



## THE EFFECT OF BABY'S STRATEGY ON LEARNING SOME SKILLS IN THE ARTISTIC GYMNASTICS OF THE CUBS

Dr. Ghazi Lafta Hussein

Faculty of Physical Education and Sports Sciences, University of Basrah, Iraq

Dr. Ali Jabbar Hasan

Faculty of Physical Education and Sports Sciences, University of Basrah, Iraq

Dr. Mahasin Hussein Fadel

Faculty of Physical Education and Sports Sciences, University of Basrah, Iraq

Dr. Dhurgham A. Neamah Al-Jadaan

Faculty of Physical Education and Sports Sciences, University of Basrah, Iraq

Corresponding Author : [Dhurghamaljadaan@gmail.com](mailto:Dhurghamaljadaan@gmail.com)

### Abstract

There have been many educational theories about learning and the learner and finding strategies and methods that facilitate and organize the teaching process that harmonize the capabilities of the learner. Therefore, the teaching process is no longer dependent on the teacher's ability to present his accumulated ideas as a result of previous experiences enjoyed by many teachers. Rather, it is a process of designing projects. The multiplicity of its educational aspects in the theoretical and practical fields depends on the characteristics of the learners, their capabilities and abilities. Therefore, they have to find ways to facilitate the learning process through diversity in the use of methods and strategies or pairing them with learning theories that give greater effectiveness among learners to make them a positive element participating in the education process. During the teacher's direction and supervision. Therefore, the importance of research lies in reaching new formulas in working within educational units through applying the stages of this strategy, which works on active participation, exchanging ideas and opinions, and communicating concepts. The study aimed to

- Preparing an educational curriculum according to Baby's strategy to learn some skills in artistic gymnastics.
- Recognizing the effect of the curriculum prepared by the researcher in learning some skills in gymnastics.



The research sample was chosen in a deliberate way, as they represent the entire community of origin, and their number (8) players aged (9-10) years were divided randomly by lottery into two experimental and control groups, each of them (5) players. The equivalence was made as shown in Table (1) The researcher did not make the sample homogeneous because they are a deliberate sample and they represent the entire original community.

### **The Most Important Conclusions**

- 1- The educational program according to the Bye strategy, as well as the curriculum prepared according to the adopted method, helped in developing the skill of the anterior airway for the experimental and control sample group.
- 2- The use of the Baybys strategy was more effective in developing the airway than using the adopted method.

### **The Most Important Recommendations**

- 1- The necessity of using the Babys strategy in teaching methods in faculties of physical education and sports sciences, clubs and sports institutions by teachers, coaches and specialists.
- 2- The necessity of using the Babys strategy with different categories of learners, as well as using it with most sporting events, because in addition to developing the skill level, it works on building the learner's personality and developing his trends.

**Keywords:** Baby's strategy; artistic gymnastics.

### **1 -1 Introduction and Importance of Research:**

In order for the learner to achieve an educational goal or several educational goals during the educational unit, it is necessary to adopt strategies and teaching methods planned by the teacher that are consistent with the learners' abilities and their preparations to find common solutions to achieve these goals and to form positive attitudes in terms of physical and intellectual aspects, and to increase the positive interaction between them or with the teacher towards What is taught or what is required of them from practical applications.

There have been many educational theories about learning and the learner and finding strategies and methods that facilitate and organize the teaching process that harmonize the capabilities of the learner. Therefore, the teaching process is



no longer dependent on the teacher's ability to present his accumulated ideas as a result of previous experiences enjoyed by many teachers. Rather, it is a process of designing projects. The multiplicity of its educational aspects in the theoretical and practical fields depends on the characteristics of the learners, their capabilities and abilities. Therefore, they have to find ways to facilitate the learning process through diversity in the use of methods and strategies or pairing them with learning theories that give greater effectiveness among learners to make them a positive element participating in the education process. During the teacher's direction and supervision.

Among these strategies is the Bybe strategy, That the presence of some of these errors is almost unknown precisely due to the speed of performance in addition to the fact that the players are young (Dhurgham A.Al-Salam : 2015 ) , ( Yousef Qatami : 2013)" which is called a method and at other times a strategy or method because of its multiple stages that work on gaining theoretical" and practical experiences by learning through its stages, during which the problem is presented and identified, and then participates through small groups in the discussion and expressing opinions to find common solutions To reach educational and positive results aimed at achieving the goal or objectives of the educational unit.

