Review the amount of Attention to the Concepts of Physical Education in the Sixth Grade of Elementary School Textbooks

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ABSTRACT

The aim of this study was to investigate the amount of attention to the concepts of physical education in the sixth grade of primary school textbooks. In other words, it is tried to review the identification, distribution and supply concepts of physical education in primary school textbooks in this study. The study population consisted of all content of sixth grade elementary textbooks and in this study the sample was equal to the entire population of the study. So that all parts of the book, including text, picture and activities at the end of lessons were chosen as the study sample. Totally, 199 cases were referred to the physical education components. Of these, 39 cases were related to the content of textbooks and 147 cases were related to the images of textbook and 13 cases were related to the activities at the end of book.

Keywords: Content Analysis, Textbooks, Elementary School Classes.

Introduction

Human being is on top of the all creations who can achieve the perfection by physical and mental training. Physical health is necessary even for a wisely worshiping life and physical education can undertake a part of a mission to save the biological life of human being. Protecting the health has various aspects and a part of that is provided by bodily activity (Bani Hashemi, 2010).

Physical education has positive effects on the emotional and mental aspects of students, such as reduction of stress, anxiety, depression and aggression and increases self-confidence, self-esteem, causes positive self-concept and create the freshness and exhilaration in the students. In social point of view physical education promote their social relationships, accountability, leadership, teamwork, hope for the future and life expectancy (Spenoza, 1990). Physical education curriculum is a precious opportunity for a balanced and harmonious development of the physical, cognitive, emotional aspects of students by physical activity and

mobility and considering cultural norms and ethical standards of health (Shayegan, 2003).

In terms of social, physical education makes up a part of emotional and social experiences of students which can be seen as the movement and the game. Physical education not only satisfies the need for social contact and interaction, but also plays an important role on creating values of a good, balanced life. Training the principals of health and wellbeing is a part of the educational and social experience of learner (Moshref Javadi, 2007). Physical education plays role in creation of the culture of attention to health and correct leisure spending. Therefore, achieving a healthy body condition, fit and ready and participating in group and social activities is considered part of social and cultural education which is developed and generalized by schools sport curriculum and textbooks contents (Nabavi, 2010).

The third principle of Islamic Republic of Iran emphasizes on the necessity of sport among all the people because of the importance of physical education in people's life. The gist of it is that a situation should be prepared where students are able to maximize welfare (Tobiasen, 2000). Physical education components should be used to prepare such circumstance. Because education is a good investment and is a key factor in the development which if we planned and executed properly and competently, we can reach our desired goals. Physical Education, explicitly states through different levels of education in the school curriculum, the risks and consequences of the disease and lack of exercise for the survival of human life on earth. It's a gradual process that can be done in one's life that causes health and succulence. It seems that this is sport psychologists monumental task to investigate ways to increase physical education concepts among students and community members to take a big step in global health. Hence, in order to achieve the aspirations of our country education system, this study were conducted to review the concepts of physical education in sixth elementary school textbooks (Aris, 2003).

Methodology

The overall goal of this research is to describe the status of elementary textbooks thus this research is considered a descriptive study and the method is documentary content analysis. Given that all the books contents were analyzed. The study population is defined as all content, including the textbooks in the sixth grade of primary school (Reading, writing, mathematics, celestial gifts, science, art, Quran, Social science, Educational Technology, Research and Thinking). Considering that the pattern of development of sports among students is at the micro level, so all the parts of the book, including text, images and activities will be selected as sample for this study and in other words, the sample was equal to the entire community. Table of content analysis was used to collect the data. According to this table, textbook content was considered based on three main parts (text, images, and activities of the course or end of each unit). Scale of the content analysis of the text is a complete sentence and scale of image content analysis is images, photographs or diagrams. And the scale of analysis is activities of end of each unit. Then given the objectives and research questions and regarding the pattern of physical education in the school curriculum, various stages of this research were provided. Initially the research resources were studied and after extraction of the components, table of content analysis was designed. After

approval the table of content analysis by three experts, analyzing the content of textbooks based on a predetermined schedule was conducted.

