



## PREPARING OF LEARNING PORTFOLIO TO TEACH THE TECHNICAL PERFORMANCE OF THE LONG JUMP ACTIVITY FOR DEAF

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### Abstract

*Purpose.* The preparing of program of technical learning performance of long jump came at the beginning of the research by designing learning briefcase concerning with requirements of special needs including topics and activities that can realize the equal prompting of all learners through their dependence on perceptible experiences which compensate their missing the sense. The research showed uninterested in putting special programs for this group of special needs (the deaf & dumbs) taking into consideration how to compensate them during learning in the sense of hearing whom they missed by focusing on the sense of sight using some educational devices and tools that have produced by modern technology. The research aimed to prepare a briefcase for the long jump activity to the deaf & dumbs kids, as well to be acquainted with this briefcase for learning the long jump activity.

*Methods.* The selection of the sample is considered as important steps and stages of the task of the search. The nature of the research controls the type of sample used. The researcher has chosen the sample of her research in a manner of intention and that of students from sixth primary class at Al-Amel Institute for the Deaf Mute for the academic year (2011-2012). The number is (13) students from the research community of (16) students.

*Results.* The researcher had assumed that there are differences of statistical signs and achieving long jump activity between the post and posterior the tests. The researcher had done her test for pupils of primary sixth class in Al-Amal (Hope) institute located in Basra, using the experimental program by preparing the propounded educational briefcase, Its contents have been executed by the specimen of the research as well as the test of long jump activity, post and posterior. We have got a development in the level of jump activity

*Conclusions.* According to the data and information reached out by the researcher , necessarily with interesting of preparing of program and educational briefcases of different activity and games foraging groups in need of interesting of special needs groups

*Key words:* portfolio, long jump, deaf.

### Introduction

The contemporary educational trends confirms to build a new education system based on the involvement of the student with the teacher at all stages of the educational process and leave the familiar, the teacher is to be the only axis of the educational process to teach the curriculum, he is responsible for sending the information most of the time and the student's duty is to listen and imitate what the teacher says. This is confirmed by many of the methods of traditional teaching (( the centre of the educational process must be the transferred to the student and the role of the teacher is a guide of learning, he designs interesting and exciting learning situations and manages the class intelligently, asks questions , manages discussions and uses new technologies that contribute to building an education system that takes into account the advantage of the technology of education keeping its suitability for his students concerning their mental, emotional, psychological, physical and dynamic growing) ( Najah, 1986). (The self-learning is one of the modern methods

that gives the role to the student side aside with the teacher whose role is to facilitates learning and to achieve the goal of the lesson. In this way he will come into an active and vital learning, and it will transfer the center of the educational process for the student himself to discover his self-aptitudes and capabilities to plan for developing directing it according to his private tendency in line with his needs and self-growth ability) (www.wahat.com/htm (2002), and to stimulate his personal motives and desires to be able to reach the maximum energies and potential of his own. The educational bags are one of the types of self-education and of the best educational techniques that rely on the introduction of learning during the class and to help in organizing the vocabularies within groups containing all what are needed by the student since they provide him applicable activities and tasks, modern techniques, tests and means assessment to give him a chance to learn according to the their possibility of learning.

If the planners of the educational process (curriculum) could employ this kind of learning to

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teach the curriculum for children with special needs, including deaf and dumb children, we might diminish some of the difficulties facing them compared with a normal child due to the loss of speech as well as the sense of hearing. ( F. Mustafa , 1993).have pointed out that the information learned by the human eye forms (75%), while the acquired information gained through the sense of hearing constitutes (13%) only ".

The scholars differed concerning the appropriate age for teaching them how to speak and then they join the ranks of education. Many of them point that "it is possible to start with them at the stage of kindergartens", that is, at the age which is equal to the age of the average child, to allow them the opportunity to attend special classes as they begin to learn speaking and to study curriculum designed for them. The above is clear that although this child is unable to listen to the teacher and talk with those around him, in spite of that, it does not make us lose hope in his teaching, because the deaf child has the mechanism of speech what the normal child has. He lacks the sense of hearing only dominated by two types of special language for the deaf (sign language and the language of the lips) that facilitate it to deal with them and deliver the information after he gets the point through which we can say he begins to control the language by reading lips in addition to the control of the written operations which must go hand in hand with the process of verbal expression ( Mukhtar, 1975). This group needs special care and if we want to teach them we must put special programs according to them and agree with their abilities because they have a right towards us as a normal child has according to the principle of equal opportunities for all children.

Sports Education has sought, as one of the branches of education which enters the curriculum for these children, to take care of continuous renewal and the evolution of the curriculum of physical education to ensure they're prepared physically, skillfully, health, social and psychological with the assistance of modern technology. In order to ensure the program's success, researchers have chosen the activity of the long jump which is of the natural movements of which is practiced at general level where it enjoys the fourth place in terms of the natural progression of movements of children that begin with crawl, walk, run then jump ( Qasim, 1999).