The gymnastics lesson is one of the important lessons in the faculties of physical education because of its great impact in preparing the student mentally, physically and kinesthetically through his learning of many basic skills and on various devices and due to the entry of gymnastics into the wheel of development, the movements that are performed in it have become complicated and it was necessary to develop as well as the means of developing Education and training on these movements, and from here it became necessary to find alternative means "to facilitate the process of education. Therefore, the importance of research lies in reaching new formulas in working within educational units through applying the stages of this strategy, which works on active participation, exchanging ideas and opinions, and communicating concepts.

### **1-2 Research Problem**

There are two correlative aspects that complement each other in practical lessons, in the theoretical aspect (educational activity), which depends entirely on the teacher and his method of presentation and presentation. Here, the role of the learner is somewhat negative, as he is a recipient, listens and watches what the teacher does. And then the practical aspect (applied activity) and here comes



the role of the player or student in applying what was presented and explained by the teacher and by informing us about (Hassan & Saeed Mohammed :2014) " some teaching methods and strategies that give a greater opportunity for the player or student to participate in both activities in thinking and learning". He found that the problem of his research can be to lie in a question.

Does the use of the strategy work on learning skills by engaging the players in a positive way in achieving the objectives of the educational unit and moving the student from a negative situation to a positive one that interacts with the teacher's directives?

### **1 -3 The Research Objective**

- 1- Preparing an educational curriculum according to Baby's strategy to learn some skills in artistic gymnastics.
- 2- Recognizing the effect of the curriculum prepared by the researcher in learning some skills in gymnastics.

### **1-4 Hypotheses Research**

- 1- There are statistically significant differences in the results of the pre and post tests for the control and experimental groups in favor of the post tests
- 2- There are statistically significant differences between the results of the post tests for the two groups and in favor of the experimental group

### **1-5 Research Areas**

- 1-5-1 The human field: Basra junior players in gymnastics
- 2-5-1 Time domain: represented by the time period from
- 1-5-3 The spatial domain: the inner hall of the Gymnastics Federation in Al-Muwaffia / Basra

### **2-1 Research Methodology**

The researcher used the experimental method for its suitability and the research problem

### **2 -2Society and Sample of Researc.**

The research sample was chosen in a deliberate way, as they represent the entire community of origin, and their number (8) players aged (9-10) years were divided randomly by lottery into two experimental and control groups, each of



them (5) players. The equivalence was made as shown in Table (1) The researcher did not make the sample homogeneous because they are a deliberate sample and they represent the entire original community.

### **2-3 Steps of Design, Construction and Field Procedures**

- 1 - floor movement mat
- 2- Panasonic video camera
- 3- A Panasonic photographic camera of Thai origin.
- 4- HP laptop computer with discs (CD).

### **2-4 Exploratory Experience**

The researcher conducted an exploratory experiment on a sample of (3) players in order to identify the nature of the strategy work and the time each player takes in the educational unit, as well as the obstacles encountered by the researcher to avoid them.

### **2-5 Pre-Test**

The pre-test was conducted on 1/9/ 2021 at five o'clock in the afternoon in the Gymnastics Hall of the Basra Governorate in the Al-Muwaffiaqeea region.

### **2-6 Main Experience**

In applying his Educational program, the researcher relied on the opinions of some specialists in teaching methods and on the trainers and teachers of gymnastics teams. The educational program was started on 3/9/2021. The curriculum included (8) educational units at the rate of (one educational unit per week) as it took the time of the educational unit In the main section (60) minutes, the main section is divided into an educational section and its time is 15 minutes to include the suspense stage from (5-7) minutes and the exploration stage and its time from (5-8) minutes and to the applied section and its time is (45) minutes to include the interpretation stage and its time (15) D) The stage of decision-making and expansion (application) and its time (30) d. The researcher took into account that the experimental group rehearsed the Baybs strategy with its five stages, while the control group used the traditional method followed as follows:

- 1- The stage of suspense: where the researcher uses a set of questions or displays samples of images that are presented in the educational section in each educational unit to create a knowledge climate and reveal ideas.

