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Development Of Motor Activity Of Primary School Students Under Conditions Of Digitalization Of Education And Distance Learning Caused By The Covid-19 Pandemic

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Abstract

The involvement of schoolchildren in motor activities is one of the main socio-pedagogical problems that are relevant in the context of distance learning, which has been going on in Ukraine for more than a year and a half due to the spread of the Covid-19 pandemic. According to the survey conducted during the study, only 20% of students regularly play sports, and about 5% of them do PE homework. The results of the survey confirmed the thesis that, unfortunately, the level of motor activity of schoolchildren in distance education is decreasing and reaches a critical level. According to the results of the diagnosis of interest in motor activities, physical culture and sports of students, it was concluded that students are usually characterized by medium and low levels of interest in physical culture and sports, some students have a high level, but not many of them, most students are characterized by relatively low physical activity, unwillingness to attend physical education classes, they have a neutral attitude to physical culture and sports as a type of activity. Most students are not satisfied with physical education classes under quarantine restrictions. Under the condition of distance learning, most students demonstrate a decrease of independent physical activity and interest in these classes. In view of this, we created an author's method of forming an interest in motor activities, physical culture and sports in the out-of-school institution, which was implemented under the conditions of distance learning and quarantine restrictions at the University of Gifted Child, which operates at the Vasyl Stefanyk Precarpathian National University. The study confirmed the hypothesis that the effectiveness of this process is provided by a number of conditions: students mastering the knowledge about physical culture and sports, health-saving, well-known athletes-countrymen; practical activities of children; joint activities with parents; joint physical education and sports classes with parents outdoors; joint hiking and biking; value attitude of junior schoolchildren to physical education, motivation for a healthy lifestyle, emotional satisfaction from physical exercise, motor activities, sports, active rest; experienced teachers, who are famous athletes, university teachers, as well as creative students; integrated classes, application of innovative educational technologies, gaming teaching methods, etc. We believe that our pedagogical finds (practical experience in forming the interest in junior students to physical culture and sports at the University of Gifted Child can be fully used in any educational institution both in Ukraine and abroad, individual innovations, fruitful ideas and approaches to the organization of motor activities of children and parents should be applied in school practice, their creative application will serve to increase the effectiveness of physical education of children.

Keywords: motor activity; school physical education; distance education; primary school students; physical education.

1. Introduction

The involvement of schoolchildren in motor activities is one of the main socio-pedagogical problems that are relevant in the context of distance learning, which has been going on in Ukraine for more than a year and a half due to the spread of the Covid-19 pandemic. Therefore, school physical education lessons are not able to fulfill its main task - to affect positively the physical development of the child, to promote motor activity (Woods, et al. 2020).

The situation is complicated by the fact that primary school age is one of the most important and crucial stages in a person's life. During this period, the foundations for further development of the child are laid, his personality is formed (Di Tore, et al. 2016). Daily stay (6-9 hours) at the computer, gadget, or phone for educational purposes does not contribute to the physical, mental, spiritual or social health of the junior student, negatively affects his immune system, which needs special attention during the spread of coronavirus Covid-19. Moreover, today the unacceptably large number of students in Ukraine have not only poor physical fitness, but also deviations in health. Sedentary lifestyle is typical for 75.6% of modern urban students of secondary school age, over the past 5-7 years there has been a decrease in the level of motor activity of children by 16.5%, especially among girls, they are more likely to lead a sedentary lifestyle by 2.5 times higher than boys (Hozak, 2020). The situation is similar in the European region: according to the WHO

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representative E. Engelsman, motor inactivity ranks 4th in the mortality risk factors ranking, it is the main cause of 30% of cardiovascular diseases, 27% of diabetes mellitus, 20% of diseases of the musculoskeletal system (osteoporosis etc.), and is also a risk factor for injuries; mental disorders (depression, anxiety) (Hozak, 2020; Chtourou, et al. 2020). As we can see, the problem of motor inactivity has gained global proportions. The main reason for this is the lack of students' lasting interest in physical activity, and hence in physical culture and sports (Koryahin, & Blavt, 2021; Tkachivska, et al. 2015).

