



## The Effect of Enrichment Activities on Positive Thinking and on the Skill of the High-dribble and the Scoring of Stability

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### Abstract

Through the experience of the researcher as a teacher working to develop the thinking of the student and give students freedom to think as well as to encourage them to participate positively in the classroom and learn the basic skills in an interesting and enjoyable so used the activities of enrichment and its connection to the process of positive thinking, and the utility of enrichment activities to transfer students from the status of the recipient Negative to the state of positive interaction during the course of the study and because of the recent enrichment activities and use in other materials such as mathematics, chemistry and Arabic use within the classroom, and the introduction of these activities in the enrichment curriculum. One of the contemporary trends in the development of the curriculum of sports in different stages of education, in order to achieve the principle of sport for all and so the researcher remained only to achieve the objectives of this study, which came as follows - to know the degree of positive thinking among fifth-grade students prepare - the number of educational units enrichment activities to learn to target of stability, and the high level of basketball in the fifth grade preparatory students. The research community was determined by the students of Al-Adhamiya for the fifth grade of Literary Literacy, which were 90 students divided into three groups (A + B + C). The research community was determined by the intentional method. The sample was randomly selected in the drawing method, and the number of (60) students distributed equally to the two divisions. Experimental Division A and Division C were withdrawn and pretest tests were conducted with selected skills and then the proposed curriculum was implemented. With 9 weeks. The number of educational units per week reached two educational units, (18) educational units. Different exercises were adopted, different from basketball activities and skills in warm-up and aim to avoid boredom and introduce the element of suspense and fun in the hearts of students. After completion of the curriculum, the researcher conducted post tests under the same pretest conditions, data and statistical treatment and concluded that the use of enrichment activities in the curriculum for the teaching of physical education for female students has a direct and significant impact on the learning of students, skills in question. Enrichment activities also helped to open the door for dialogue and discussion and to express opinions freely through the division of one class into small groups, which in turn helped to learn the skills studied, and the leadership of each group helped to learn the courage and strengthen the personality of the female student.

**Keywords:** *Enrichment activities, Positive thinking, High-dribble and the scoring of stability.*

### Introduction

That the rapid cultural changes in all areas of life in general and the fields of education, especially what brings this change. Where the need to employ many of the modern educational methods and methods of seeking to develop the skills of students on positive thinking and research and inquiry and criticism and listening, and thus became a teacher responsible for building a student researcher and thinker who can access the information and expand its horizons self, "The specialists in this area began interest In this method of education, by drawing the means that help to grow knowledge, whether

through the invention of toys or enrich the environment or the organization of activity in the school or develop a curriculum that we can transfer an organized amount of information and skills to students to expand the amount of Mental charges "[1].

Learning the basic skills in basketball is the backbone of the game, so the researcher chose to use these activities in her experience in the female students because it may improve the status of learning among students through the transfer of the student from the case of passive recipient to the state

of positive interaction during the course and develop their attitudes toward Lesson material and make the student researcher and the writer and critic and the voice and under the supervision and guidance of the school.

This method makes the lesson more interesting and easy and attractive and interactive lesson material and provide a lot of information to the student through the knowledge of the sources and information relating to the lesson material, and to develop the process of learning and keep pace with developments in all life in general and the areas of education especially so the researcher decided to use this curriculum.

These skills are the axis that revolves around both physical preparation and play plans and improve the performance, and through these activities and the use of enrichment in the field of sports can achieve some kind of effectiveness in the educational process.

Hence, this study is important for many researchers and specialists in the game both in the novelty of enrichment activities and its link to the process of positive thinking to give students freedom to think as well as to encourage them to participate positively in the classroom and learn basic skills in an interesting and enjoyable, and the usefulness of enrichment activities to transfer Students from the case of the passive recipient to the state of positive interaction during the course of the study and because of the novelty of the enrichment activities and use in other materials such as mathematics, chemistry and Arabic and use them in the classroom [1].

The introduction of these enrichment activities in the curriculum is one of the contemporary trends in the development of the curriculum of sports in different stages of education, in order to achieve the principle of sport for all. Thus, the researcher was only able to achieve the objectives of this study, which came as follows:

- Identify the degree of positive thinking among fifth graders my enemies.
- The number of educational units in the enrichment activities to learn to target the stability and high potency of basketball in the fifth grade preparatory students.

There are statistically significant differences between the experimental and experimental research groups in the post-tests in positive thinking and the learning of some offensive skills in basketball. There are statistical differences between the experimental and experimental tests in the positive thinking and learning some offensive skills in basketball.