The significance of the study hides in preparing of educational program to teach the technical performance of the activity of the long jump and the development through the design of educational bag taking into account the privacy of learners and their abilities, and to include it topics and activities that can achieve the equivalent advancement for all learners containing optical feedback using the video, booklet, photos, serial, CD and displaying drives at normal speed or slow. Thus they will learn by adopting the sensory experiences that make up their missing sense

where the program relies on the vivid images embodied by the video and brochure that meets the desires and needs and increases their self-confidence as a result of security and not to be afraid of mistakes and a sense of inferiority and helplessness.

It is difficult for ordinary people to know what a deaf means, they spend time imagining how could a man be a deaf ? Deafness seems to those who rely on their hearing as something strange, and the word cannot be believed or imagined, and as a sense of voice regulates the lives of listeners in terms of communication and networking, it leads them to believe that deaf people living in a world of emptiness. Such a belief would close many doors in their lives. This situation cannot be avoided, so negative complications reflect on the life of the deaf themselves; and looking at the deaf through their lack, make them suffer from the way they are treated more than suffering from the deafness.

Deafness may represent a real disability but deaf suffer from our closed minds more than they suffer from their closed ears, and this is the cause of serious attention with deaf. Before identifying the facts of their lives, we should know first the damage caused to them and what are the damages which they suffer today, that is, the difficulty of hearing, this means a hearing disability permanently or intermittently and significantly affects academic and educational achievement, but it is not included within the field of deafness( Farok , 2002).

We all know that the process of language acquisition is the process depends on the child's ability to imitate. Firstly he mimics himself (self-imitation), that is, in the stage of (almunaghat), after that, the stage of outer imitation, that is, he imitates his mother or mother substitute. Without limitation, the child is deprived of an important means of being able to acquire the language. When a child releases a voice of (DA), for example, a voice issued automatically at first, he feels with some pleasure that motivates him to repeat this sound, and this makes the child hears his voice and delight of this process and this drives him to attempt to repeat (da - da). The new situation becomes of this type of reaction as a circular ring including the hearing and speaking and in the same way other similar forms to be formed as conditional and circular structures. ( Mustafa, 1993).

The ancient philosophy in education confirmed that the teacher was the one who performed all educational activities, and he the only leader while the modern philosophies emphasizes the positive role of the learner, because he is the center of the educational process, therefore, new patterns of learning have emerged, affected by the scientific and technological development in the field of education in order to raise efficiency of the educational process by the best investing of modern technology and employ it in a way that fits the need. The bag of education is one of these applications that have proven its efficiency in



various fields providing the learner more than means to learn as well as the teacher. This course will contribute to the progress of the learning process. Through the follow-up of researchers to the studies and through their experience in the field of teaching methods and Racetrack, they have found a clear shortage in the use of modern technology represented by the educational bag, but it is through our knowledge on the existing curriculum in the schools of the deaf dumb and all levels of education including the curriculum of physical education \* we have found that there is weakness caused by lack of interest to set up special programs for this group taking into account the compensation of hearing sense that they have lost and focus on the visual sense through learning to enter some of the provided technology for the education such as sets and instruments allow the students to set their imagination. The objectives of teaching should not be restricted to gain the knowledge only, but also to include guiding the students to use potential using thinking skills and learning processes and autonomy by assist of modern educational techniques because it will provide the ability to attract the attention of students for a long time, and to comprehend understand the information through the living image, so they will acquire new experiences that work on the reorganize of previous experience, which is the basis for understanding of subjects, and not only explain cognitive aspects and the collection of information, and then performance in the school yard without taking into account the aspects of skill or emotional or individual differences among them, which the researcher has regarded as a problem that is worthy to study through a design of educational bag containing several materials (notebook dump, pictures, videos and CD) to view and provide information for the education of deaf mute children the long jump activity and to develop some physical attributes.

The research aimed to prepare a briefcase for the long jump activity to the deaf & dumb kids, as well to be acquainted with this briefcase for learning the long jump activity.

#### **Methods**

The selection of the sample is considered as important steps and stages of the task of the search. The nature of the research controls the type of sample used. The researcher has chosen the sample of her research in a manner of intention and that of students from sixth primary class at Al-Amel Institute for the Deaf Mute for the academic year (2011-2012). The number is (13) students from the research community of (16) students.

Thus, the percentage of the sample is (81.25), and the arithmetic mean of age (12.38). In order to ensure homogeneity of the sample in the (age, height, weight), we have used the coefficient of variation where the results show in Table (1) that there is no significant difference between the sample as it becomes clear that

the value of the coefficient of variation for the varying age (4.03) and variable length (6.61) and the variable weight (15.41). The value of the coefficient of variation calculated is less than 30% (Wadea, 1999).