Today, this socio-pedagogical problem is in the field of view of the world community, the problem of developing the physical activity of students has united all the indifferent people in the world, because the pandemic is a common disaster of all mankind. For example, the Minister of Sport of the United Kingdom Mims Davis notes that every third child in England is not physically active enough: they get less than 30 minutes of exercise a day - half the amount recommended by government (One in three children 'not active enough', finds sport survey, 2018). The UK faces serious challenges in increasing interest in sports among youth, according to the Sport England's annual report (2017-2018) of the Department of Digital Culture, Mass Media and Sports (The challenge of growing youth participation in sport, 2018). These and other sources indicate: among the reasons for the loss of interest in physical culture and sports is the decline in the motor activity of children and youth, caused by the digitalization of education, a decrease in a steady interest in physical education, the loss of educational orientation of physical culture, the lack of innovative methods and forms of work with children, the lack of motivation to physical culture, etc.

The importance of physical development of children and youth, and students, the formation of a strong interest in physical culture and sports is discussed in researches of Koryahin, & Blavt, 2021; or in the works of Babiuk, 2015; Chtourou, et al. 2021; Osipov, et al. 2021; Woods, et al. 2020. However the problem raised in the title of this article was not deeply considered by scientists, therefore it is not decisively solved and requires further scientific and applied development, especially under the conditions of distance learning, which is a challenge facing the modern school.

The purpose of this study is to analyze the motor activity of primary school students under the conditions of distance learning, as well as the use of traditional and non-traditional technologies in the formation of stable interest in motor activity and physical culture among younger students. The hypothesis of the study is based on the assumption that if we create the necessary pedagogical conditions and organize the pedagogical process of extracurricular activities using various methods, techniques and forms of physical education, we can achieve positive results in forming a lasting interest of young students in motor activities in terms of digitalization of education and distance learning.

2. Material and methods

The study was conducted during 2020-2021. It was preceded by the processing of scientific and methodical literature, the development of a set of theoretical methodological material on the formation of a steady interest in younger schoolchildren to motor activity. Throughout the main pedagogical experiment during the spread of the pandemic and the introduction of distance learning as a result of this, the effectiveness of the proposed method was determined.

The analysis of literary sources made it possible to determine the state of studied issue in pedagogy, psychology, and theory of physical education.

The method of observation was used to determine the state of interest of students in motor activity, physical culture and sports. Comparing the observation data with the survey data, reliable information about the degree of manifestation of their interest in motor activity was obtained.

The study involved the development of a questionnaire for students of 3-4 grades in Ivano-Frankivsk. 62 people included 30 boys and 32 girls from Ivano-Frankivsk and Lviv attended it. The questionnaire comprised a number of questions, among which: "How much time do you spend at the computer/gadget studying and doing homework?", "How much time do you spend outdoors?", "How much time do you exercise?", "What are the pros and cons of distance learning in your opinion?", "Are your parents engaged in physical activity?", "Does your family practice physical culture and sports?", "Do you do PE homework?", "How do you spend your free time?", "Do you exercise in the morning?", "Do you do sports after school hours?", "Do you comply with the quarantine requirements while performing outdoor physical activities?", "How do you feel about physical culture as an educational subject?", "Are you satisfied with the PE lessons in your school during distance learning?", "What sections of the physical culture curriculum are you interesting in?", "Would you like to have more PE lessons?", "In which lessons do teachers make a physical activity brake?", "Do you turn on the camera on the PE lesson?". The obtained survey results were processed and analyzed with the help of statistical data. The above-mentioned scientific methods made it possible to identify the state of motor activity of primary school students, as well as their parents, factors influencing the formation of motivation for physical culture and sports, physical activities, identify incentives that contribute to its increase, develop a methodology for forming a stable interest in children's motor activities, outline separate recommendations for parents and PE teachers.

3. Results

According to the survey conducted during the study, only 20% of students regularly play sports, and about 5% of them do PE homework. The results of the survey (Fig. 1) confirmed the thesis that, unfortunately, the level of motor activity of schoolchildren in distance education is decreasing and reaches a critical level. The results of the survey of 4th grade students in Ivano-Frankivsk (84 people in which 42 boys and 42 girls) showed that almost 80% of junior schoolchildren are passive about their own physical activities or PE classes, they usually spend their free time playing computer games,

watching cartoons, communicating on social networks, in front of a TV. Only 20% of boys in extracurricular time are engaged in sports sections, 5% of girls go in for sports, while 22% attend choreography classes. More than 90% of children do not perform physical exercises in the morning, 75% of respondents admit that they perform physical exercises or physical activity brakes "unscrupulously", because "it is uninteresting", "monotonous". Only 20% of students indicated that they systematically play outdoors after school, run, play football or other games. Only 62% of boys and 33% of girls said physical education is "one of their favorite subjects".

