

The effect of using the flexible group's strategy according to the sense of movement exercises in learning some football and basketball skills

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Abstract---The research included the definition of the research, the introduction and the importance of the research, which is that the teacher who is fluent in using different strategies and methods during teaching is the one who makes the lesson characterized by flexibility and vitality that it produces. In his own style, which is reflected on the learners and makes them interact with the lesson through good performance of the exercise and outputs the educational unit in a manner consistent with the level and capabilities of the learners, which in turn gives an advantage in learning those mathematical skills? Football and basketball, which is one of the group games that are characterized by a lot of interest in the teammate, the opponent and the ball, as well as a somewhat high degree of movement, skill and physical abilities with friction with the opponent's team and thus require complex exercises, especially in terms of feeling and perception of distance and time. The teacher uses the flexible group strategy by teaching and introducing movement perceptions of movement that develop the learner's abilities in football and basketball and its effect on motivation and learning skills. As for the research problem, it lies in the fact that researchers, through their work as teachers and their field trips to schools during application periods, the teaching staff who have studied physical education lack the change and recognition of what is modern in teaching. Methods of strategies and methods as well as students' weakness in terms of perception and sense of movement and learning, which prompted researchers to find out this real problem, study it and provide a solution for that, by using a flexible group strategy according to perception and movement exercises in learning some skills in football and basketball.

The objectives included-Preparing educational units using the strategy of flexible groups according to training, perception and movement to learn some skills in football and basketball- Knowing the effect of using the flexible group strategy according to training, perceptual kinesthetic, on learning some skills in football and basketball. And that the research method, which is the experimental and eloquent curriculum, which consisted of 60 students in the preparatory stage of literary fifth grade, also included the tests used in the research, the exploratory experiment, the preliminary tests, the application of the educational units to the research sample and the post-tests, and the presentation, analysis and discussion of the results prior to And a posture between the two experimental groups. Control and post-dimensional tests between the two groups in skills. As for the findings of the researchers, namely. The results showed the superiority of the experimental group that used teaching the flexible group strategy according to training, perception and movement in learning some skills in football and basketball over the control group football and basketball.

Type of Paper--- Review

Keywords: flexible group's, sense of movement, exercises, football and basketball skills

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Definition of research:

Introduction and the importance of the research:

The progress achieved and the various sciences and specializations that the world is witnessing is unprecedented. If the educational organization and outputs have become unable to keep pace with this tremendous progress, the change in planning, implementation and evaluation in educational outputs is required and despite the recent psychological and educational research, assertions, and literature and its implications for activating teaching methods and methods in a way that stimulates and develops the role of the learner and makes it an engine, supportive and effective in the educational process. Now, it still suffers from some useless accumulations that harm the learner and is limited to the fact that the learner receives knowledge from listening and indoctrination in various sciences, including physical education and sports sciences.

The teacher who is fluent in using different strategies and methods during teaching is the one who makes the lesson characterized by flexibility and vitality, which he draws out in his own style that is reflected on the learners and makes them interact with the lesson through the good performance of the exercise and the learning unit in a manner consistent with the level and abilities of the learners, which in turn gives an advantage in learning that Mathematical skills. That is why the teacher must work in organizing the teaching process and taking into account the individual differences between the learners and preparing them for correct numbers of physical, skill, psychological and mental numbers in order to reach the best responses by the learners, so that the perception of kinesthetic appears in the various sports activities, including football Where it appears in most compatibility movements through the sense of movement and awareness of the parts of the movement and the development of this with exercises that help stimulate it. Football and basketball, which are considered among the group games, which are characterized by a lot of attention to the colleague, the opponent and the ball, as well as high mobility, skill and physical abilities, and friction with the opponent's team, and thus need complex exercises, especially in terms of feeling and perception of distance and time. Thus, the importance of research is evident in that the teacher uses the strategy of flexible groups by teaching and introducing exercises perception of movement that develop the learner's abilities of football and basketball and their influence in stimulating and learning skills.

research problem:

Football and basketball are sports that require a set of motor and physical abilities in order to bring out the skillful side in a wonderful and distinctive way, it requires mastery of skills and it requires the mobility that derives from perceptual and sensory abilities, including motor compatibility, one of the most important pillars of the movements that the teacher perceives In order to produce the lesson correctly, and despite the multiplicity of teaching strategies, methods and methods in the educational process, teaching is still limited to the use of traditional strategies and methods of teaching, especially in physical education subjects that are of a practical nature if the strategies are characterized by the clear control of the teacher without interference or giving relative freedom For the student, this reflects greatly on the students from the negative side, as well as not spreading the atmosphere of competition between students, and this is what the researchers noticed through their work as teachers and their field trips to schools during the application periods that the teaching staff who studied physical education lacked change and to know what is modern in teaching methods from the strategies And methods, as well as students' weakness in terms of perception, sense of movement and learning This prompted the researchers to find out and study this real problem and provide a solution for that, which is through the use of the strategy of flexible groups according to the kinesthetic perception exercises in learning some skills in football and basketball.