#### **Educational bag**

Educational bag is "a set of training experiences designed by specialists in a systematic, organized, coordinated method; it includes materials, activities, learning and training experiences related to a particular subject, and includes the essential elements of education which are (goals, activities, training materials and expertise, Calendar".

#### **Field experience**

The management of the test distance of achievement before and after the implement of teaching bag items is under discussion. I have done pre-tests on Wednesday 21/3 in the Stadium of Basra sport Club for track and field at 10.00 am.

#### **Teaching programme**

Before putting the curriculum of the educational bag, we have analysed the content of many books and sources that deal with the long jump activity in order to identify the parts and the key stages of artistic performance (technique) for this activity. We refer to the experts and specialists of track and field and the methods of teaching physical education. I have offered them (CD) that contains the players such as U.S. (Johnny Johnson) winning the first place in the world championships and the other the Iraqi winning the first place (Karim Tarek) for the championship of Iraq's universities. The researcher explains the technical stages of the long jump activity. She has also cut the images from disks and turned them into fast and slow. She has adopted this division in the preparation of the educational program in accordance with the teaching bag. The educational program includes technical performance of the long jump activity and technically included special exercises for the stages of the activity. The teaching unit has been divided into three divisions. Preparatory Department and its duration (22 minutes) is divided as follows:

- Register of attendance (2 minutes) - Showing discs (CD) in the allocated room and the distribution of the booklet and photos (10 minutes).
- Special and general preparatory Physical exercises (10 minutes). The main section and duration (18 minutes) including:
  - The educational activity (3 minutes).
  - Applied activity (15 minutes)
- 3. Final section and duration (5 minutes) including small toys. The educational program includes (20) educational units continuing for (10 weeks) for the period from 10/10/2011 till 25/12/2011 at the rate of two units per week at a rate (45 minutes) per unit. The research has been initiated.

#### **Design of the teaching Bag**

Through access to studies and research on the preparation of education, the bag and educational use in teaching and dependence on the method of self-education and the availability of educational materials



and programs are designed according to approach a particular learner can choose what suits his tastes and abilities and raises motivation towards learning effectively to facilitate the learning process through the design of the learning environment and activities in that environment and those programs that have spread use in the educational field suitcase and is designed in the light of instructional design and the steps that have been directed by the bag and as educational as the final steps we have developed components (Fawzi, 1980).

**Choose a subject mode:** teaching effectiveness of the long jump for the deaf and dumb children of ages (12-13 years) for being the effectiveness of the new have never performed or even identify them (Abdel Bari, 1988)

**Identify the characteristics and needs of learners:**

That all members of the research sample are students from the sixth stage in the Hope Institute for the Deaf dumb and have never participated in such a special program for handbag educational as well as they are of an age group and we tried to determine the characteristics of the learners through the numbers of educational material and analytical content of the books and sources that addressed the effectiveness of the long jump (Mohamed, 1999).

**The number of scientific material and content analysis:**

After analyzing the content of the books and sources that addressed the effectiveness of the long jump, including (KH. Resan and M. Abdul Rahman, 2002) (H. Qasim., 1999) (R. Kamal, 2005) (O. Mohammed, 1990). Prepared the content of scientific material of the bag, which included learning the stages (approach and sprint sprint. Foot landing) and in units of the bag and educational illustrations for each part of the event.

**Write the introduction:**

In this step shows the importance of the content of the bag for students through the key ideas and information contained therein and the importance of every idea and work to raise the attention of the student on the topics and materials to be covered and activities to be undertaken as it is in the introduction to explain the relationship between the bag material other study that facilitate student learning is also provided should contain the overall objective of the bag which is designed for it (Noor, 1996).

**Guidance and instructions:**

It is a set of instructions and guidance to the student explains how to use the bag and alternatives and the various activities and instructions for the program.

**The formulation of goals, behavioral and education:**

Should then write the introduction and guidance to formulate goals, behavioral, that are written in the form of statements accurately describe what the students do and the educational goals that will lead him to perform effectively correctly, has been prepared in T modules and arranged scientific material in modules small to be a sequential study of each unit in a class, and employed

in various teaching aids available to meet the goal that the student will be learning on the basis of that part of the effective parts (long jump), these activities have been divided into:

**- Activities are mandatory:**

Includes reading information written on the bag on the technical performance (technique) is usually prepared by the designer bag of books and resources and look at the illustrations in question in the bag and the Appendix.

**- Activities are optional:**

Possible trend toward the student view (CD) or to see what books or a drawing of this part of the event brochure or to deepen his understanding of the dynamic behaviour (technique).