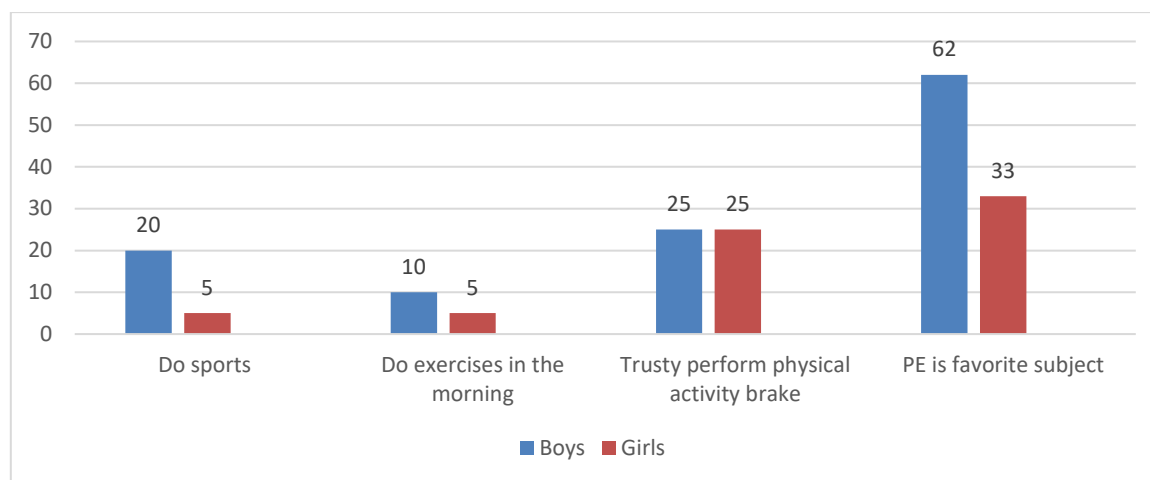


Fig. 1. Attitude of 4th grade students to motor activities

Children's answers about the time they spend on the computer/gadget, studying or doing homework (6-8 hours), and the time they spend outdoors or for physical activities (30 minutes - 1 hour) are alarming. Only 35% of parents are engaged in motor activity, 15% of families practice physical culture and sports, 25% of children stated that they adhere to quarantine requirements while engaged in outdoor physical activities. 45% of respondents named walking on fresh air, house cleaning, cycling, badminton, and ball games as physical activities.

Almost 94% of boys and 55% of girls gave an affirmative answer to the question "Would you like there to be more physical education lessons at school?". 30% of girls and 6% of boys did not think about it. At the same time, to the question "Are you satisfied with the PE lessons in your school?" 82% of boys said they were satisfied, 15% - "not very", 3% - did not answer; the survey of girls differs slightly: 75% are satisfied, 10% of respondents indicated that they are "not satisfied with the lessons", 10% - "not very satisfied", 5% - did not answer. Interestingly, 10% of girls noted that "physical education is not needed as an educational subject at all". We also found out that the interest of fourth-grade students in the sections of the physical culture curriculum is as followed: swimming - 80%, athletics - 42%, gymnastics - 20%, winter sports - 35%, sports games - 88% etc.

This data makes us to think about the problem of health saving of junior schoolchildren, because physical culture and sports, and active motor activities are a condition for the full development of the child, the key to a healthy lifestyle. Current results show that a large percentage of fourth-graders are passive about physical activity, they have no lasting interest in physical education and sports. Usually among the respondents, the most motivated are those schoolchildren who do sports outside of school. The survey data confirmed the research of scientists that children are willing to play sports, it is in the process of playing they have positive emotions and interest in physical education.

In addition, students' interest in motor activities, physical culture and sports largely depends not only on the content, or the personality of the teacher, in particular the level of his professional skills, necessary attention of school teachers to the formation of interest in the physical activity of students, material base, equipment, etc., but also on the example of parents: whether they are inherent in motor activity or not, whether or not engaged in exercise, sports, etc. The results of the study also showed that children are not motivated to engage in physical culture and sports. Thus, it was concluded that the number of students engaged in regular physical exercises in an organized and independent manner could increase only if the level of interest in motor activities, physical culture and sports increases, and this problem is actualized among parents.