Research objectives:

- ✓ Preparing and implementing special educational units using the strategy of flexible groups according to the exercises, sensory kinematics, to learn some football and basketball skills.
- ✓ Identify the effect of using the flexible group strategy according to the exercises, sensory-motor perception, on learning some skills in football and basketball.

Research hypotheses:

- ✓ There are statistically significant differences between the pre-test results and the post-test results of the experimental group and the control group in learning some skills in football and basketball.

- ✓ There are statistically significant differences between the results of the post-tests of the experimental group and the control group in learning some skills in football and basketball and in favor of the experimental group.

Research Areas:

- Human field. Fifth grade literary students/ green intermediate model/ Baghdad/ Al-Karkh 1 for the academic year 2018-2019.
- The temporal domain. From 11/12/2018 to 30/12/2019
- Spatial domain. The closed interior hall in the model green prep/ Al-Karkh 1/ Baghdad.

Research methodology and field procedure:

Research Methodology: The researchers used the experimental approach.

Research community and sample: The research community is represented by fifth-grade literary students in Al-Khadra Model School in Baghdad / Al-Karkh 1 academic 2018-2019. As for the sample, the sample was chosen by the intentional method and their total number is (110) students, as they are distributed in (4) halls (AB, A, d) The lottery method was adopted to select the halls, where the students who entered the exploratory experiment, the absent students, and the halls that did not interfere with the main experiment were excluded, as they were excluded (50) students, and thus the sample reached (60) students, which constituted (54.54%) If room (A) is chosen as the experimental group, their number is (30) and Hall (C) as the control group, and their number is (30) students.

The homogeneity of the sample: The researchers conducted homogeneity in (height, age, weight) for all the sample members, as shown in Table (1).

Table (1). The homogeneity of the sample is shown by the variables (age - height - weight).

Coefficient of torsion	Mediator	standard deviation	Arithmetic mean	Variables
1,00	1 28 ,17	0,67	69 ,17	Age
38 0,5	173	2 2,1	5 171,9	Length
0 5 0,3	0 66,0	0 3 ,2	0 65,7	the weight

It is evident from the table that the skew coefficient in the variables is confined between the real terms (+ 3). Thus, the sample is naturally distributed and is homogeneous.

Tests used in the research:

- Name of the exam: Football handling
- The objective of the test: (Maneuvering backward on the wall for 30 seconds) (Mwafak Asaad: 55: 2009).
- Test name: Test scores
- Test goal: scoring a goal drawn on the goal, the number of correct attempts in 30 seconds (Khuribet: 1989: 38).
- The name of the free throw scoring test: The purpose of the test: to measure the accuracy of the free throws scoring.
- (Scoring from behind the free throw (10 shots)) (Ali Salloum: 2004: 179).
- The scoring test for the peaceful movement after the performance of al-Tabtaba (Muhammad Abd al-Dayem. Muhammad Subhi: 1984.171).

Objective M - Test: To measure the accuracy of scoring after performing Punch and the Trials.

exploratory experience:

The researchers deliberately conducted the survey sample to the experiment of the students who were excluded from the main experiment, numbering (8) on 11/12/2018 and repeated the experiment after seven days after 11/11/2018. Researcher Wen obtained from experience.

Knowing when to explain the skill data, overcoming some of the difficulties facing the researcher, taking into account the safety of the tester, and introducing the team assistant to the tests and how to apply them.

The tests selected in the research carry a scientific basis and are applied to the Iraqi environment and bear a scientific basis, but the researcher deliberately made scientific foundations on a sample of 10 students as shown in Table (2).

Table No. (2) Shows truthfulness, consistency, and objectivity

Objectivity	Persistence	Honesty	Variables
94 , 0	0,81	0,90	Football handling skill

0,95	0,85	0,92	Football scoring skill
0.94	0.81	0,90	Scoring skill from the throw line Free basketball
0,95	0,84	0,91	Peaceful basketball scoring

The computed value of (t) was greater than the scheduled quantity (0.52) with a degree of freedom (8) and less than the level of significance (0.05). The tests are highly valid, reliable and objective.

