

**Study access:**

The past few decades have witnessed a great development in the field of looking after those who have different disabilities, a lot of Ads and international charters have issued on the part of the united nations and there specialized organization the declaration of 1981 was one of theirs for the handicapped and the U.N.O declared that the decade of 1980s was an international one of them.

Human societies give more attention to the response to what the U.N.Os declared and it reflected on the programs of such these nations concerning these categories and making legislations and laws, which include the rights of the disabled children in getting an opportunity for a proper and effective up-bringing deprived of eye sight and is called the blinds. Bedside it lives on the margin life and is not given any care on the society but this view has changed in the light of modern age. Developed countries realized the importance of the disabled welfare and did a lot of researches and studies on this sector which helped to lay various programs for them in different life fields. Those programs aim at teaching the blind how to depend on himself in most of his life affairs and how to adapt to the others and also how the blind person helps to adapt with his / her.

The eye sight disability leads to disorder in motions and the ability to move and control the environment beside it develops the feeling of fear and anxiety and hesitation and incompetence of daily activity and the lack of play chances which help to recognize the environment and the lack of motive skill so it will affect the disabled person in accepting his/her self.

The abilities of sensory-motor perception are considered the most important psychological changes which contribute to understanding, learning and doing motive skills, which needs accuracy of estimating the place and time relations for motion, through them the individual can receive information about the position of the body, its direction and its relation with its other parts in space and the direction such these abilities represent the most important psychological function which take part in the process of realizing and acquiring and developing habit in general and sports skills in particular. Through them the individual can receive information about the position of the body in the air and its different parts "like" expanding or contracting muscles and the direction, the speed and the time of motion so he can control directing motion during performing them through shape, range and direction.

General gymnastic is considered a branch different from other ones and it has a formal competition held by the international association for gymnastic every four days continuously and it is considered an international day for gymnastic and every nation has the right to evaluate it yearly and invite different world countries and it is performed in form of sports shows in halls or in open play grounds or in streets and squares, general gymnastics is a kind which include all sports activities besides technical activities which have no relation with the international performance in gymnastics or the players with international standards in Olympic tournament and other international European champion ships which are related to gymnastic systems or rhythmic competitive exercises.

**The problem of study and its importance:**

Blindness or poor eye sight is considered one of the injuries which forms a difficulty in practising most sports activities as such these practices rely on eye sight greatly especially in the process of feedback, which helps the individuals practising any sports activity to change his motive response to be in the right direction. So these responses from the blind will be affected and in turn the motor skills can't be acquired in a right way.

The difference between the normal and the blind is eye sight and this difference here is physiological which make it difficult to apply the same familiar curricula in the school of the blind therefore it is necessary to lay programs suitable for their own abilities and potentials.

Preparing sports program for the blind is of great importance as they help them to improve their functional performance and the standers of their achievement. Besides play is an important means of strengthen the blind and improving his general toleration. The perfection of accploration and expanding his experience and forming moral values and keeping his motor balance. Also the sports activity develops the ability of the blind person to acquire knowledge by other senses through motion (walking-running....etc). sensory motor perception expresses mental operation which often depend on acquiring and developing physical and skillful performance to reach higher levels. It is possible to grow continuously through the motor learning for the skill. However it happens unwillingly so the amount of this growth may be enough if compared with its counterpart which grows willingly through the planning of some especial expercises which aim, at bringing about the necessary

development for these perceptions completely as in developing different physical fitness elements.

Ebrahim Saad Zagloul (2004) indicates that general gymnastic in Canadian's association has great features and it is a sport for the young and the old alike as it gives the individual to challenge himself physically in addition to exploring various forms of the motion in an activity and it is also one of activities which take part in developing the beauty of children as well as the sensation in sharing any other sports activity to be qualified for this activity both Mohamed Ebrahim Shehata – Ebrahim Saad Zagloul (2003) agree that general gymnastic works on the general and especial physical sides of different ages or both sexes as it keeps hygiene as sanitation as well as its great importance for disability challengers.