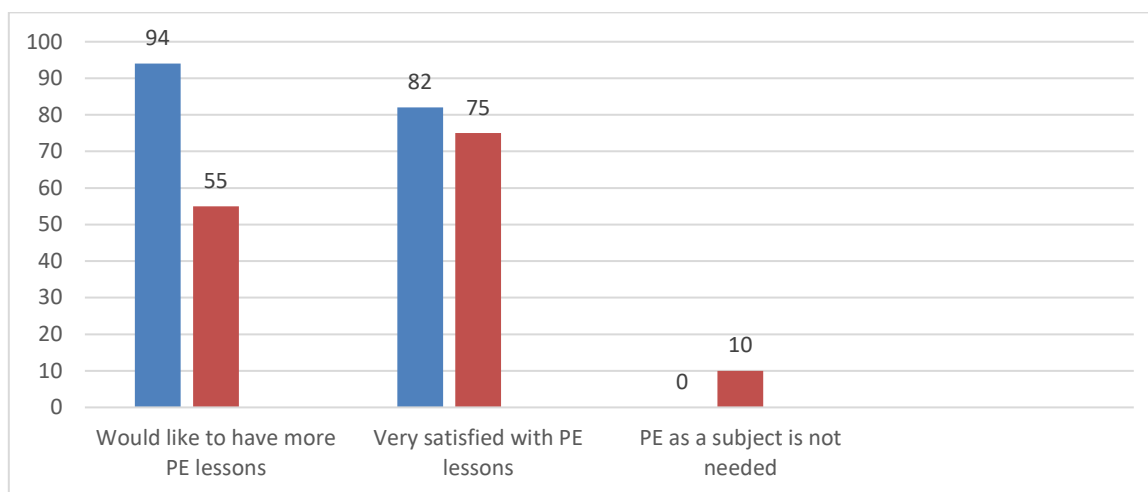


Fig. 2. Attitude of 4th grade students to PE lessons at school

That is why, given the spread of the Covid-19 coronavirus pandemic, the theoretical justification for the problem of forming interest in physical culture and motor activity is quite relevant.

Our research began in April 2020 and lasted until July this year. The initial stage (April) involved determining the problem, selecting diagnostic material and identifying the level of the motor activity of students, the formation of interest of younger students in physical culture and sports.. The main stage of the study lasted in May-June, when the testing of pedagogical conditions for the formation of interest in physical activity outside school was carried out. At the initial stage of the study, we solved the following tasks: we defined the main provisions of the experiment such as identifying criteria and indicators of the level of interest of students in motor activities; determination of diagnostic methods that make it possible to identify the level of children's interest in physical culture and sports, etc. Diagnostic procedures were carried out to determine the level of formation of students' interest in motor activity, physical culture and sports: identifying the initial level of interest of schoolchildren in physical culture and sports; generalization of conclusions on this stage of the study. A program was created to develop students' motor activity under the conditions of distance learning and quarantine due to the spread of the pandemic. It was held at the University of the Gifted Child (UOD), which operates at the Vasyl Stefanyk Precarpathian National University (headed by Professor Halyna Bilavych) (Univrsytet obdarovanoi dytyny).

We came to the conclusion that it is expedient to determine the most appropriate criteria for the formulation of children's interest in motor activity, physical culture and sports following: at the level of the cognitive component – students' awareness of physical activity, its importance for mental health under the conditions of distance learning due to pandemic; on motivational level – the focus on activity itself and readiness for it; on the emotional-reflexive component – emotional experiences reflecting the degree and nature of satisfaction, the ability developing the skills of understanding the significance of the acquired knowledge and practical experience of physical culture and health activities, to analyze by comparing the level of their condition and motor activity before obtaining a certain result and after that. One experimental task was created for each of the indicators of steady interest. With the help of these tasks, levels of interest in motor activities, physical culture and sports were identified. The main research method Google's questionnaire forms. The Questionnaire in the Google form is the most convenient for data processing and analysis, and also allows to significantly reduce the time of collecting information in terms of distance learning and the spread of the pandemic. Indicators, evaluated in points, were developed for each criterion, which resulted in determination of three main levels: high, medium and low.

