

The Effect of Teaching with the Personal Learning Method (Claire's Plan) On the Performance and Teaching of Some Artistic Gymnastics Skills for Female Students Aged (11-12) Years in Baghdad Governorate

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Abstract

Artistic gymnastics occupies an important place among individual sports, and this importance came because it is an interesting game in addition to that it can achieve good results for the country, and gymnastics works on forming the structure and the body and giving it good strength and enjoyment of high physical fitness, and since it is an individual game it provides an opportunity that is not limited to creating the ability to innovate and succeed when performing movements, which leads to the development of the ability to embody coordination, continuity and compatibility between players. Given the importance of artistic gymnastics and the importance of teaching methods in teaching and learning the technical skills of gymnastics for students between the ages of (11-12) years, researcher Z considers the necessity of finding modern teaching methods with the age stage that are consistent with their preferences and desires and move away from the traditional way in which the individual differs. The Aryan, therefore, one of the methods of individual education was addressed, namely (personal learning, "Claire's plan"), because individual education is the process by which the learner tries to acquire by himself the sufficient amount of skills through training according to the skills installed in the program in addition to the use of educational devices and situations. . The importance of the research lies in the fact that it is an attempt by the researcher to use a new educational and educational method in developing the level of performance in some technical gymnastics skills for students between the ages of (11-12) years. The research aims to:

- *Identifying the effect of using the method (personal learning, "Claire's plan") on improving the level of performance in some skills in artistic gymnastics for female students (11-12) years old in Baghdad governorate.*
- *As for imposing research, it is:*
- *There are statistically significant differences in the method (personal learning, "Claire's plan") in some technical skills for students' body ages (11-12) in Baghdad governorate in the pre-tests and dimensions in favor of the post-test.*

Keywords: *Gymnastics, formation of structure, Capacity development, Individual education*

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The experimental method was used on a sample of (12) students aged (11-12) years, and (3) skills in artistic gymnastics were selected, and after completing the application of the experimental method, the data were statistically processed. The following conclusions were reached

- 1. The emergence of statistically significant differences between the results of the pre and post tests in the level of skill performance of the skill (rolling background) in the technical profession for students aged between (11-12) years in Baghdad governorate and in favor of another test.*
- 2. The emergence of statistically significant differences between the results of the pre and post tests in the level of skill performance of the skill (standing on the head) in artistic gymnastics for students (11-12) years old in Baghdad governorate and in favor of the post-test.*
- 3. The emergence of statistically significant differences between the results of the pre and post tests in the level of skillful performance of the skill of (diving) in the technical profession for students aged (11-12) years in Baghdad governorate and in favor of another test.*

As for the recommendations, they are:

- 1. A- Using the teaching method b (personal learning, "Claire's plan") in learning artistic gymnastics skills that were not covered in the current study of female students aged (11-12) years in Baghdad governorate.*
- 2. Conducting a study similar to the method (personal learning, "Claire's plan") to develop the physical, skill and mental capabilities that were not covered by the current study for female students ages (11-12) years old in Baghdad governorate.*
- 3. A teacher counter by holding training courses to clarify the importance of the method of use (personal learning, "Claire's plan") in teaching and learning skills and all sporting events in the annual curriculum for sports events that will be taught in physical education.*

Definition of the research

Introduction and Importance of Research

The development and progress that has been made at all levels of mathematics and the rest of the sciences is due to the development and progress of the methods used in teaching, and the methods and methods of teaching have enjoyed a large share of progress and development as a result of technological progress, which made workers in the field of physical education look to a better future to try to solve mathematics problems from Through modern scientific teaching methods, by making use of modern theories in the science of teaching methods, education and other related sciences in everything related to the development of female students 'teaching. Artistic gymnastics occupies an important place among individual sports, and this importance came because it is an interesting game in addition to that it can achieve good results for the country, and gymnastics works on forming and building the body and gives it good strength and high physical fitness, and because it is an individual game that provides an unlimited opportunity to create ability To innovate and succeed when performing movements, which leads to the development of the ability to embody coordination, continuity and compatibility among players. Hence, scientific and technical progress requires reviewing the methods and techniques of traditional development teaching, introducing the latest methods and techniques, applying them, and increasing interest in them, as well as the traditional method may not meet the requirements of modern teaching. Transferring experiences, skills and ideas to future generations. Therefore, it has become necessary for all societies to search for the best scientific methods in order to achieve their goals and advance their individuals from the physical, psychological and social aspects, the importance of your artistic aesthetics and the importance of teaching methods in teaching technical skills of gymnastics for students between the ages of (11-12) years, so see The researcher increased the need to find modern teaching methods that are appropriate for the age group and that are compatible with their preferences and desires, and to move away from the traditional method in which the individual's views are. The differences are in dealing with individual education methods, which is (personal learning ("Claire Plan")), the fact that individual education is the process that Through which the learner tries to acquire his skills on his own to a sufficient level of skills by practicing according to the skills proven in in addition to the use of educational devices and situations, and the importance of research in that is an attempt by the researcher to use a new educational and educational method in developing the level of performance in some technical gymnastics skills For students aged (11-12) years.