Pre-tests:

The researchers deliberately conducted pre-tests and tests such as (football handling skill, soccer scoring skill, scoring skill from a free throw basketball line and recording a peaceful basketball) on the sample and closing the school gymnasium on 11-26 / 27/2018 AD, and it was applied from It was accepted by professors specializing in the study of physical education and under the supervision of researchers. Then the researchers had to perform equivalence of a WIG sample responsive to Rat Football as shown in Table 3.

Table No. (3) Shows the equivalence of the sample in terms of skill.

indication	Values (T) Tabularity	(T) Values Calculated	Control group		Experimental group		Skills
			P	s	P	s	
Not d	1,68	0,97	1,50	3,96	1,70	3,70	handling skill Football
Not d		0,90	2,10	9,38	2,9	44 , 9	scoring skill Football
Not d		1,1	0,509	1,50	0,507	1,53	Scoring from the free throw line
Not d		0,99	0.648	1,17	0,73	1,13	Peaceful scoring

It is evident from Table (3) that the calculated value of (T) is less than the value of (T) and this indicates that the sample is equivalent from the side of skill

Using the strategy of flexible groups according to the perception of movement exercises.

The researchers applied the special educational units that they prepared and included the flexible group strategy according to the sensory-kinesthetic exercises in the directorate’s curriculum and its inclusion within the curriculum followed by the Al-Karkh Education Directorate 1. The units included the use of the flexible group strategy, which is the division of students into small groups of no more than (6) students Each group is equal or unequal in number and according to the desired composition and purpose of the goal, and the student has the freedom to move in exchange for the return of another colleague to the group, application according to exercises, a sense of movement, a sense of distance and time, the ball and without it, and in learning skills. Under discussion in football and basketball, the number is (8) educational units, at the rate of (2) educational units per week, and each skill (4 units) is educational for football and basketball. Where the implementation of the units began on 2/12/2018 until 27/12/2018

Dimensional tests:

The researchers deliberately conducted subsequent tests on the sample, and the experimental and control groups were conducted at the same indoor gymnasium and by professors who applied the pre-tests, where the tests were conducted on 30-31/ 12/2018.

statistical methods:

Statistical data were processed using Statistical Package (SPSS).

Presentation, analysis and discussion of the results:

- Presentation and analysis of results.

- Presenting, analyzing and discussing the results of the tests and the tribal dimensions of the experimental and controlling skills through football and basketball

Table No. (4) Shows the arithmetic mean, standard deviations, and the calculated value (T) and tables in the previous and post tests for the skills concerned in football and basketball for the two groups.

indication	Values T Tabular	Values T Calculated	Post test		The pretest		the group	Skills
			P	- +S	P	- +S		
moral	1,69	96 , 3 1	1,20	8,44	1.70	3,70	Experimental	Handling skill Football
moral		6,28	0,89	6,19	1,50	3,96	Control	
moral		10,79	2,10	17,65	2,90	9,44	Experimental	Scoring skill Football
moral		7,24	1,30	13,96	2,10	9,38	Control	
moral		25,54	0,776	4,53	0,507	1,53	Experimental	Scoring from the basketball free throw line
moral		20,33	0.626	3,43	0,509	50 , 1	Control	
moral		20.04	0.466	3,30	0,0730	1,13	Experimental	Peaceful basketball scoring
moral		17,58	0.626	2,77	0,64	1,17	Control	

* The value of (T (tabular) is (1.69) and below the level of significance (0.05) and with a degree of freedom (29)).

It is clear from Table No. (4) That the value of (T) calculated for the skill of handling football for the experimental group was (13.96), which is greater than the value) and this indicates the existence of statistically significant differences in favor of the experimental group after the test. Whereas the value of (T) calculated WIG for football Rh practice for the control group (6.28), which is greater than the value of (T (Tabular)). This indicates the presence of statistically significant differences between the results of the two tests and in favor of the subsequent test.

It is evident from the table that the value of (T) calculated for the experimental goal of soccer Mjmo p was (10.79), which is greater than the value of (T (Tabular)) and this indicates the presence of statistically significant differences between the results of the two tests in favor of the posttest value of (T Calculated for soccer scoring skill) For the control group (7.24), which is greater than the table, this indicates the existence of statistically significant differences between the results of the two tests and in favor of the post test.