Low level. Students with low levels of interest attend physical education classes reluctantly, they turn off the cameras during the lesson, do not exercise, regularly skip classes, children have a complete lack of interest in motor activities, and low educational activity. Such students have no desire to play sports, there are difficulties with the teacher, they spend more time on the gadget, computer, at home. Children do not have a harmonious combination of motives, they are passive in lessons, they cannot cope with the tasks assigned to them, do not engage in motor activities, physical culture and sports outside of school.

Medium level. In junior schoolchildren with a medium level of interest, motives are formed to a greater extent. They feel comfortable in physical education lessons, they partly have a desire to engage in motor activities, physical culture and sports, but they are not attracted by the learning process itself in the physical culture lesson. They walk in the fresh air from time to time, adhering to sanitary and hygienic standards. They are not upset by the unsatisfactory assessments received in physical education lessons.

High level. Students with a high level of interest have the formed motives, a high level of educational activity and a great desire to engage in physical culture, motor activity both in class and in extracurricular activities. They attend physical education classes with joy, work in front of the cameras turned on, do not like when their classes are canceled, feel great discomfort that during the quarantine they cannot attend different sections, tend to walk often, following quarantine regulations, aware of the danger of long staying at the computer and gadget, so they often make physical activity brake in the room, as well as trying to arrange jogging outside, they are aimed at obtaining and mastering new

knowledge, they are characterized by a harmonious combination of all components of interest in physical culture and sports. Such schoolchildren also have a high interest in cognition, in the learning process as such, they like to read and solve problems, they feel a strong anxiety if received an unsatisfactory assessment.

Let's have a look at some of the results. To study the level of cognitive component, a questionnaire "Identifying the level of knowledge about health and healthy lifestyle" was compiled. After the survey, the results were analyzed according to the following parameters: the idea of a healthy lifestyle, the concept of daily routine and its organization, the role of motor activity and sports in a child's life, knowledge of the hygiene rules in the context of Covid-19 pandemic, the importance of motor activity in the conditions of digitalization of education, sanitary and hygienic requirements for the use of ICT products. These parameters were distinguished based on the analysis of psychological-and-pedagogical literature and adapted to today's challenges.

The analysis of the questionnaires made it possible to conclude that 30% of students have a low level of "Perception of Healthy Life Style (HLS)", which means that children do not know what is included in the concept of HLS. 40% of students have a medium level of knowledge according to the indicator "Perception of HLS", which indicates that children are familiar with the concepts of motor activity, healthy lifestyle and sports, but not fully. Only 30% of students have a high level of knowledge on the "Perception of HLS", which indicates a full knowledge of schoolchildren about what a healthy lifestyle is, the importance of motor activities under the conditions of studying online over the spread of the coronavirus pandemic.

According to the indicator of knowledge about the daily routine and its organization, 40% of students showed a low level of knowledge, which indicates that they are not able to make a daily routine, where motor activity occupies an important place, and successfully adhere to it. 40% of students showed a medium level of knowledge, this emphasizes that younger students know the basics of daily routine, the importance of motor activity, and adherence to the day mode. 20% of students have a high level of knowledge on this indicator, which indicates that these students have stable knowledge about following: how to make their daily routine, how to follow sanitary and hygienic standards during distance education, the need to include motor activities in the daily routine, they are able to adhere to it independently.

Analyzing the results of respondents' answers to the question "The role of motor activities and sports in a child's life", we can conclude that 45% of the children surveyed are not really engaged in or like to play sports. 35% of students have a medium level, which indicates their partial commitment to motor activities, physical culture and sports, meaning they are engaged in motor activities, but not systematically. 20% of students with a high level of knowledge are regularly engaged in physical activity.

Analysis of the answers to the question "Knowledge of hygiene rules during learning education and quarantine" showed that 40% of respondents with low levels do not know or do not consider it necessary to follow the rules of hygiene, do not take into care of restrictions on the use of gadgets and a computer. 40% of schoolchildren have a medium level of knowledge about the parameter analyzed, so they do not know all the rules of hygiene and do not always adhere to them. 20% of students have a high level of knowledge, which indicates that most children are accustomed to systematically adhere to the rules of personal hygiene, sanitary and hygienic requirements when studying online, or when engaged in physical culture and sports in society.