Research Problem

Despite the efforts made by scholars, experts and specialists to reach results in teaching methods and methods, the educational process still depends on traditional methods of teaching motor skills, as the school depends entirely on explaining the skill, presenting it, observing students during implementation and correcting errors due to lack of time. Ad hoc, and the school's inability to correct the mistakes of all students, and the researcher found that this method does not develop the level of performance in the technical aesthetics skills of students, as there is an urgent need for new methods and methods of teaching that facilitate the application of students to develop the level of performance in the skills of artistic gymnastics for students , Because the technical enthusiasm game is distinguished from the rest of the games with its many and different requirements due to the difficulty of the movements in addition to the need for integration of skillful and technical performance to reach the degree of automation. The researcher believes that in order to facilitate understanding and awareness of the learners 'motor skill, it is important to use new teaching methods to teach artistic gymnastics skills. Therefore, the researcher decided to use the teaching method by the method (personal learning“ Claire's plan ”) in the current study to develop the level of performance in artistic gymnastics skills for students of ages (11-12) years old.

Research Objective

Identifying the effect of using the method (personal learning, "Claire's plan") on improving the level of performance in some skills in the Technical School for Girls (11-12) years old in Baghdad Governorate.

Force search

There are statistically significant differences in the method of (personal learning, "Claire's plan") in some technical skills for students' body ages (11-12) in Baghdad governorate in tribal tests and dimensions in favor of the post-test.

Research areas

The human sphere: Sixth grade elementary students in Al-Zainabiya School for Girls from the age of (11-12) years old in Baghdad / Rusafa 2.

Spatial area: a school yard included in the study.

Time range: 7/10/2019 9 until 12/26/2019 9 CE.

Research methodology and field procedures

Research Methodology

The researcher uses T of the experimental approach to fit the objectives and hypotheses.

The research sample

The research community i do not qualify for the sixth grade of primary school in Al-Zainabiya School for Girls and Al-Rusafa Education 2, Baghdad Governorate for the academic year 2018-2019 9 A.D. A sample B represented (12) students representing people (A) and (8) students representing an exploratory sample. Exclude students who are not physically fit or sedentary as well.

Data collection methods, devices and tools

The use of the following devices and tools (Arab and foreign references, the international information network (the Internet), tests and measurements, personal interviews, assessment of the level of technical skill of the body by the arbitrators, rope No. (2), chair No. (2), regular scale no. (1), x Video Camera, (1), Sharp TV, Sony Video, Hand Calculator Casio xi 3920, Statistical Means)

Determine skill tests for your technical career

The researcher chose (3) skills for the technical naturalization of female students, which are included in the International Law of Rhythmic Sex (2003: 1) (1), and the candidate skills are (2: 2004: 41):

1. Back rolling.
2. Stand on the head.
3. Snorkeling.

Of the exploratory experience

The researcher conducted a pilot test on (8) students of the sixth grade of elementary school (11-12) years old in Al-Zainabiya School for Girls and outside the limits of the sample work. The T.

- Identify the difficulties that the researcher may face at work.
- Find out how long each skill in technical anesthesia takes.
- Knowing the validity and suitability of the devices and tools used and their adequacy.
- Ensure that the venue is suitable for implementing your nominated artistic aesthetic skills
- Knowing the adequacy of the assisting work team.
- Ensure that students understand how to perform skills in artistic gymnastics.
- Make sure the program is valid for the application.

By conducting the exploratory experiment, the researcher made sure of the validity of the technical gymnastics skills that are nominated for the application, the students' understanding and understanding of the educational unit, and the adequacy of the support team.

