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DANCE IT,S ACTIVE FORM RECREATIVE FOR EXAMPLE GROUP OF DANCE “PECH” FROM OPOLE

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A leisure time is a period without any responsibilities, the time intended for any activities. It is about a sphere of a human activity in which people get involved because of their will (after doing their professional, family and social duties) and they can rest, have fun, enrich their knowledge and qualifications for their satisfaction or just participate actively in a social life.

Increasing dangers are typical of a modern person's life. The personal balance depending on an individual threshold of biological and psychical sensitiveness and on the level of outer aggression is permanently disturbed. It happens so because of a growing number of numerous harmful factors such as: a noise, the quickened rhythm of life together with its hygiene getting worse. All the factors disturbing chronobiology of an organism, which means an inner biological clock regulating naturally the way a human body functions.

A recreation is a compensating phenomenon to a modern life. Its birth and dynamic development is perceived in a bad adjustment of man to the environment they live in. No wonder that a functioning model of recreation and tourism, practiced and developed mainly for pleasure,

entertainment and fun, currently has been transforming into a conviction about a common necessity of this type of activity. It has been proved in a scientific research that one of the most successful means which serves a better health of an individual and population is movement. The value of this means, the basic one in recreation and its tourist forms, should be seen from the view of the entire human's life – since childhood until old age. Participants of an active recreation choosing some forms try to find in them some individual features which correspond to people's possibilities and expectations.

According to Raczek "the school age is a natural time of a natural and dynamic development of capacity. This time is therefore beneficial in stimulating and correcting it. Simultaneously, this time decides about a young person's life when a young person is lead into the world of culture and is taught the hierarchy of values. His or her needs are aroused and he or she is taught how to fulfill them. Moreover, he is encouraged to choose a desired lifestyle." The Author defends the view about the need of taking care about physical fitness at the age of development. The similar opinion is presented by St. Kozłowski according to whom disregarding biological advantages of physical activity, its role in shaping the further physical development in childhood and adolescent period, then it can reflect in physical capacity and adjustment possibilities at an adult life. It is also the only period when it is easy to form the habits of physical activity and teach people to practice it. The movement itself is a biological need and it is an elementary basis of psychical and physical health. A conscious physical activity of man is a remedy for pseudo advantages of civilization – the weakness of a body and will. The contemporary physiology views a movement – work and physical exercises as a human's duty and the protection of his health. A lack of physical activity makes it difficult to make a rational use of the consumed food, favours the obesity and hinders its treatment, affects a coronary and circulatory blood circulation, weakens tendons and muscles, increases the risk of joint injuries, lessens the power of muscles, weakens muscle coordination and distinctively lessens the resistance to unpredictable problems of everyday life.

Among many forms of a physical active dancing has become very popular. Dancing classes have numerous and unquestionable values.

which constitute a series of physical and psychical incentives affecting the participants of dancing classes.

What is dancing? A short scientific definition of dancing does not exist. The movement of a human body is both the material and result of dancing as it is created in and by movement. However, it is difficult to present the means of words something that is energetic, constantly changing and contradicts a static existence. A common source is a movement of a human body in a dance. However, not every movement is a dance. The entire universe which surrounds us is in a constant move. The only living creature that is able to regulate, control and subordinate consciously their own natural moments is a human. Types of movement are not the same. In our society we deal with an immense diversification ranging from clumsy waddling to sweeping steps of a dance called Mazur, from a sprint run to delicate steps of a ballet dancer. Some of them are gentle and harmonious by their nature and the others gain the features like these in an artificial, taught and acquired way. Some of them are merely an invitation to dance and the others become a dance.

Dancing is one of the oldest arts, strictly connected with a human life. The phenomenon of dancing also exists among other living creatures. Biologists observe the dancing of birds and more developed dances of apes. This animal lively movement already includes some elements of dancing. A child makes similar uncoordinated and disorganized movements while jumping, spinning and joyfully clapping hands. They all result from an inborn human will of physical expansion. A movement being an essence of dancing is an indispensable element of our life. Our movements are subordinated to the principles of rhythm ruling the functions of our bodies. The moment and rhythm are the basic elements of dancing.

Considering the issue of dancing matters it is necessary to think first how dancing is created in a dancing person's body. The movement itself is born in a defined physical system consisting of bones and muscles of a living system. The locomotor system is based on three elements. The first of them which supports all this construction is a skeleton, nervous system; joints are a passive element and muscles are an active

one. Coordination of these three elements determines the movement of a human body.

