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PREFERRED FORMS OF CHILDREN'S SPONTANEOUS AND ORGANIZED FORMS OF PHYSICAL ACTIVITY

ABSTRACT: The paper aimed at analyzing popularity of particular forms of children's physical activity in spare time, their differentiation depending on sex and certain social and economic factors.

Children responded to the questions in a questionnaire, concerning their favourite forms of spontaneous physical activity, as that how often they participate in exercises and physical activities.

The research findings showed the differentiation and individualization of motives of selection of particular forms of activities. The participation in different activities turned out to be dependent on sex and on the level of education of parents of the examined children.

KEYWORDS: Boys and girls – Spontaneous physical activity – Organized physical activity – Age – Sex – Social and economic factors

The paper aimed at analyzing popularity of particular forms of children's physical activity in spare time, their differentiation depending on sex and certain social and economic factors.

The research was conducted in the school year 2002–2003 among second- and third-grade pupils of city primary schools in Kielce and included 210 girls and 248 boys.

Children responded to the questions in a questionnaire concerning their favourite forms of spontaneous physical activity, as that how often they participate in exercises and physical activities. Researches enabled getting information about which part of children at this age are associated in school and non-school sports clubs. Generally, the questions concerned organized activities.

The research findings showed the differentiation and individualization of motives of selection of particular forms of activities. The participation in different activities turned out to be dependent on sex and on the level of education of parents of the examined children

Among boys the biggest popularity was gained by football, then running, cycling, rollerskating, riding a scooter, swimming and sleighing and skiing, whereas girls'

favourite spontaneous forms of physical activity turned out to be motor games in the courtyard, running, cycling, and rollerskating, riding a scooter (*Figures 1, 2*).

On the basis of the analysis of the frequency of children's participation in spontaneous physical activity, it was found out that about 89% of boys and about 76% of girls participate in various kinds of activities in their free time, at least 3–4 times a week, in many cases every day (*Figure 3*).

A considerably lower percentage of both boys (ca. 24%) and girls (ca. 7%) take up organized physical activity by joining school and extra-school sports clubs (*Figure 4*).

The research showed that they were children of parents with at least secondary education and more often with higher education. Among boys, extra-school activities included football, swimming, lawn tennis and martial arts, among girls dancing, lawn tennis, gymnastics and swimming.

Summing up, it should be underlined that boys more frequently than girls took up various forms of movement and a higher percentage of them participated in organized activities.

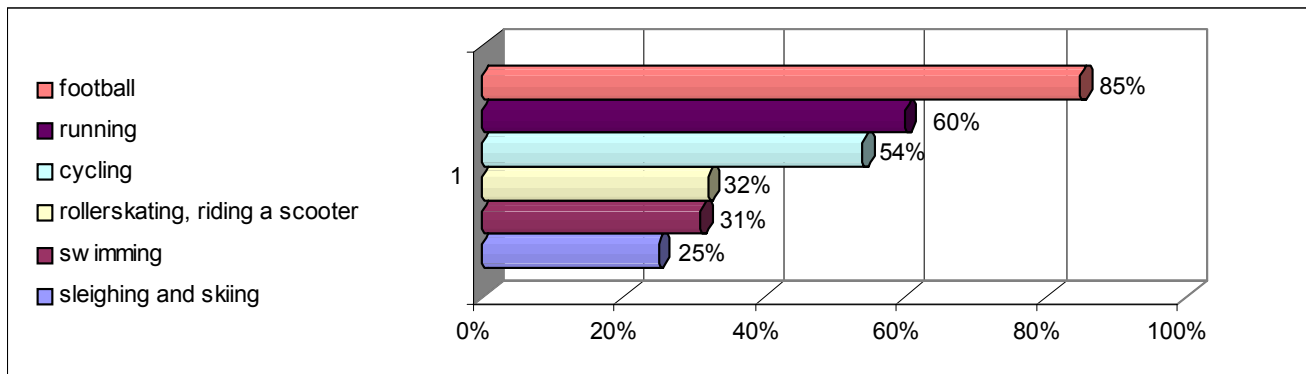


FIGURE 1. Preferred forms of boys' physical activity.