Mahmoud Farouk Sabra mentions on behalf of Mohammed El-Araby Shamoun. General gymnastic aims at developing health fitness and social integration in general and it contributes in the direction toward right physical and psychological life as general gymnastic is a cultural social sports activity. These blind persons are not given the chance like the others namely the normal to acquire pieces of experience which eyesight require to help to adapt to the environment more effectively. So it is necessary to find a program which contributes greatly to developing sensory-motor abilities for this class and relieving this burden fallen on them the learner has noticed through the reference type that there is a few in the programs of sports education for the disabled including the blind is that there is no program for them and also the learner notices that he sensory-motor perception for the blind represents the way of vision and it is called the mental compensation which God provides with to make up

for the vision and have the ability of sensory-motor perception around them as a result the learner has found that if sensory-motor perception is developed for the blind they will be able to sense and move. This is what makes the learners to make a study under (the affect of general gymnastic on sensory-motor perception for the blind).

### **The aims of study:**

The study aims at knowing the affects of general gymnastic on sensory-motor perception for the blind through:

- The design of the total movement of general gymnastic without or with the ball.
- Knowing the proposed affect of general gymnastic on some sensory-motor perception for the blind.

### **The condition of study:**

There are three condition which differentiate between the pre-measurement and the post measurement for eh distance in the abilities of sensory-motor perception concerning the interested sample for study.

### **The measures of study**

#### ***- The course of study:***

The researchers use the experimental approach for one group.

#### ***- The Society of study:***

The society of study represents the pupils of prep stage who are registered in Al-Nour school for the blind and who share in the type of disability which is the disability of eye sight and their number is 21.

***- The sample of study:***

The sample of study is selected willingly from the pupils of prep stage in Al-Nour school for the blind in Benha-Kaliobya Governorate, it includes 16 pupils and the survey study on 5 pupils from the same school other than the study sample.

**Means of collecting data:**

***- Tests used for study:***

The researchers limit tests for sensory-motor perception under study and lay using the reference books and similar studies, the supervisors agreed to limit them as follows:

- Test for walking in board (Bordo gauge-supply 1)
- Test for wily jumping from steadiness-supply 2)
- Test for realizing horizontal distance wrist (3)
- Test for realizing vertical distance
- Test for moving 30 cm to the left side wrist (5)
- Test for moving (30 cm) to the right side wrist 6
- Test for accuracy of the aim perception wrist 7
- Test for the fine perception wrist 8
- Sets and tools of study measurement
- Measurement tape stop watch to around one 1000
- Swedi seats
- Board 70 cm x 70 cm a point drawn in its centre.
- The mask of vision
- Flat playground
- Statistic processing
- The researcher used the following statistic processing.

-Arythmatic average.

- Milder
- Stander deviation
- Relation factor
- Twisting item
- Honesty item
- Steadiness item
- Improvement ratio
- Tests

All statistics for data were done by using the computer through SPSS- issue 13.5 which is one of modern issues for international statistics programs used in this filed

#### **Conclusion and recommendation :**

- Conclusion in light of the aim of study and the sample and statistic for research data, it is possible to reach the following conclusion.
- The proposed program of general gymnastic affects sensory motor perception positively under research on the study sample
- There are meaningful differences between the pre measurement for the distance measurement in tests used under the research for the study sample
- There is a difference between the ratios of improvement of sensory – motor perception under the research of study sample

#### **Recommendation in the light the result which the researcher reach in this research were:**

- It is necessary for the research to apply general gymnastic as

a branch of gymnastic branches in different education stages for the blind

- It is necessary for the research to show the effect of general gymnastic on other psychological change for the blind
- The interest in building and limiting new tests which suit the degree
- Making similar study for different sports with regard to the degree of disability
- Getting the sport of the disabled into the subject in the faculties of sports education
- Setting –up the department of sport education for the disabled in the faculties of sports education as a primary nucleus of establishing the faculty of sports education for the disabled in the future