Dancing is generally associated with music and their co-existence seems to be understood and obvious. We became accustomed to join a dancing time that we can see with a music time that we can hear. Rhythmical movements done at the time of music do not bring anything new but intensify our reaction to it. Music lets us see a dancing better and dancing lets us hear the music better. "Dancing is a mute rhythm, the music which we can see" wrote a well known critic of Romanticism, Teofil Gautier. Some of the researchers of these matters claim that man hears music not only with the ears but also with the entire body as the voice waves permeate it and arouse a nervous system reacting to sounds with the muscle movement, if, of course, a receiver is endowed with a strong physical excitability. In any case, it is a fact that it is easier for everyone to dance at music, especially at the music which is rhythmic and has a melody line. However, we know that not always this music is simple, melodiously easy and not complicated when it comes to its rhythm. A dancer on the stage deals with such more complicated music.

The main driving force behind the amateur dance group should be a self-education. In this case a self-education should be viewed as shaping the attitudes by means of individual work on enriching knowledge and skills in the field of dancing.

Frequently, children and teenagers are associated with dance groups. The characteristic typical of the group members are undoubtedly willingness of belonging to a group and a passion for a chosen field. In this case is a passion for dancing and personal involvement. Friendship and friendliness are the factors organizing a group. Among people connected with each other by the ties of common activities and interests we can observe very close relations.

A dance group establishes very strong social ties creating the atmosphere of friendship and co-operation.

A dance- is an education by art. An instructor should make use of the value of art by teaching a proper and full perception of dancing. A skillful directing of a perception process is one of the main choreographer's

tasks. One of the most important incentives of belonging to a group are successes gained by it and the results of work. The performances of a group are not the aim in themselves. They are the final effect of efforts and bring a lot of joy.

Dancing influences beautiful and harmonious movements, proportional shapes, figure and agility. It develops the ability of perceiving beauty. It helps to learn and objective reality and affects on different personality features. Therefore esthetic education contributes to the development of personality. Through an esthetic education in a dance group, a cultural and emotionally involved receiver of art is educated. The participation in a group involves watching concerts, listening to music, which makes it possible to see life in a wider context.

A dance group as a group of people cannot exist in isolation from the environment and is its integral part. All amateur group members support a family type of creativity. A group representing the artistic output in its environment shapes a receiver. Presenting its activity, a group gains another asset, its popularity. Belonging to a group gives the members a sense of social promotion in an environment. The amateur groups are usually a beautiful mark of a region.

A prevailing dancing fashion and a widespread interest in its different forms influenced the systematization and classification of different dance styles, clubs and dancers. Dance clubs were associated in the Polish Dance Association. In the year 1996 The Polish dance Federation was established to gather all those who wanted to dance a modern dance. It was the first organization which introduced international rules to Poland and set up a schedule of tournaments and regulations connected with their organization. The federation also trained the referees.

The aim of this thesis is to analyze the demand for one of the forms of recreational activity which is dancing. Moreover, the author intends to display the relations of the youth with a widely understood culture and recreation and to discuss a role of dancing as an active form of recreation and a motivation to join a dance group.

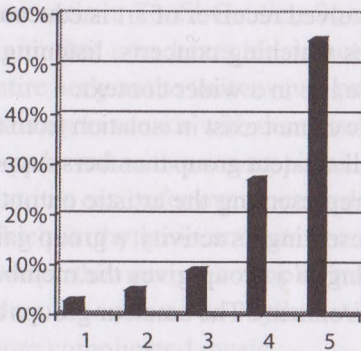
The material and research method. To carry out this research, a method of diagnostic survey was chosen with a use of research technique which is a questionnaire and an analysis of documents. This

method was used to gain required information from a questioned person about his or her recreation activity which is dancing.

The research material was gathered among the participants of schools and "Pech" and "Mini Pech" groups. The group of 150 participants was questioned.

My interests in the artistic group "Pech" from The Youth Culture Centre resulted from many years of observations of their development, activity, successes in Poland and abroad.

