

Introduction and Research problems:

Playing and recreation are considered one of the social educational systems for constructing societies. They are necessary for life and society since they contribute to building and developing individual personality. Their importance increases concerning children where they have special priority and significance since volleyball is one of the easiest and most likeable sports, and is more suitable for young children, it has an effective role in physical preparation, developing characteristics and spirit of competition, in addition to the positive aspects contributing to personality development for its practitioners. Moreover, it may provide the highest degree of enjoyment, recreation and relaxation. So, it is practiced in different places, and it may provide high standard competitions if there are individuals at high standard training (7:17).

Therefore, in order to achieve a distinguished standard in different aspects, like physical, psychological and skill aspects for the play should be cared for early during childhood.

Emad Abass states quoting "Derden" that the basic movements such as running, jumping, throwing, and catching are considered important activities for the child since children possess a wide variety of abilities that may be developed to lead to the performance of successful skills. Thus, it is necessary to train children at such skills. As well as the basic motor forms in order to promote their standard of performance (20). Through the researcher's review of literature and analysis of scientific references in recreation developmental psychology, volleyball, previous studies such as that of Tahany Abd ElAzeez (1993), Emad Deen Abass (1995), Maar Abd El Rahman (1999), Mahroos Moham (1997), Assem Saber (1999), El sayed Abd - Elmaksoud (1985), Kamal Darweesh, Mohammad El - Hamahmy (24), Ali Mostafa Ali (1999), Antoine (1998), Brazie Leg Danceo (1998), Marco B. (1998), Yules Gleern (2000).

Therefore, to the limits of the researcher's knowledge, there is no previous study that dealt with developing the basic skills that are related to motor skills of volleyball besides dealing with the relationship between basic skills and motor imagination of children between different years of age in a recreational purposeful and constructive frame. So, the researcher was encouraged to conduct this study aiming to specify the basic motor skills that are related to volleyball as an indicator through which we can recognize the suitable age for starting volleyball and the relationship between these skills motor imagination of children.

previously mentioned variables :

***Aims of the Research :**

The present research aims at designing a sporting recre suggested program for kindergarten stage in Assuit Governorat recognizing its effect on:

- 1- Basic motor skills that are related to volley – ball skills of the research sample.
- 2- Motor imagination for kindergarten stage in Assui Governorate.
- 3- The relationship between basic motor skills and moto imagination among the individuals of the research sample.
- 4- Improvement ratio in the research sample.

*** The Research Approach :**

the researcher uses the experimental approach using a single through the pre and post tests for their appropriateness for the na the study.

*** The Research population:**

children from 4 to 6 years of age in Assuit Governorate .

*** The Research sample :**

The purposeful random sample will be chosen from children betwe years according to the following conditions:

1. Children joining kindergarten classes in primary schools u the supervision of ministry of Education.
2. Children possessing higher than average standard of intelliger

*** The Research Instruments.**

- 1- Gudenf test for intelligence (Drawing man test: standardize by Khaleefa Barakat)
- 2- Content analysis for basic motor skills that are related t volley ball skills.
- 3- A questionnaire to recognize the experts' opinion about test that measures basic motor skills.
- 4- Test of motor imagination for the age 4-6 years, prepared b the researcher.
- 5- The sporting recreational program prepared by th researcher.
- 6- A questionnaire to recognize the experts opinion about th duration of the program and the number of training units i the program.
- 7- A questionnaire to recognize the experts' opinion abou selecting the content of the program.

The main results:

- 1- there are statistically significant differences between the pre and post tests of basic motor skills that are associated with volleyball skills in favor of the post test.
- 2- Responding to the development of basic motor skills is completely consistent with the law of effect due to the functional relationship among them.
- 3- There are statistically significant differences between the pre and posttest for the tests of motor imagination in favor of the posttest.
- 4- There is a significant correlation between some dimensions of motor imagination inside the tests, and a significant correlation between some basic motor skills, in addition to a significant correlation between some dimensions of motor imagination, and some basic motor skills.
- 5- There is an improvement ratio in the standard of basic motor skills related to volleyball skills that is less than test of motor imagination and its dimensions.
- 6- There is an improvement ratio in the test of motor imagination and its dimensions that is higher than the improvement ratio in basic motor skills.

* Recommendations:

- 1- Commitment and care for the principles of constructing the recreational program imitating the present research, during future researches when developing the basic motor skills.
- 2- Caring for the selection of beginners in volleyball, through the basic motor skills concluded by the present study.
- 3- Using the test of motor imagination concluded by the present study when evaluating and selecting beginners in volleyball.
- 4- Considering educational theories and their implications when developing basic motor skills and motor imagination.
- 5- Caring for the development of motor aspect along with the mental aspect during dealing with children in the kindergarten stage.
- 6- Concentrating on the imaginative aspect when designing syllabuses in the kindergarten stage.



Faculty of physical Education

Dept. of Foundations of Physical Education & Recreation

The Effect of a Sport Recreational Program for Developing Motor Imagination and Basic Motor Skills of Volleyball in Kindergarten

By

Naglaa Abass Mohammad Ali

A sport specialist in the sport & youth Directorate in Cairo

Submitted for the Attainment of ph.D in Physical Education

Supervised by

Prof. Dr. **Mohammad Mohammad El-Hamahmy**
Professor of sporting recreation
Faculty of Physical Education
Helwan University

Prof. Dr. **Mohammad Ahmad El-Hamam**
Professor of games and vice dean
higher studies – Faculty of Physical
Education – Assuit University

2004