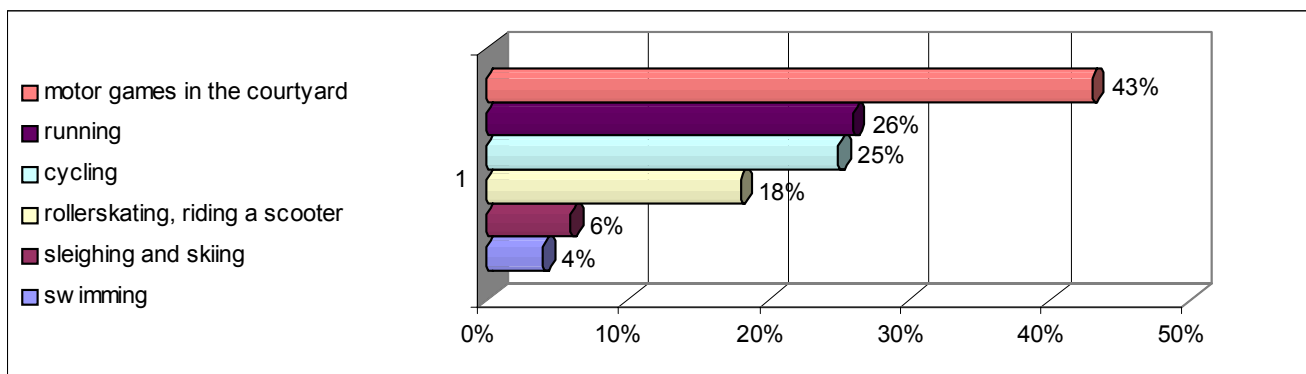


FIGURE 2. Preferred forms of girls' physical activity.

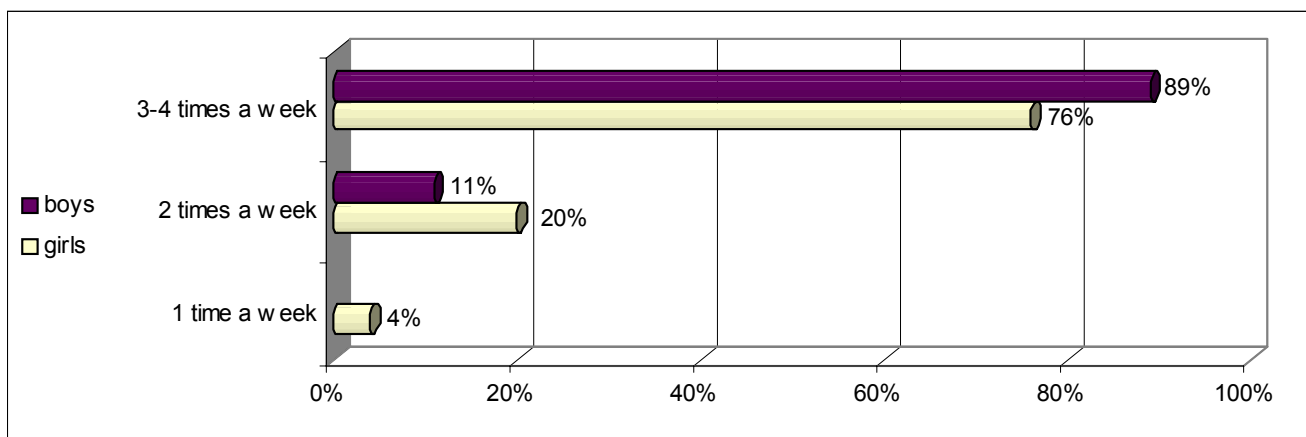


FIGURE 3. The frequency of children's participation in spontaneous physical activity.

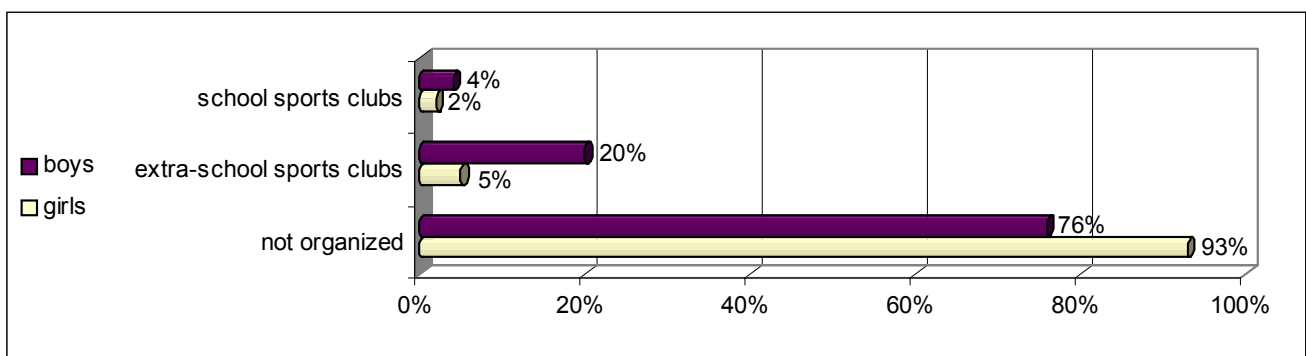


FIGURE 4. Joining school and extra-school sports clubs.

As the children become older, their motivation to take part in various activities develops. Their choice to participate in particular activities in free time is the most often dependent on their age and sex (Drabik 1995, 1997, Woynarowska 1996, Woynarowska, Wojciechowska 1993).

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