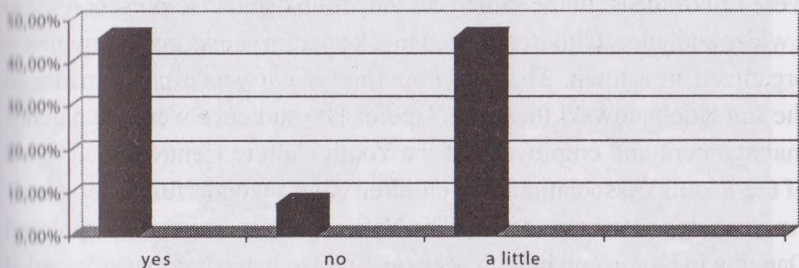
Research results



Rys. 1. *Valuation of instructor's work*

It can be difficult for children to value their teacher's work, but despite that I made an effort to make the questioned distinguish their liking for an instructor from an objective valuation of their choreographer and tried to value his or her work according to the scale in which 1 is the lowest note and 5 the highest one. We received impressive results. 82% of the questioned gave the highest notes. It can be supported for sure by the successes the group systematically achieves. Children and teenagers presented their opinions about the instructor saying: "She is a professional", "This is a competent person", "She explains everything to us very well".

7,5% of the questioned stated that they did not like their instructor. This might sound strange as they should be asked why they still attended the trainings. Probably it is because a great will to dance. 93% of the questioned like their instructor a little or very much, which is a natural reaction because it often happens that people attend trainings because of their liking for an instructor.



Rys.2. Do you like your instructor?

Tab.1

The motivation of participants of dance trainings

I love dancing	Successes that I can achieve	Making friends	I like outings and I like my group	I have nothing to do after school
90%	26%	21%	15%	0%

The participants could underline three answers referring to their dance motivation. 90% of the answers were about their liking for dancing. Young people often wrote: "I love dance" and "I love dancing", "I can't imagine my life without dancing". It is important for children.

To achieve successes as 26% of people stated that it is very important for them writing: "Then I am very proud". For the questioned making friends and staying with a group are other important factors.

The Artistic Group "Pech" was previously established as a junior scout group "Plastusie". The instructors were: Danuta and Michał Mazur and Anna Piekiera. The children were very musical and lively so it was not sufficient for them to sing at a fireplace or a bonfire. A great demand for this type of activity such as dancing and singing initiated the establishment of a group and simultaneously the name was changed for "Pech".

At the beginning the children performed mainly for their parents and friends during the events organized by The Polish Scouts' Association, however, the main goal was the education of children in the scouts' service. Children met at the scouts' gatherings and once a week they had a dancing training. New choreographic routines were made and their heads

were full of ideas. In the same year the group decided to present itself to a wider audience. Children started to take part in shows and tournaments organized in a town. The first important event was a performance in the Jan Kochanowski theatre in Opole. The audience were the parents, management and employees of the Youth Culture Centre and activists of the Scouts' Association. The children gave a wonderful performance. Another step was a tape sent to The National Tournament of Singing and Dancing in Konin and having been qualified to it, the group was awarded with the Brown Applause and was highly praised by the jury.

They started their cooperation with "Radość" from Ukraine. The Polish children went to Crimea. In 1993 three other instructors started their work. They were Katarzyna Bryłka, Aleksandra Krokoszyńska and Robert Surowski. The children were accepted according to their age and in that way four groups were formed. The children practiced twice a week, the third meeting was still a junior scouts' gathering. The worked conducted that way let the children strike new relations with the peers and each one could get to know oneself better, develop one's personality and shape a character. The scouts' rules intermingled with the sport ones. In the next years it was decided that it was time to develop dancing skills. More and more children wanted to dance in a group which had been gaining on popularity. At the same time the group brought new rewards and honours from the tournaments they took part in. It became a goal to make children accustomed to a healthy competition and teach them how to deal with both a success and failure. It was a very difficult task. The following year was another success. The group was invited to a concert "Love animals" in the open air theatre in Sopot. They prepared choreographic routines for Majka Jeżowska's songs. The performance was recorded by television at it became a wonderful memory for each child and instructors.

At that time the group became much bigger and developed. The structure of the group was widened and along the main group, they started so called little schools which were to prepare the new kids. Each of the main groups had one or two preparing groups. Due to that system the children joining the main group were well prepared, accustomed to a stage, music and acrobatics. It created the possibilities



in with a group on a higher level because the beginning groups were taught the basic routines.

The artistic group "Pech" has already achieved a certain position on the national stage. A great stress is put on the development of technical skills of the dancers. Among many others they learn modern jazz, modern and classical dance. In the year 2001 the group traveled on a government plane with other artists to Kosovo. It was a tremendous experience for dancers and many touching moments for the Polish soldiers who spent Christmas far away from their homes, it was one of the most important performances of the group "Pech" in their history.

Hard work on the floor, in the halls brings better and better results achieved by dancers in national and international events.

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