Test data tribal of

The researcher conducted the preliminary tests for tests of body art skills for sixth graders from the age of (11-12) years from Zainabiya School for Girls and their number (12) students on 10/10/2019, during which all the skill was completed. Tests were filmed. Body art with the aim of performance appraisal by experts in giving the breed all skill and acting (roll in background, head stand, dive)

President's experience

The researcher developed an educational program for artistic aesthetics skills that are candidates for application according to the teaching method (personal learning "Claire's plan") suggested by the researcher. , The validity of the proposed program for implementation was recognized. Teaching the curriculum was scheduled to start 10/10/2019. Until the end of 12/12/2019, (8) weeks were filled with Talimitan Weekly A units, and the educational unit lasted 30 minutes after applying (16) educational units with a time of (480) minutes. To assess the skill, the level of the research sample, the researcher sought help from professors of artistic gymnastics, which included teaching Suggested Oral Tut system (personalized learning "Claire Plan") based on a printed guide. For physical education that helps the student in the individual learning process, and the goal of the unit has been determined skillfully by segmenting parts of developing a large number of small steps called paragraphs arranged according to logic and displaying them as meaning the teaching pictures, as well as how to apply educational units and implement the activities and exercises contained in the educational material and how Conducting self-exams, how to apply for the exam at the end of the unit, and the approved non-technical standard for that. The unit is that the amount of the student's understanding of the educational material, and according to his abilities in the year, the basic principle underlying this approach is that the learner understands the concepts of unit, skills and technology before moving to the next unit there is no specific time to complete the unit, while observers understand the essay of the school and the researcher Who are the basis in ne of the Keeler plan and select outside disqualified. The superior data mastering the motor skills performance of the technical body quickly hence the teacher's role by assisting Zam and Willis will be the learner's data of motor skills and provide them with feedback. At the present time, the subject of physical education remains with the researcher directed and directed only, and the duration of the educational units has been determined and distributed in the educational curricula on the weekly schedule of lessons approved by the school administration, and the educational unit models Each educational unit contains a plan that describes the work that must be done, determined and distributed in stages The sequence was with minimal effort and time, and was applied to the vocabulary approach suggested by the school subject of Physical Education in School A. Under the supervision of the researcher throughout the implementation and implementation of the educational curriculum within the sport lesson. The researcher also divided the educational unit into the unit's three sections:

1. Preparatory section: Its duration is (10) minutes, and it includes warm-up exercises in addition to preparing the body for the student to reach a good level in implementing the curriculum vocabulary.
2. The department head section: duration (30) minutes, and it is divided into two parts (first) teaching and duration of 10 minutes and includes explanation and presentation of artistic skill 'body before school subject physical education, and (second) education and training and duration (20) in which students apply artistic gymnastics skills and their performance individually. Here the school controls the times, frequency and times that interfere with training students.
3. The final section: It lasts for 5 minutes and includes either a fun game or calming and relaxing exercises.

Tests of dimensionality

Subsequent tests were conducted after the completion of the program implementation on 12/15/2019, and the researcher followed the same procedures used in the tests in cooperation with the tribal and assistant work team, and they were implemented in the same place and time. Terms and conditions approx.

Statistical laws

The ready-made software system (IBM SPSS Statistics Ver2 4) was used to extract the following: (arithmetic mean, standard deviation, and test) T. test for bound non-independent samples, Kolmogorov-Smirnov test, (TestShapiro-Wilk)

Presentation, analysis and discussion of results

Presentation and discussion of the results of the test (T.test) for artistic gymnastics skills in the pre and post tests

First steps and before starting the statistical treatments, the researcher made a test (normal distribution) as shown in Table No. (1) noting that all the significance level values (Sig) for all your technical gymnastics skills in (J test) Kolmogorov-Smirnov) and (Shapiro-Wilk, which is greater than the approved significant level of (0.05), indicating that the data follow a normal distribution, so the researcher must use the tests.

Table (1) Evaluate some of your artistic gymnastics skills in my test (Kolmogorov-Smirnov)

And (Shapiro Wilk)

Shapiro-Wilk			Kolmogorov-Smirnov			Your artistic gymnastics skills	T
Sig	Df	Statistic	Sig	Df	Statistic		
169 .0	12	751 .0	213 .0	12	164 .0	Back rolling	1
810 .0	12	679 .0	238 .0	12	55 0.2	Stand on the head	2
633 .0	12	816 .0	088 .0	12	240 .0	Snorkeling	3

Since the sample follows the normal distribution, the researcher (T. test) used non-independent linked samples to find out the ethical differences between the two pre and post tests. The essence of gymnastic biting skills for technical students aged (11-12) years As shown in Table No. (2), it is noted that all technical gymnastics skills were of significant significance and post-test because all values of the calculated level of significance (Sig) are smaller than the value of the approved level of significance of 0.05.