2- Exploration stage: It is the second stage of Baby's stages and it is within the educational section, in which the learner can discover new meanings of knowledge and answers to what challenges his abilities and knowledge of self-questions, discussing them with others and discovering solutions to them by working with groups and each group performs the activities assigned to it to collect data The role of the teacher is directed.

3- Explanations stage: it is implemented in the practical part. After searching for the appropriate answers in the exploration stage, the students provide explanations, propose solutions and test the validity of these solutions.

4- The stage of expansion and decision-making: it is implemented in the practical part, in which the students are divided into equal groups, and the work is done during performance and competition between members of the group or among all groups.

### **2-7 Evaluation of Technical Performance**

The research sample was evaluated by four judges and a chapter judge to evaluate the skill test of the windshield, where it was agreed between the judges to evaluate a skill of (10) degrees

### **2-8 Post-Tests**

After completing the educational units, the researcher conducted the post-tests on 1/11/2021 in the Gymnastics Hall located in Al-Muwaffaqla and affiliated to the Federation

### **2-9 Statistical Means**

- 1-Arithmetic mean
- 2-standard deviation
- 3-T-test for independent samples
- 4-T-test for non-independent samples

## **3.1 Presentation and Analysis of Results**

After collecting the results and processing them statistically, the following results appeared:

Table (1) It shows the arithmetic mean, standard deviation and (t) value calculated for the pre-test for the experimental and control groups of the skill

Test	experimental group		control group		T-value	Sig
	Mean	Std	Mean	Std		
Forward somersault out	4.200	0.570	4.30	0.758	0.236	0.102

Table (1) showed that there was an arithmetic mean for the experimental group (4.200) and a standard deviation (0.570), while the arithmetic mean of the control group was (4.30) and the standard deviation (0.758). 2.30), which indicates that there is a random difference in the pre-test between the experimental and control groups.

Table (2) It shows the arithmetic mean, standard deviation, and the calculated (t) value for the experimental and control groups for the pre and post -tests of the skill of the curled frontal air circulation

Test	Groups	Pre-test		Post test		T- value	Sig
		Mean	Std	Mean	Std		
Forward somersault out	Experimental group	4.200	0.570	7.600	0.418	13.880	0.000
	Control group	4.30	0.758	5.700	0.570	3.500	0.001

Table (2) shows the arithmetic means and standard deviations, as shown in it, and when processing the data, the calculated (t) value for the two experimental groups appeared (13.880), which is greater than the tabular (2.77) at the degree of freedom (4) and the error rate (0.05), which indicates the existence of a significant difference Significant and in favor of the post test. As for the value of (T) calculated for the control group (3.500), which is greater than the tabular value (2.77) under the same degree of freedom and error rate, which indicates a significant difference in favor of the post test.

Table (3) It shows the arithmetic mean, standard deviation, and the calculated (t) value for the experimental and control groups in the post-test of the skill of the frontal air circulation.

Test	experimental group		control group		T-value	Sig
	Mean	Std	Mean	Std		
Forward somersault out	7.600	0.418	5.700	0.570	6.008	0.000



Table (3) shows the arithmetic mean of the post-test for the experimental research group is (7.600) and the standard deviation is (0.418), and for the control group, the arithmetic mean was (5.700) and the standard deviation was (0.570). From (T) tabular (2.30) at a degree of freedom (8) and with an error rate (0.05), which indicates a significant difference in favor of the post-test for the experimental group.

Through what was presented in the table for the statistical values of the skill of the airway for the pre and post- tests of the experimental group, there is a development in the investigated variables in favor of the post tests. In which the learner is the center of the educational process. (Ali & Mohammed :20112) "relies on what he possesses of information and previous experiences and with the current new information for the purpose of obtaining information" and building new cognitive meanings that serve the educational process and increase the development and improvement of learning among learners of students(Read: 2013)" The tribal learner is a prerequisite for constructing meaning, as the interaction between new knowledge" and tribal knowledge considers them to be components of meaningful learning, and tribal knowledge may be a bridge connecting new knowledge." He builds, adds, employs and changes his buildings, taking advantage of the experience he has developed during processing, interaction and stirring, to reach an image in which knowledge rests on the ground. experience in building knowledge.

