

PRINT: ISSN 0975-1122 ONLINE: ISSN 2456-6322

International Journal of

EDUCATIONAL SCIENCES

© IJES 2020

Int J Edu Sci, 00(00): 56-60 (2020)

PRINT: ISSN 0975-1122 ONLINE: ISSN 2456-6322

DOI: 10.31901/24566322.2020/31.1-3.1151

Influence of Exercise Classics on Children's Concentration

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KEYWORDS Classics. Concentration. Coordination Abilities. Physical Education. School Children

ABSTRACT The study aims to determine the influence of exercise Classics on the development of concentration abilities of children 9-10 years old. The study was conducted over a period of 9 months, in which 40 9-10-year-olds participated. The level of development of coordination abilities was assessed by the «Shuttle run» test, and the indicators of concentration of attention by the Methodic «Bourdon test». The programs Bio-stat 2009, Microsoft Excel 2016 and t-student were used for mathematical and statistical processing of results. After the end of the study, the indicators in both groups improved. These results indicate the effectiveness of using exercise Classics in physical education lessons in working with younger schoolchildren. If schoolchildren perform exercise Classics in physical education classes at school, they will improve the indicators of not only coordination abilities, but also the ability to concentrate attention.