The value of (T) is calculated for the scoring skill from the basketball free throw line of the experimental group (25,54) and it is greater than the value of (T) (tabular) and this indicates the presence of statistically significant differences between the results of two tests in favor of the post test while the value of (T) is calculated for the skill Scoring from the free throw line for the control group (20, 33) (which is greater than the value (T) (tabular). This indicates that there are statistically significant differences between the results of the two tests and in favor of the post test, while the value (T) is calculated for the skill of peaceful scoring for the experimental group (20.04). It is greater than the value (T) (tabular) and this indicates the existence of statistically significant differences between the results of the two tests and in favor of the post test, while the value of (T) was calculated for the skill of peaceful registration of the control group (17,58) and it is greater than the value of T (tabular) This indicates that there are statistically significant differences between the results of the two tests and in favor of the post-test

It can be seen from Table No. (4) that the experimental group is advanced in the test skill (the skill of dealing with football, the skill of recording football, scoring from the free throw line and recording the peaceful basketball) and in favor of the post-test feature of the researcher. Even the use of the flexible group strategy according to the perception exercise, a sense of dynamism and its incorporation into the curriculum in the form of special education units with research skills and using them in a coherent and scientific manner where the groups were divided into small groups gave a strong motivation for the learner to push towards participation effectively, which gave him flexibility in the movement between groups. And he is educated who is the focus of the educational process, develops and takes collective responsibility towards them, works on team work and development, and the teacher is the guide and the guide. The wave

(the flexible group strategy depends on the fact that each student in the group has an effective role that emphasizes the activity, and therefore the effort expended in the educational situation can lead to the preservation of the learning effect, its function, and its transmission (Ziadbarkat: 2005, 4).

Sensory-kinesthetic exercises also had a role in the progress of the experimental group, as it was prepared in a way that suits the learners and their ages, as well as in coordination with the strategy used, so it took the prominent role also through the sense and perception of the skills, since the sensory knowledge is of great importance and important in the coordinated mathematical motor work with the ability to perceive all the phenomena shown differently in the educational process.

The existing sensory receptor muscles send sensory nerve signals that carry information about the extent of muscle shortening or lengthening, its tension and relaxation, the speed of muscle contraction and its strength, the conditions of the various body parts as the whole, the changes that occur in these parts, the accuracy of movement in the vacuum environment and the time of its performance, so this information helps to evaluate The player's accurate assessment of motor performance through controlling the nervous system in performance and mastering the movements acquired during the motor learning processes (Hashem Al Kilani: 2005. 70).

Through this, we see that the progress that occurred to the experimental group was intertwined through the use of the flexible group strategy with the exercises that stimulated learning, namely, motor perception exercises. The control group also advanced on subsequent tests.

Present, analyze and discuss the results of experimental post-tests and control groups for WIGS a Rat (handling and scoring) basketball (scoring from the free throw line and peaceful scoring) for basketball.

Table (5). It shows the arithmetic mean and standard deviations of the two post-tests of the experimental and control groups for soccer and basketball skills.

indication	Values (T) Tabularity	(T) Values Calculated	Control group		Experimental group		Skills
			P	s	P	s	
moral	1,68	4.61	0,89	6,19	1,20	8,44	Football handling
moral		4,29	1,30	13,96	2,10	17,65	Scoring football
moral		6,04	0.626	3,43	0,776	4,53	Scoring from the basketball free throw line
moral		3,74	0.626	2,77	0,46	3,30	Peaceful basketball scoring

* The value of (T (tabular) is (1.68) and below the level of significance (0.05) with a degree of freedom (58)).

Table No. (5) shows the existence of statistically significant differences between the experimental group and the control group in the results of the post-test for skills in football and basketball, where the results refer to the value of (t) the calculated sum (4.61). Test of skill in dealing with football, which confirms the existence of statistically significant differences between the two groups in the test and in favor of the experimental group. This confirms the existence of statistically significant differences between the two groups in this test and in favor of the experimental group.

It is also evident in the test of scoring skill for the free throw line with basketball, so we find that the value of (t) (the calculated sum was (6,04)), which is greater than the value of (t) (table) and this confirms the presence of statistically significant differences between the two groups in this test In the interest of the experimental group, as is evident in the test of the skill of peaceful scoring for basketball, so we find that the value of t (the calculated value amounted to (3.74)), which is greater than the value of t (tabular), and this confirms the existence of statistically significant differences between the two groups in this test and in favor of the experimental group.

We notice from Table No. (5) that the experimental group in which the flexible group strategy was introduced to the curriculum was more influential in football and basketball skills, and this confirms the effectiveness of teaching with the flexible group strategy according to the kinesthetic perception. The exercises that were implicitly coordinated through changing groups in number and their locations in learning skills, which played an effective role in advancing the experimental group, such as teaching according to the strategy of flexible groups, which is an educational unit that

includes a specific topic and contains learning elements that may be different and multiple. Its main objective is to increase student interaction and active participation in various activities that are looking for flexible groups in the educational situation. One A, in order to achieve the specific educational goal of the educational unit and with high mastery, through which the learner can move from one group to another and give him the freedom to choose the appropriate group for him with an appreciation of levels. Groups through the supervising teacher who directs the lesson

(Flexible group strategy is one of the most important strategies through which the teacher achieves the diversification of teaching and is able to design educational activities commensurate with the needs and abilities of students, as well as through which he achieves societal goals or comprehensive parity. Development for all students despite the differences between them) (Fad Khalil Ibrahim: 2010.58-59).