Thus, the analysis of the results of the survey for identifying the level of knowledge about a healthy lifestyle (Fig. 3) showed that a large number of younger schoolchildren do not have a clear idea of a healthy lifestyle, the role of motor activity in it, the importance of physical education in online learning, the spread of the coronavirus pandemic. At the same time they showed the medium level of knowledge about the daily routine, its organization and the role of motor activity in life, and the same level of knowledge of hygiene rules under the conditions of distance learning and compliance with quarantine requirements. Low level of interest of primary school children in physical culture and sports according to the indicators of cognitive criterion showed 30% of students.

Given the difficulty of forming an interest in physical education (and most importantly providing a long-term basis for the development of the need for systematic and active exercise), junior school age occupies an important position. At the initial stage of the study, children were asked to answer the questions about their motivation for motor activities, physical culture and sports. We got the following results. 20% of children are highly motivated to practice physical culture and sports. Children with a medium level of motivation have the highest rate – 50%. 30% of children have a low level of motivation (Fig. 3).

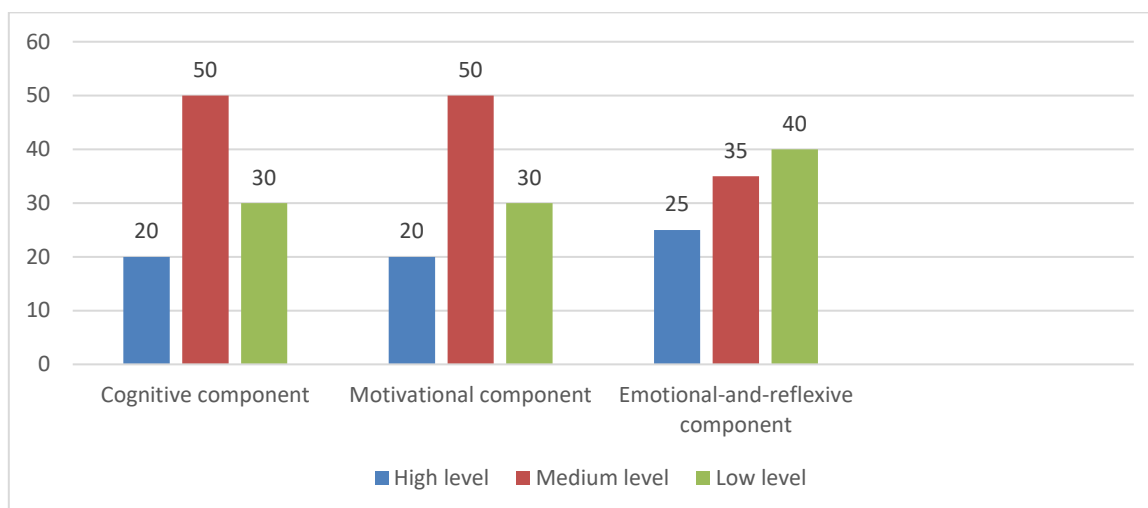


Fig. 3. The results of forming an interest in children of primary school age to motor activities, physical culture and sports in terms of cognitive, motivational, emotional-and-reflexive components

For the survey, a questionnaire was also compiled, with the help of which it is possible to identify the students' attitudes to the physical education lessons under the conditions of distance learning and the spread of coronavirus, which is necessary for further development of the author's program and its implementation in UOD. The questionnaire was compiled to determine the level of students' interest in the physical education lesson. The first five questions are general, aimed at clarifying the attitude of students to the physical education lessons under the conditions of online learning, the attitude to sports, to participation in sports competitions. At the same time, these questions made it possible to identify the employment of students in sports sections and to identify those who exercise out-of-school, etc.

According to the results of the survey, it was seen that: children generally have a positive motivation to exercise. This is understandable from a physiological point of view, since it is the age when you need motor and emotional activity, in self-expressing and communication: most children have a medium level of motivation (50%), 20% - high level, and 30% of students have a low level of motivation to physical education lessons, this happens when there are no more mature motivated attitudes. Among the reasons that hinder the process of physical education, according to the survey, was students complain that the music accompaniment of the lesson and modern techniques are rarely used— 40%, few interesting forms of classes, lessons are monotonous (40%), fitness is not used, lessons in front of a computer or gadget screen, not outdoors (20%). Low student employment, low teacher demands lead to boredom, low activity in lessons, cause indiscipline, children turn off the camera and do not perform exercises, or even poorly attend lessons.

