*

A child needs to lie down on his stomach, arms stretched alongside the body, palms facing the floor. Head and upper body should be raised to higher, then lower to the starting position.

*Exercise 2: „In summer, my dove“*

The child stood up and leaned forward upper body to 90 degrees. Then, spread his arms in mimic bird flight.

*Exercise 3: „Drunk T“*

This exercise is performed with three persons. As prop used rod length from 1 m to 1.5. first position is at odds upright posture with a stick on his shoulders from behind and hand on the nape withdrawn by stick. Body is tight and straight. When children take position

exerciser leaning sideways with a stick behind the neck over the back side as partners can not until you make partner reserves the leg that he does not freak out of poda. Treba to remain in this position with a rate of five to ten seconds on the back of partners, after which it first partner by the hand and pulls her back up to the starting position

### **5.2. Game and exercises for the correction of kyphosis**

#### *Exercise 1. „Sok flying-with a cane“*

The child lies on his stomach stretches his hands down her body with his hands on up. Teacher him in the arm put stick. Head should raise as much in the air and hands with a baton at the same time.

#### *Exercise 2nd: „Seesaw“*

Two children standing leaning back in back. One child prekloni your arms around your partner at the elbow, and then lifted off the ground leaning forward, then another child raises prvo. Exercise is repeated several times.

#### *Exercise 3: „Push in water“*

The exercise is carried out in water up to half a knee on the beach, in the sea, river or shallow part pool. First position is in the raised push-ups or lying body facing the water with his hands resting on the bottom, hands and body taut over water. Second support running so that children put in the position of the raised push-up halfway up the knees, so that they and the body is above water. Than children are doing push-ups so as to indulge in the water and dive into the water push-ups in order to sink the whole body for a second time.

### **5.3. Game and exercises for the correction of lordosis.**

#### *Exercises 1.: „Run in the air“*

A child needs to lie down on your back, legs lifted up and running in the air until not feeling fatigue, then get some rest and continues running in the air, run up, but now her hands hips and body rises to the position of candles.

#### *Exercise 2nd: „Push me pushing you“*

This exercise serves to strengthen the back muscles and legs. Two of children sitting on the floor leaning back on one other. Aim to each other throw you back and to pass on his field. This exercise can be done in two groups, such as a back light set lumber.

#### *Exercise third: „Race earthworms“*

Children lie down on your back, put your hands behind your head with interlaced fingers. Aim that the movement in the left and right move opposite of wall. This mimics the movement worms. Win she worm that first reaches the opposite wall. Ova exercise strengthens the back muscles, especially those directly along the spinal column.

## 6. PSYCHOLOGICAL HEALTHY ADULTHOOD

Healthy growth of the child entails a number of aspects, and this is primarily about:

- Physical health
- Healthy fit
- Psychological environment for healthy growth
- Proper nutrition
- Proper hygiene
- Adequate habits such as exercise, shift work and rest, and the like.

*Physical health* implies the proper growth and development of the extremities, spine and whole organism. Medicine, sport and corrective exercises allow the child at an early age helps in healthy growing up.

A child with the conditions for growth under normal physical health will be deprived of social trauma and embarrassment among. Teachers and parents who know how to recognize irregularities in the physiological constitution of the child can intervene to time seeking help from doctors and physiotherapists.

*Psychological environment* - For healthy growth implies a stable family relationships, social acceptance in the peer collective child's basic requirements for success in school and the other conditions that enable active involvement of the child in society. Family relations child look much more drastic than the they are. This an even greater problem for children who have visible handicap.

Social acceptance is especially important for children who have the disorder in the development and needs special corrective treatment. In a situation where corrective treatment can only succeed if it includes peer group and this is especially true for the application of games and playing activities.

*Dietary rules* implies that the child takes quality food in a quantity schedule that ensures normal functioning. Fatness or thinness may threaten the vital functions of the body, can affect the growth of the child. A healthy diet is especially important for children who have a handicap to development because the lack of vitamins, fats and proteins drastically held in the muscles and muscle disease most strongly associated with certain disorders in the developing world.

*Hygiene* is with us in many families at a satisfactory level. Hygiene includes maintaining bedding, clothing and footwear by children. The same so clean air in the room where the child sleeps or resident is an important prerequisite hygiene healthy adulthood.

I sense that the child will practice correct deformity contributes to healthy grow up. If together educators and parents accept child and develop a system of exercises that will help correcting or alleviating the deformity can not expect the child to develop the habit of regular exercise independent.

It is known that people who exercise regularly have better health, better physical condition, you usually do not have problems with their weight.

## 7. CONCLUSION

Given that remedial gymnastics uses the same agent as well as in physical education, and it is a movement, physical exercise, gymnastics understandable as teachers and class teachers the ones who daily deal with these issues.

Children prefer to play. It is known that exercise corrective gymnastics for children often boring and monotonous. Because the merger game and corrective gymnastics are providing a very important choice that motivation is a very important prerequisite for successful work in corrective gymnastics. Harder part of this work is to connect various gymnastic exercises with games.

The special role in the game for the physical development of children, and serves as an outlet for excess energy which, if it accumulates in the child makes him nervous. In all aspects of physical education plays a significant role, and together with the Corrective exercise is the basis for the normal development of preschool and schoolchildren.

Human setting is that every person should have the right to life, protection, love, belonging, work and freedom. Best reflected in the community compared to children with disorders of growth and development. Therefore, the obligation of each community to ensure equal rights for all children and thus the conditions for a healthy and normal life.

## 8. REFERENCES

1. Bjeković, Mr. Vukovic, M. Bratovčić, V. (2005). How to protect the spine, Pale: Faculty of Physical Education
2. Gojković, D. Fulurija, D. (2012): The incidence of spinal deformity in children of second and third grade of elementary school. Scientific journal in the field of sports and physical culture "SPORT AND HEALTH" (70-76). Pale, Faculty of Physical Education and Sport
3. Jovović, V. (1994). Utvrđivanje body deformities school children and youth in Montenegro Gori. Podgorica: Ministry of Education and Science of Montenegro
4. Krsmanović, R. (1988). Utvrđivanje difference in posture and students in the seventh grade as a condition of formation of homogeneous groups in order to prevent and eliminate nedostataka. Šibenik, Proceedings of the VIII Summer School PFKJ
5. Koturović, Lj., Jeričević, D (1988). Korektivna gymnastics, Belgrade: GRO, sports books.



6. Radisavljević M, streets, D. Arunovic, D. (1997). Senzitivni period of development of motor abilities of children of younger school uzrasta. Fizička culture 5, str. 34-37. Niš: Filotofski Faculty
7. Radisavljević, M. (1992). Corrective exercise with the basics of physical training, Belgrade, University of Belgrade
8. Ulić, D (1997) The possibility of eliminating bad posture means of physical culture vaspitanja. Fizička 46: 1 str. 36-37. Beograd: faculties of physical culture.