And the strategy of flexible groups that includes in light of the freedom of movement of students through groups, on the condition that the teacher is aware of all learners and follows them by moving and roaming between groups to facilitate the learning process and follow up on all learners. The tools and the appropriate place for that are prepared and equipped, and each group is provided with learning resources separately, and so on. The groups and learners are assessed by the teacher individually, and the teaching units are evaluated with the teaching strategy. Flexible groups. The activities are designed according to the needs of the specific topic and goal, taking into account the succession in presenting the content of skills and taking into account individual differences between the learners as well as developing a set of exercises that give learners an opportunity in the practice and performance to be done in educational situations (that teaching is complex and flexible, characterized by providing flexibility in The choice of activities teaches him according to his pace and his ability to self-learning and provides the conditions that give the learner a positive role in each of them the educational position with a crime). (: Rober1999: 90)

The progress that occurred in the group that studied the combined flexible teaching strategy has a great impact on the participation of learners, the most important characteristic of their education, and that learners participate and participate in being outside the recipients of information only, but they participate in school activities in a high, continuous and vital way during educational unity.

It has an effect on improving motor coordination and developing skills in football and basketball, as mental and intellectual abilities are nurtured by choosing exercises so that the motor perception is mainly related to the central nervous system, one of the most important of which is the results of brain processes that are related to perception and higher mental processes represented in Perception, feeling and remembering that, these processes are the main axes of the cognitive organization of learners, taking into account that it is difficult for the learner to conceive a movement behavior in the absence of one of these main axes (that the overall performance and development depend on the development of cognitive processes as a result of the players undergoing exercises with training methods. Help to develop these capabilities, which leads to the development of a sense of others due to the power of the nerve processes that lead to an increase in awareness of the ball and the external environment (Muhammad Hassan Allawi et al .: 2003. 48). Sensory perception has a direct impact on learning, improving performance skills, accuracy, and acquiring new skills, as well as learning situations and its divisions, especially when the sender and slider need the sense of touch and sight, and some internal sensations such as a sense of direction, distance and a sense of time more than any other meaning, which is attributed to learners broad horizons In a greater awareness of a set of variables surrounding performance (those shared perceptions - kinesthetic can be developed through advanced exercises, especially those perceptions), (Khaled Shawky 1998: 83).

As these exercises work to develop a sense of motor perception of skills, which helps learners to achieve more understanding of the nature of the performance of the required skill, which makes it successful in the performance of motor skills, in addition to that it is continuous and continuous exercise increases the ability of the learner to focus on the performance of the skill. In turn, the conceptualization process has evolved, as (the longer the training period for a player, the more experience and skills he has in different playing situations), (Iman Hamad: 1998. 34).

Where the exercises were chosen in an organized and gradual manner with difficulty and coordination between the parts of the body and have a functional effect on the development of the compatibility that occurs between the nervous and muscular systems in which the physical abilities share (the development of compatibility is one of the main goals of physical education). (Abu Al-Ela Ahmad: 1997. 205).

Likewise, the flexible groups strategy worked according to the sensory-kinesthetic exercises that have a clear impact on the progression of the experimental group in all skills, as it was prepared appropriately for the sample in terms of assessing the position and the ability to direct. With regard to time and space, control of the body's movement in space

and time, perception of the body's position and its changes in relation to the playing field, movement and the ability to coordinate and connect the motor. On improving the coordination of body parts and skills in soccer and basketball, the learners' movement has developed. Through this, we note that the experimental group that used teaching using the flexible group strategy, which used exercises, perception and movement in all skills, we note that the control group has progressed in learning skills.

Conclusions and recommendations:

Conclusions:

- The results showed the superiority of the experimental group that used teaching with the strategy of flexible groups according to the exercises, perception, movement, in learning some skills in football and basketball over the control group.
- The proposed educational units that included teaching had a positive effect with flexible groups and exercises, such as exercises that assist in the acquisition of perception and coordination in football and basketball.
- The results showed improvement in the control group that used the teaching followed by the teacher in learning skills in football and basketball.

Recommendations:

- Working to make use of the results of the current study to learn and develop perception, motor sense and some football skills in the field of physical education studies in middle schools at the Ministry of Education.
- Conducting similar studies on a different sample and other toys.

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