## Research Methodology

In order to achieve the research objectives, the researcher should do the following:

- Select the experimental approach to its relevance to the nature of the research, which includes "trying to control the basic factors affecting the change of dependent variables in the experiment except one factor controlled by the researcher and change in a certain way in determining its impact in the variable or dependent variables and measurement.[2]Design of experimental and control groups with pre-test and post-test.
- The research community was determined by the students of Adamaia for the fifth grade of Literary Literacy, which is 90 students divided into three divisions (A + B + C). The research community was determined in a deliberate manner. C) The total number of students (60) students distributed equally to the two divisions. (7) Students from the experimental group, thus becoming (23) female students and (5) female students from the control group, thus becoming (25) students.
- Nomination and identification of the scale and tests to measure these skills and abilities (positive thinking scale and tests of hard scoring skills and high-dribble). These capabilities and tests were selected by (10) experts and specialists, making them reliable and valid for measuring their respective capacities. So that the researcher is sure of the validity of the tests concerned with measuring the abilities and skills of female students research.
- The researcher (the pilot experiment, especially the scale of positive thinking and testing skills) to know the relevance of the sample of research in the exploratory experiment, which was conducted on a number of students of the research community and the number of (10) students

were selected from Division C and random way and drawing method through the pilot experiment conducted Researcher of the scientific foundations of tests for research (honesty, stability, objectivity)

- The researcher conducted the tests of pretest over three days (Tuesday - Wednesday - Thursday) (24-25-26 / 10/2017) on the first day distributed the measure of positive thinking on both experimental and control research samples, and the next two days were tested skills Two-day assaults each day three tests and the experimental and control groups. All the temporal and spatial conditions of the two research samples were fixed for the purpose of standardization in the post-test.
- The implementation of the proposed curriculum began on 31.10-2017 until Wednesday 3-1-2017. With 9 weeks. The number of educational units per week was two units of education ie 18 educational units. Different and different exercises were adopted for the basketball activities and skills in warm-up and their purpose is to get away from boredom and introduce the element of thrill and fun inside the students' hearts.

The researcher identified the steps of the enrichment activities as follows:

- Distribution of a small booklet on students includes the basic skills platform offensive in basketball and be within the curriculum of the Ministry of Education plan and be a simple explanation of each skill of the given skills in the course with the images shown for each skill and detailed movement of skill.
- Working on the division of female students in the form of small groups, each group (3-5) student to be a single group is not homogeneous abilities or intelligence or activity, that is, there are individual differences between the groups.
- Appointing one student in each group as a leader to be this student is the most mature and intelligent and has the possibility of leadership or leadership spirit to change this student to another student from time to time - Working on the use of illustrative tools includes paintings that contain the images shown in the gradient of the skill given.

- The use of the station system in the lesson with the redistribution of the totals again, and make them more groups of students so that their numbers in one group.
- Using the (laptop) as a display of some games for basketball, whether local or international
- Conducting basketball games between two schools and directing students to watch the games and comment on the matches and errors that occurred with asking questions by the school to the students, and make it possible for students to ask questions regarding the matches to be answered by one of the students or school - Includes the collection of information via the Internet or libraries and access to them, in the form of tablets or a small report so that each leader of the group of duties to give the degree to each student.
- Tasks are distributed to the content of the article for each set of totals so that each group is responsible for part of the content of the article.
- Costing one student from each group to explain the special part of the article content of the group responsible for its part.
- Work to ask questions before starting to explain the content of the article and be answer to questions after giving sufficient time to answer and consult by the group so that one student from each group
- Encourage students to compete and share ideas about answering questions after they are absorbed and be able to convey them to their colleagues in their original groups.
- The teacher evaluates the group on the basis of individuals and not the group in the implementation of work in a positive manner and encourages groups to compete among themselves.
- In this way in which the activities of enrichment can create the school an effective learning environment using methods of learning different from traditional methods and increase the responsibility of the student towards learning and make it the focus of the educational process and make it a positive recipient instead of a passive recipient, and today participate and interact with the lesson and put his ideas in Freedom

without fear or fear or embarrassment and thus we can build the character of the student and make him a good citizen can take responsibility and meet the challenges of life and different difficult social conditions and create a new generation strong in every sense of the word.

- Post - tests of the sample were conducted after the completion of the curriculum in three days (9-10-11 / 1/2018). The researcher took into account the provision of the same organization and the conditions

for carrying out the tests under the same conditions and capabilities used in the pretests for the purpose of obtaining reliable results.