Having carried out the latest diagnostics using the questionnaire "The significance of motor activity, physical culture and sports", certain results were obtained, some of them will be commented on. The analysis of the survey data shows that 30% of students like and want to exercise, realize their physical activity both in physical education classes and in sports sections. In addition, 20% of schoolchildren have an interest in motor activities lessons, physical education, but there is no desire to engage in sports. It is obvious that children are not provided with an adequate amount of motor activity accordingly to hygienic standards, especially girls.

Among the sports that younger schoolchildren are engaged in and would like to do, girls prefer gymnastics, swimming, tennis and dancing, boys - football, Oriental martial arts, wrestling and basketball. Children (90%) are aware that under the conditions of a pandemic, it is necessary to stop attending sports sections, and to limit themselves to motor activities both indoors and outdoors, in compliance with all sanitary and hygienic requirements.

Interestingly, 55% of children understand the importance of exercise for good health. The students demonstrate the peculiarities of the motivational structure of physical culture and sports (increasing immunity during the pandemic time, strengthening health from online learning, "self-defense", "achieving high sports results", etc.). The students understand the possibility of physical education and sports both with the coach and individually. In quarantine, only 50% chose the options for classes with parents. Respondents would like to do athletics, moving and sports games with their parents, but the methods of practicing these types in physical education classes do not fully meet the interests of children. Requires a serious adjustment of the preparatory part of the lesson (warming-up) of physical culture. 30% of the polled consider the main problem of lack of motor activity of people to be ordinary laziness, unwillingness, lack of free time for classes, less often – poor health and lack of interesting sections. Most children believe that they do not have serious and well-founded reasons that prevent them from engaging in motor activity, physical culture and sports. For younger students, the main sources of information about physical education and sports are teachers, then parents and friends, as well as the Internet. Analysis of the results of observation and diagnosis showed that 25% of students have a high level of emotional-and-reflexive component, the medium level - 35% of students, and the low level - 40% of schoolchildren (Fig. 3).

The general level of interest of primary school children to motor activity, physical culture and sports was quantified according to all the criteria described. The total results on the state of formation of this indicator are shown in Table. 1.

Table 1. Generalized results of primary school children's stable interest in physical education and sports, in %

Levels		
High	Medium	Low
22	45	33

According to table. 1 it is clear that most students have medium and low levels of interest in motor activity, physical culture and sports. According to the results of the diagnosis of interest in motor activities, physical culture and sports of students, it was concluded that students are usually characterized by medium and low levels of interest in physical culture and sports, some students have a high level, but not many of them, most students are characterized by relatively low physical activity, unwillingness to attend physical education classes, they have a neutral attitude to physical culture and sports as a type of activity. Most students are not satisfied with physical education classes under quarantine restrictions. Under the condition of distance learning, most students demonstrate a decrease of independent physical activity and interest in these classes.

4. Discussion

Careful work is needed with younger schoolchildren to develop an interest in physical culture and sports in the process of out-of-school activities. For this purpose, an author's program was created for the School of Olympic Reserve. It was implemented during the online project "Interesting vacation-2020". The conditions of distance learning and quarantine restrictions were taken into account, so it is important not only to maintain students' interest in motor activities, physical culture and sports, but also to increase this interest, as well as to form an interest in a healthy lifestyle and health-saving under the conditions of the spread of coronavirus Covid-19 (Koryahin, & Blavt, 2021; López-Valenciano, et al. 2021). It was taken into account that primary school age is a period of childhood, in which complex processes of preparation of an organism for puberty take place and initial motor skills are formed. During this period, the child's body grows and develops intensively. In addition to the initial motor skills and abilities, the need for organized and independent physical exercises is formed, the basics of physical culture are laid (Abidah, et al. 2021).