The researcher emphasizes the selection of the appropriate, correct and studied educational program and the subject according to the correct scientific foundations and according to the strategy of "Baby" and according to the capabilities and capabilities of the students and learners in a way that is consistent with the nature of the material they study in the syllabus Ali Mohammed Hadi & Saad Matar: 2018) It is necessary to build curricula on new foundations in view of the comprehensive variables that affect every aspect of our lives with its magic wand, and that they take into account the various circumstances and trends that we target in education , (Wael Kassem Jawad :2015) point out that anything the player or team does is a contribution towards creating scoring chances because it is the winning team in the game that has brought the ball into the opponent's goal more often and legally, and that this process is not done Only through scoring .

The researcher refers to the development in the research variables to the objectives of the constructivist theory and the Bye strategy and their suitability



in achieving the educational and behavioral objectives of the members of the experimental group. Responsibility and decision-making, make the learner an initiative, persistent, thinker and creative, and encourage students to discover knowledge, in addition to the role of the teacher as a leader, guide and organizer of educational experiences , This is confirmed by (Dhurgham Neamah & Ali Hadi :2018) that due to the different shooting areas, which are medium or far so it depends on the possibility of the player first and how well his ability to shoot near or near in addition to the near or after the player aiming from the opposing player .The researcher also attributes this development to the experimental group of the post-tests to the role of encouraging activities in the constructivist classes in the performance of theoretical and practical lectures, through the use of posing the problem in the form of questions or displaying pictures to the students (Youssef Qatami: 2013). And discussing a set of solutions through the use of class discussions and practical experimentation and the development of interpretations and their application to find solutions, and this is supported by (Olive: 2018)\_quoting from Bakersfield, 101 "The individual does not build his external data through his own activities only, but through discussing what he has reached Who is with others and negotiates with them?

The researcher attributes the development that occurred in some variables of the research to the control group of the method followed by the subject teacher, the good regularity in the performance of the educational units of the subject and curriculum in terms of ease and difficulty and the role of the teacher in planning and good preparation, as well as the result of practice and repetition of performance, and the control group was satisfied with the exercise on the carpet of ground movements, where (Marwan Abdel Hamid: 2014),) stresses that "traditional learning depends on the positive role of the teacher in making all decisions, including planning, implementation and evaluation, as well as determining the appropriate time needed to achieve the goals."

Finally, the researcher attributes the development of the experimental research sample according to the Bybe strategy to regularity and cooperation among the group members and to the teacher's role in managing and organizing the educational unit. Which is contained in that curriculum "and for the relationship between the curriculum(Thamer Turki: 2011) " teaching and the teacher and the capabilities of the teacher in the correct handling of the teaching method" and making it highly effective in achieving the objectives of the educational unit during the period of application of the units and this is what he touched upon



(Mohammed Hamid: 2015)” that the teaching profession cannot That the teacher masters it unless he is familiar with its conditions and principles, as well as educational means and techniques, in addition to applying teaching methods in the syllabus to learners that need high-performance skills and proficiency through studying and applying what is true of them. The teaching process helps to avoid many of the mistakes that most teachers make.

## **4 -Conclusions and Recommendations**

### **4-1 Conclusions**

- 1- The educational program according to the Bye strategy, as well as the curriculum prepared according to the adopted method, helped in developing the skill of the anterior airway for the experimental and control sample group.
- 2- The use of the Bye strategy was more effective in developing the airway than using the adopted method.
- 3- The use of educational units according to the strategy of Bye and the diversity of exercises and the use of aids and gradation from easy to difficult increased motivation, excitement and suspense during performance.

### **4.2 Recommendations**

- 1- The necessity of using the Bye strategy in teaching methods in faculties of physical education and sports sciences, clubs and sports institutions by teachers, coaches and specialists.
- 2- The necessity of adopting Baby’s strategy in teaching students and young people skills in artistic gymnastics
- 3- The necessity of using the Bye strategy with different categories of learners, as well as using it with most sporting events, because in addition to developing the skill level, it works on building the learner's personality and developing his trends.
- 4- The necessity for teachers and specialists to be informed of the most important developments in teaching methods. Therefore, the researcher recommends the necessity of conducting courses or seminars indicating the importance of modern teaching methods.
- 5- Conducting similar studies by researchers in all sports sciences.



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