Method of Data Analysis

In this study, descriptive statistics such as frequency, percentage measurement and diagram plotting were used. Obtaining the frequency of each variable we sum them together and the sum of all frequencies for each variable was declared.

Results

Table: Check-list components of physical education in sixth grade of elementary school textbooks.

keywords	Text frequency	Image frequency	Activity frequency	Sum of frequency	Percentage of sum of frequency	
3/5	7	2	2	3	Health	Sport health
4/5	9	3	3	3	Fitness	
4/5	9		7	2	Correct sitting type	Fundamental concepts of physical education
0/5	1			1	Incorrect sitting type	
3	6		6		Correct standing type	
3/5	7		4	3	Incorrect standing type	
2	4		4		Basic sports	Types of sports
13/13	26		18	8	Other sports	
	6		5	1	Football	Terms of sports
2/5	5	2		3	Sport	
4	8	5		3	Game	
0/5	1		1		Ball	
0/5	1			1	Physical education	
1	2		1	1	Other terms	
1	2			2	Imitative games	Types of games
5/5	11		9	2	Symbolic games	
2/5	5		5		Educational games	
1	2		2		Innovative games	
18/6	37	1	34	2	Group games	How to play
7/5	15		15		Individual game	
8	16		14	2	Physical Recreation	Recreation
9/5	19		17	2	Sport Tools and Equipment	Sport Tools and Equipment
100	199	13	147	39	Sum	Sum

As can be inferred from the above table, among the components of physical education in the content of sixth grade elementary school text books the most components provided in the book's content is relevant to the sport images which among these the concept of "other sports" mostly were considered and the concepts of "sport terminology" had the lowest frequency between the component of textbook content images and among the content of book text the most component

was related to "types of sports" and the less was related to "types of games" and among the activities at the end of the book also most of the attention devoted to the concept of "sport terminology" and the less was the " fundamental concepts of physical education" and "types of game" .

Diagram: Descriptive frequency of sixth grade of elementary school physical education components
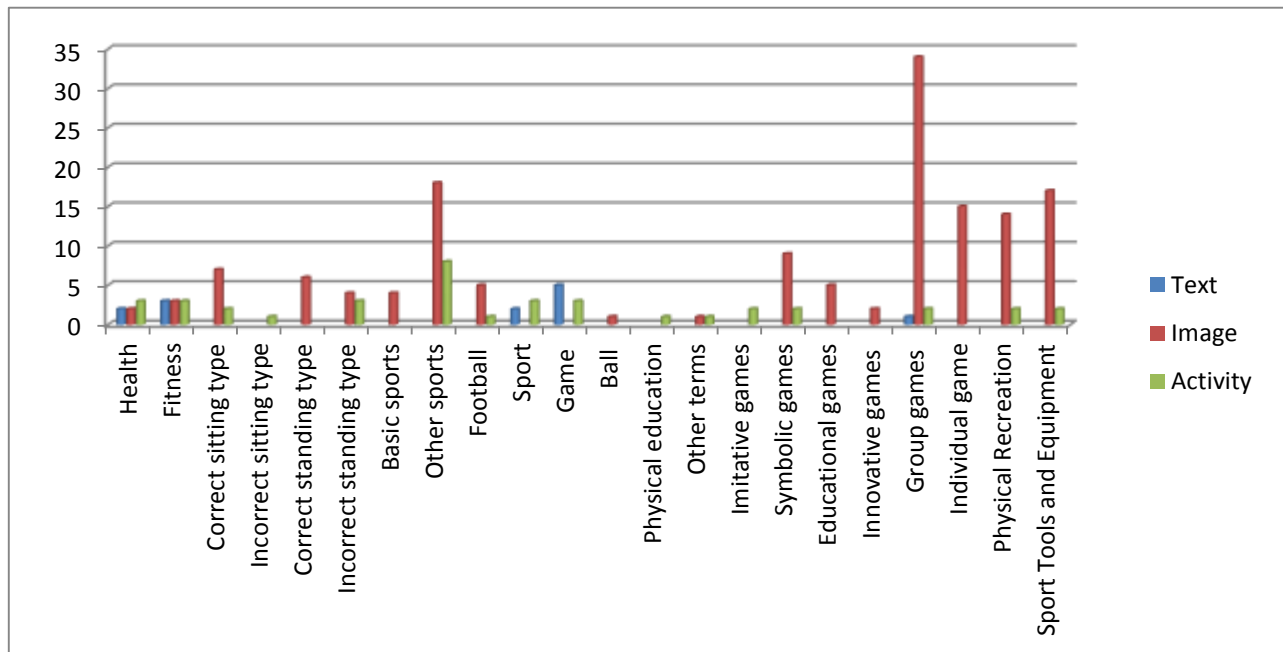
Continued diagram: Descriptive frequency of sixth grade of elementary school physical education components
As can be inferred from the diagram, among physical education components of the texts in the sixth year of primary school textbooks and among images the most attention was devote to "group game" and among the activities at the end of each unit "game".