Educational activities for primary school students are leading, therefore, under the conditions of distance learning, teachers, parents (and children themselves) should remember the importance of forming the correct posture and physical qualities of children, basic motor skills and health maintaining in general in the process of physical education. The need for motor activity is high and is due to the age characteristics of ontogenesis, however modern society and distance education purposefully lead to a reduction in the children's movements throughout the day (Raiola, et al. 2020). Therefore, developing the program, we took into account the need of this junior age in movement. As well as their sports interests, as indicated in the questionnaire: boys at this age prefer to play football, basketball, cross-country skiing, swimming, martial arts. Girls are fond of sports dances, as well as sports games and other sports (Crisafulli, & Pagliaro, 2020). Excitability processes still prevail over the processes of internal inhibition, which can lead to a rapid loss of mobility of the nervous system and the development of fatigue. At the same time, high reactivity and excitability, as well as high plasticity of the nervous system in junior school age contribute to better and faster assimilation of motor skills. The movements of children at this age are quite fast, but not very accurate. Elementary school students more easily tolerate and assimilate movements performed in extensive mode. The most intensive development of the balance function occurs at the age of 7-10 years, and by the age of 12 it does not differ from the level of adults (Tkachenko, 2015).

In the psychological aspect, it was taken into account that children of primary school age are very susceptible to the formation of the habit of exercising at home and in the yard, they have a high level of motor activity and the need for it (Crisafulli, & Pagliaro, 2020; Cachón-Zagalaz, et al. 2021). Primary school students are prone to frequent and rapid changes of sports sections (children attend from 1 to 4 sections at the same time) or other additional activities of creative and musical orientation. Students in elementary classes are sensitive to the praise of the teacher, they usually deserve his inclination and trust. Therefore, teachers' encouraging inspires younger students, develops the desire to achieve better results, and promotes the interest and motivation for achievement (Tkachenko, 2015; Tkachivska, et al. 2015).

At the same time, it is not necessary to show students that the teacher is trying to convince them of something, it is necessary to be able to find such a situation or create it so that the facts can guide students in the right direction, to motivate physical activity, it is necessary to assist students in the use of various methods, forms and means of physical culture, to reveal how it helps to find your place in life (Armstrong-Mensah, et al. 2020; Gustiani, 2020). It is necessary to explain to children the values of physical culture, to choose effective ways of self-improvement, ways to manage their health and performance in accordance with their own capabilities and individual abilities (Alqabbani, et al. 2020; Kravchuk, & Voinarovska, 2017; Koryahin, et al. 2020; Rahman, et al. 2020).

In the course of the study, a program was developed and implemented, which included a set of health measures aimed at forming students' interest in motor activities, physical culture and sports, as well as parenting lectures and joint classes of children and parents during the implementation of the project "Interesting Holidays – 2020" at the Gifted Child University. The evaluation of the effectiveness of the proposed program will be published in our next publication.

Conclusions

The development of the motor activities of primary school students in the conditions of digitalization of education and distance learning caused by the Covid-19 pandemic is an urgent, complex problem that requires a thorough research. The development of children's motor activity is impossible without the formation of their interest in physical culture and sports. The results of our study and the data of scientists showed that a large percentage of children are passive about motor activities, school physical education lessons lose their priority among children's preferences, and online physical culture classes almost do not contribute to the physical activity of children. This problem is especially acute in the context of the spread of the pandemic and quarantine restrictions. Under such conditions of education, the motor activity of children of primary school age is declarative and situational in nature, since after physical education only about 20% of children are engaged in motor activities in out-of-school time. In view of this, we created an author's method of forming an interest in motor activities, physical culture and sports in the out-of-school institution, which was implemented under the conditions of distance learning and quarantine restrictions at the University of Gifted Child, which operates at the Vasyl Stefanyk Precarpathian National University. The study confirmed the hypothesis that the effectiveness of this process is provided by a number of conditions: students mastering the knowledge about physical culture and sports, health-saving, well-known athletes-countrymen; practical activities of children; joint activities with parents; joint physical education and sports classes with parents outdoors; joint hiking and biking; value attitude of junior schoolchildren to physical education, motivation for a healthy lifestyle, emotional satisfaction from physical exercise, motor activities, sports, active rest; experienced teachers, who are famous athletes, university teachers, as well as creative students; integrated classes, application of innovative educational technologies, gaming teaching methods, etc. We believe that our pedagogical finds (practical experience in forming the interest in junior students to physical culture and sports at the University of Gifted Child) can be fully used in any educational institution both in Ukraine and abroad, individual innovations, fruitful ideas and approaches to the organization of motor activities of children and parents should be applied in school practice, their creative application will serve to increase the effectiveness of physical education of children.

Conflict of interest

The authors state no conflict of interest.

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