## Results

In order to achieve the objectives of the research, the researcher must review the results obtained in accordance with the desired goal:

### Presenting and Discussing the Tables of the Pretest and Posttests of the Control and Experimental Groups

**Table 1: View of the results of the pretest and posttests of the control and experimental groups in the measure of positive thinking and tests of basketball skills**

Tests		Control group		Experimental group	
		Mean	STD.EV.	Mean	STD.EV.
Positive thinking	Pre	64.16	6.65006	64.44	6.39062
	Post	67.64	5.18716	83.84	5.96992
High Dribble	Pre	19.5208	1.72469	19.1196	1.36179
	Post	18.0040	1.64184	15.7012	1.22026
The scoring of stability	Pre	8.3600	2.64386	7.3600	2.87054
	Post	9.6400	2.39583	12.1605	2.76330

**Table 2: View the results before and after study of the control group in tests of positive thinking and skill tests basketball scale**

Tests	Groups	Mean diff.	STD. EV. diff.	t-test	Sig.	Significance of differences
Positive thinking	Pre	3.48	3.831	4.542	0.000	Sig.
	Post					
High Dribble	Pre	1.5168	0.73554	10.311	0.000	Sig.
	Post					
The scoring of stability	Pre	1.28	0.67823	9.436	0.000	Sig.
	Post					

**Table 3: View the results of pretest and posttest for experimental group tests positive thinking and skill tests basketball scale**

Tests	Groups	Mean diff.	STD. EV. diff.	t-test	Sig.	Significance of differences
Positive thinking	Pre	19.4	5.642	17.192	0.000	Sig.
	Post					
High Dribble	Pre	3.4184	0.80461	21.243	0.000	Sig.
	Post					
The scoring of stability	Pre	4.80048	2.34504	10.235	0.000	Sig.
	Post					

We conclude from the Tables (1, 3, 2) that there are potential energies enjoyed by each student and through enrichment activities can be revealed to these energies, and to achieve this must be based on modern curricula on the basis of the curriculum of enrichment activities and thus became the basic function of the teacher is to create

educational attitudes that Students are directed towards discovering these concepts of skill or subject matter, in the context of so-called active learning and active learning, learning based on the use of diverse activities in their content and level that provide students with a high degree of control and

privacy, restricted or previously defined  
Active learning may be an effective teaching

of sport as it relies on positive participation  
[3].

**Table 4: View the table for the post tests of the control and experimental groups in the scale of positive thinking and tests of the basketball skill and discussion**

Tests	Groups	Mean	STD.EV.	t-test	Sig.	Significance of differences
Positive thinking	Control	67.64	5.18716	10.242	0.000	Sig.
	Experimental	83.84	5.96992			
High Dribble	Control	18.0040	1.64184	5.629	0.000	Sig.
	Experimental	15.7012	1.22026			
The scoring of stability	Control	9.6400	2.39583	3.446	0.001	Sig.
	Experimental	12.1605	2.76330			

The researcher considers that the educational method according to the enrichment activities has a significant effect on the development of positive thinking among the students. This confirms that the method used includes giving students the freedom to lead a group of female colleagues, thus contributing to developing their personal personality traits and preparing them to have academic qualities that help them. In their future careers [4].

The researcher also attributed the reason for this preference to the low level of anxiety among students of failure, as well as provides a high degree of confidence and psychological satisfaction and self-reliance as well as the provision of this method of strengthening the groups of learning based on the experience of other groups from each other [5].

"Learning in small groups of students allows them to work together effectively and help one another to advance each individual's level and achieve the common goal," Johnson said [6]. The researcher attributed the reason for this preference to the use of the curriculum of enrichment activities in the performance and master of some of the basic offensive skills of basketball students because of their active discussions on the educational task that affects the understanding of the educational material, and then transfer this understanding to their parent groups, leading to increase their education [7].

## Conclusions

Through the results, analysis and discussion of the research, the researcher reached the following conclusions

- The use of enrichment activities in the curriculum of the lesson of physical

education for female students has a direct and significant impact on the learning of students, skills in question.

- The enrichment activities helped to open the door for dialogue and discussion and to express opinions freely through the division of one class into small groups, which in turn helped to learn the skills studied, and the leadership of each group helped to learn the courage and strengthen the personality of the student.
- Each member of any group is responsible for answering questions about the skill given, which causes the learner's tendency to self-affirmation, or between the group members, or between other groups, and to stimulate thinking and attract attention and thus become an active participant and not independent information.
- Enrichment activities provided sufficient opportunity to provide information (feedback) that helped the student to know his response, which led to the promotion and encouragement of continued learning, which reflected positively on positive thinking.
- The results achieved by the tests proved the validity of the educational units prepared by the researcher through the clear development in performance.
- High-dribble, steady-scoring skills are not given sufficient attention by applying the physical education lesson in secondary schools.
- Enrichment activities have helped to open dialogue, debate and opinions freely by dividing one class into small groups, which in turn helped to learn the skills explored.

- Enrichment activities provided ample opportunity to provide information (feedback) that helped students to know their responses, which in turn led to the

promotion and encouragement of continued learning, which reflected positively on cognitive achievement.

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