Discussion in Results Framework

First Question

How is the frequency distribution of the concepts of physical education in sixth grade textbooks in each of the dimensions of content (text, images, and last activity books)?

Given that all the books mentioned in the sixth grade were examined in dimension of (text, images, and activity), according to the table results of this study show that, various aspects of the sports has been mentioned 199 times in sixth grade elementary textbooks. Among this quantity 39 cases were related to the components of text, 147 cases were related to the images of textbooks and 13 cases were related to the activities at the

end of each unit. According to frequency distribution comparing Table of the concepts related to physical education in sixth grade of elementary schools in the content of each lesson the lowest frequency is in the activity which is mentioned at the end of each lesson, it is seen that the lowest attention is to physical education in this part.

Second Question

How does the content of textbooks in sixth grade primary school concern the concept of physical education?

Textbooks in the sixth year of elementary school related to physical education have the most emphasis on the concept of group playing and then types of sports and fitness tools are the most important concepts. In contrast, concepts such as incorrect sitting type, physical education and play ball and innovative terms with almost the same frequency the lowest note to the accounts. According to Table 374 cases in the science book, 71 cases in social sciences book, 53 cases in Qoran book and 152 cases in mathematics book, 336 cases in Farsi book and 218 cases in celestial gifts were referred to physical education components. Also the most referred case to physical education in the book text (Divided main headlines Books) is related to sciences book, almost 116 cases and the lowest is related to Qoran in which no case was found. The most referred case to physical education in the book images is related to sciences book almost 253 cases and the lowest is related to sciences book with 52 cases and the most referred case to physical education in the book activities at the end of each unit is related to mathematics books almost with 21 cases and the lowest is related to Qoran in which no case was found.

Third Question

How fundamental concepts like correct body protecting, correct sitting, and correct standing and… in sixth grade of elementary school are considered?

According to the books of sixth grade of elementary school regarding the concepts related to fundamental concepts almost 9 cases 4.5 percent is related to correct sitting type, almost 1 case 0.5 percent incorrect sitting type, almost 6 cases 3 percent is related to correct sitting type and almost 7 cases 3.5 percent is related to incorrect standing type. Totally the lowest component is sixth grade of elementary school that is referred is fundamental concepts.

Fourth Question

How does the content of book considered the basic sports (gymnastics, field running, swimming)?

The textbooks of sixth grade of elementary school regarding the concepts related to the concepts of basic sports almost 4 cases 2 percent is related to basic sports and almost 26 cases 13.1 percent is related to other sports.

Fifth Question

How the textbook does considered the students' movement needs given students' basic needs (playing, recreation, movement freedom)?

The textbooks of sixth grade of elementary school regarding the concepts related to the concepts of basic needs of students almost 11 cases 5.5 percent is related to symbolic games and almost 5 cases 2.5 percent is related to educational games almost 2 cases 1 percent is related to imitative game and almost 16 cases 8 percent is related to bodily recreation.

Sixth Question

The textbooks of sixth grade of elementary school regarding the concepts related to the concepts of fitness almost 9 percent 4.5 percent is related to body fitness and almost 7 cases 3.5 percent is related to body health.

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