Table (2) the arithmetic mean, standard deviations, and (t) value calculated for the pre and post tests

For some artistic gymnastics skills

indication	Sig	(v) Value	A H ² P	Mug	Post test		The pretest		Variables	No.
					P	S	P	s		
moral	0.000	31.405	0.132	4.150 -	0.455	8,300	0.201	4.150	Back rolling	1
moral	0.000	26.389	0.135	3.575 -	0.619	8.116	0.416	4.541	Stand on the head	2
moral	0.000	33,525	0.107	3.608 -	0.485	8.350	0.210	4.741	Snorkeling	3

Discuss the results

Through the results obtained in Table (2), it is clear that there is an improvement in the skill level of all technical gymnastics skills for students aged (11-12) years, and thus the research was imposed. The reason for this development and improvement in the level of performance is due to the proposed educational curriculum prepared by the researcher according to (the personal learning method "Claire's plan") designed to develop motor skills, especially educational ones. The period allocated to implementing the method was useful in mastering the motor skills of the artistic body, the fact that students in the method (personal learning "Claire's plan") had a n (booklet) used for each of them and those who helped them in the individual learning process and described them as specific educational goals based on

the principle of perfection. Taking into account the individual differences because the student Q t bears the responsibility for the education himself, that is, the result reached by the researcher T., which is consistent with what Zencius 1990 indicated, "that the distinguishing characteristic of Keeler's plan is the speed of self-education, and the technology of learning. This method of teaching and its backbone is the learner's preoccupation with the teaching materials and units of the program "(1990: 252: 8). It also agrees with what (Muhammad Mahmoud: 1999) pointed out, "When the curriculum is implemented effectively, the overall performance of the student improves a lot and then students can get the additional benefit of developing new learning about how to learn skills" (1999: 4: 274) . The result is also consistent with what Mclaughlin 1991 said, "that a student who studies the educational material using the Keeler method is an active and participant in all his activities in order to master specific educational goals" (1991: 6: 39). With reference to him (Jawdat Ezzat 2000), "Behavioral actions not goals that direct the efforts of the learner in the course of education because the prior knowledge of their performance results from that at the end of learning. He can direct his efforts and focus their attention on the components of this performance, which increases his motivation. On Learning "(2000: 3: 35). The results obtained are also consistent with what was stated (Muhammad Mahmoud 1999): "When the curriculum is applied effectively, the overall performance of the student improves greatly, and then students can get an additional benefit, which is the development of new learning. On how to learn skills." (1999: 64: 4)). With what was stated (SchmidT, A. Richard, Craig A. Weisberg: 2000), "The teacher should encourage the learners to perform as many exercise attempts as possible" (7: 2000: 206). While agreeing with what I said (Magda Ibrahim). 1995: one of the most important principles of good learning is providing the student with the opportunity to be responsible for learning and assessing his performance, which makes him more effective, reduces teacher accreditation and increases motivation, which leads them to learn, assimilate and save as much experience as possible "(1995: 19: 5).

Conclusions and Recommendations

Conclusions

Reached T .researcher of within the limits of the final results of her research to the following conclusions:

1. The emergence of statistically significant differences between the results of the pre and post tests in the level of skill performance of the skill (graded background) in the technical profession of students (11-12) years in Baghdad governorate and in their favor. Another test.
2. The emergence of statistically significant differences between the results of the pre and post tests in the level of skill performance of the skill (standing on the head) in the technical profession of female students (11-12) years old in Baghdad governorate. For the benefit of the post test.
3. The emergence of statistically significant differences between the results of the pre and post tests in the level of skill performance of (diving) in the technical profession of female students (11-12) years old in Baghdad governorate and in favor of another test.

Recommendations

It recommends the researcher of the following:

1. Using the teaching method b (personal learning, "Claire's plan") in learning technical gymnastics skills that were not covered in the current study for female students (11-12) years old in Baghdad governorate.
2. Conducting a study similar to the method (personal learning, "Claire's plan") to develop the physical, skill and mental capabilities that were not covered by the current study for female students ages (11-12) years old in Baghdad governorate.
3. A teacher setting by holding training courses to clarify the importance of the method of use (personal learning, "Claire's plan") in teaching and learning skills and all sporting events in the annual curriculum of sporting events that will be taught in an educational lesson.

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