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About the local, not only European sport : 4th EASS Conference in Münster = O lokalnym, nie tylko europejskim sporcie : IV Konferencja EASS w Münster

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Tekst jest udostępniony do wykorzystania w ramach dozwolonego użytku.

sledge”. They provided good conditioning and were caused by their industrial activities in all weather and living conditions in taiga and tundra.

Tight connection of traditional games, competitions with customs and rituals, national festivals. Not a single holiday was held without such traditional games and competitions as wrestling, archery, shooting from a rifle. They were traditional during “The bear holiday”. It helped to unite families, maintain contacts between the communities. It should be noted that children and teenagers were allowed to attend religious rituals and holidays. There they could get accustomed to the national culture and even perform some functions according to their age and abilities. They helped to prepare a ground for wrestling and bring sport equipment.

We suggest the following stages of implementation of reconstructed pedagogical heritage through introducing the system of traditional games and competitions into the contemporary educational process of the national educational establishments of the indigenous populations of the West Siberia.

In junior school games for agility and speed are preferred due to weak aerobic and muscular systems at this age. We recommend the following games for children of this age “Bear run”, “Hide and seek”, “The throwing of a lasso on a trochee”, “Who is the fastest”, “Throwing a stick at the aim”. These games arouse interest not only among the children of native Siberian but everybody. These games can be effectively applied in the basic part of a lesson and warm-ups as well. But we do not recommend them at the lessons of skiing and athletics.

In middle and high schools at PE classes more complicated games, силовые единоборства, and original physical exercises can be used due to intensive development of muscular and respiratory systems at this age and beginning of training children and teenagers to efficient trade and economic activities. These are “Jumping over a boat”, “A snow arrow”, “The rings”, “Catching a deer”, “Drop the fellow”. We would recommend these games for the basic part of the lesson or for the whole lesson.

1. Games during an active time break. These games take from 8 to 10 minutes. They stimulate moving activity of children, enable them to have an active rest and grasp the material easily at the next lesson. You cannot lead tiring and exciting games. During the time break you can effectively use the following games “Games with a ring”, “Let’s play the pits”, “The throwing of a lasso on a trochee”, “Playing with a ball”, “Hare’s traces”, “The woman of the bog”, “Wooden log”.

2. Games for afterschool. Sports hour is included into the structure of the educational process of these children that is why it is aimed at revision and improvement of the material taught at PE classes. Besides, these games are recommended to organize in the open air to improve children’s condition. During this hour you can conduct from 3 to 5 games. For example, “Game with a hoop”, “A snow arrow”, “Games with a stick”, “The monster”. These games relieve psychological tension and prevent physical inactivity.

3. Games for “all-over competition of the North” in sport school for children and the youth. First of all, this is the number of games providing the development of special motion skills and physical qualities that are necessary for training all-round events of the north. During the educational and training process the following games can be used: “Jumping over the sledge”, “Jumping”, “Throwing a lasso at distance”, “Throwing a lasso on the image on the snow”. To develop agility and strength in the preparatory part it is necessary to include the following games “Pulling with a neck”, “Pulling with fingers”, “Catching a trochee”.

4. Games in summer labor and health camps. The aim of physical culture lessons in extended education establishments is health improvement of children, and it is the basis for further sportive improvement of physically trained children and teenagers (физически подготовленных). We recommend the following action games: “Hide and seek”, “Bear and berry-field”, “Hobgoblin”, “Discus throwing”, “Playing with a discus”. They should be used at a certain time (в отведенное время) for physical exercises. It is necessary to include them in to the Olympics programs of the camp. It is also obligatory for children and teenagers to master such a new kind of sport as all-over competition of the North. With this aim in view it is needed to build special playgrounds, to buy lassoes, special sticks for running, models of sledge, a field for throwing a hatchet, places for training a national triple jump.

Theoretical and field ethnographic research reveals that pedagogical heritage and property of indigenous populations of the West Siberia contain rich potential of original means, methods and forms of development of physical activity which have been providing training industrial and household activities, formation of spirituality, socialization and connection with their own history.

Traditional active sports and games is the most important means of training of vital movements, development of such physical qualities as speed, strength, agility, flexibility. They educate determination, courage, smartness, collectivity, team spirit, morality help to survive in harsh

geographic and climatic conditions of the north of the West Siberia. The revival of the pedagogical heritage and its implementation in contemporary educational process of national schools, boarding schools, sport schools for children and the youth will allow to enrich its content significantly, and optimize movement activity of children, teenagers and young people of native Siberian, and other nations of the Russian Federation.

Involving children of newcomers, who are engaged into industrial development of natural resources of the North, into traditional physical training of the indigenous populations of Siberia does not break any national foundations. On the contrary, it will help to establish international tolerance, mutual understanding and harmony not only among children but their parents as well.

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Ключевые слова: педагогическое достояние, двигательная активность, традиционные игры и состязания.

Абстракт

Статья была подготовлена на основе материалов десяти этно-педагогических экспедиций (1990–2006) в места постоянного проживания коренных малочисленных народов Западной Сибири. В результате этно-педагогических экспедиций были установлены основные средства педагогического наследия и достояния двигательной активности. Использование традиционных игр и состязаний позволит значительно обогатить духовную жизнь не только коренных народов, но также других народов Западной Сибири и России в целом.