**- Activities An Empirical**

These activities are designed to encourage a student to deal with the content of the activities of reference and then achieve the behavioural objectives of the case. (G. Ibrahim, 1992)

**The selection of alternatives and educational activities**

This step is of major steps in the preparation of the bag educational and construction because the availability of many educational alternatives in front of learners and levels of different difficulty will take into account the individual themselves and commensurate with their speed of learning, all directed activity of the learner to help him in achieving the educational goals established, and in light of the above chose us a number of alternatives and activities Education through.

(See the Arabic sources Included the effectiveness of the long jump and take advantage of the experience and competence and access to teaching aids available in the Faculty of Physical Education at the University of Basra, and then we started to design and build a bag, use, and about which there is content on the education of the effectiveness of the long jump. That the diversity of activities and alternatives learning allows the learner complete freedom to choose what is suitable and appropriate for his abilities and inclinations based the principle of individual differences, which is one of the principles on which a reliable teaching bags educational as well that this kind dispels boredom and increases in the thrill of a substance of learning. We have used alternatives to the following in the bag:

The alternative I: printed material: print media is one of the most important tools and equipment educational all, if what has been used effectively (A. Saad, 1992). And allows the learner the opportunity to bring it back more than once to stop and take notes, and verification of the ideas in the lesson and the exposure accurately to clarify some of the illustrations also provide a wider base of information and take into account individual differences among learners. And printed material for the book to be formed to explain the parts of the



effectiveness of the long jump according to content analysis of scientific material in the modules and the framework for sequential and organized according to the sequence of scientific material, also contained this alternative set of instructions to facilitate the learning process, as well as on (objective behavioral motor - printed scientific material - illustrations - the duties and activities and the organizational and practical tasks - the self-test for each unit).

The second alternative: - image sequence (securitization). This is a variant of the easiest alternatives to use and less expensive as it provides the learner perception is clear of the movement, and how the movement of different body parts during the performance art of the movement that has on the effectiveness of the long jump for the world champion U.S. and also the researcher has filmed universities in the country championship which was held in Basra and recorded on a CD and then cut through the computer to the sequential images of the sprint to the approximate landing stages.

The third alternative: DVD CD. A CD is characterized by connection of education and its association with a the same conditions and requirements of the experiment

**Results**

Table (1) he value of the arithmetic mean, standard deviation and the value of (t) calculated and tabular test results to accomplish the long jump in pre and posttests.

Pre		Post		Accounted value	Result
S	A	S	A		
245	46,3	316	35,3	6,19	Moral

\* Value (v) the degree of freedom under the spreadsheet (12) and the level of moral T. (0.05) is equal to (2.18)

Table (1) Shows that there are differences between the averages and standard deviations of the values of test results done the long jump, as was the arithmetic mean of the test tribal (245) cm and standard deviation (46.3 cm) while the arithmetic mean of the test dimensional (316) cm and standard deviation (35.3 cm) For the purpose of testing the hypothesis on the terms of the differences between the circles calculations treated the results statistically by t-test, as it became clear that the value of (t) calculated amounted to (6.19) is greater than (C) indexed under the degree of freedom (12) and the level of significant (0.05), amounting to (2.18) and this means that there is significant difference in favor of the post test.

From the foregoing we see that the evolution in the level of completion of the research sample was the result of the developments that have taken place in the key variables affecting the level digital event as it is the body of sports in this case an object projectile at an angle with the horizontal line and influenced accordingly, all the factors affecting the arc aviation and space achievement.

In addition, the construction motor right as a result of what has happened in the research sample of doses of an educational training program has contributed to a favorable situation for the start of the player during the

special way from beginning to end, put the disk in the device driver CD and features to offer high-tech where you can turn off the picture and keeping it before any part of the procedure's effectiveness and also view the film quickly or slowly and can remodeling film or any section of the county several times and all it helps to understand the dynamic performance.

**Guide teaching package:**

For the purpose of completing the bag educational and facilitate the task of the learner to reach the objectives of the lesson self-designed guide teaching package, which included a general idea of what to do when you use the bag and also includes instructions and recommendations and guidelines that should be on the learner to follow in his study using the teaching package as well as for providing students with the idea of general activities and alternatives in the bag has been arranged according to sequence content of Article.

**post-test (final)**

We conducted a posteriori tests. The sample on the day on Monday, 26/12/2011 and keen to find

the means used.

promotion, which is achieved through the tide full of men rising and vertical position of the trunk with the activation of both the movement of arms, harmonic and weighted man free through the promotion and look forward in this regard should be drawn to the hand of great importance is the survival of focusing on the imaginary point above the line of sight horizontal during the flight because the focus to look at the bottom of the lead to land early as the head is the one who leads the body and this leads to make the center of gravity of the body in a position suitable for starting and then increase the difference vertical between points of departure and landing Recalling ( Talha, 1993), that in the case of a tie both the speed and angle of departure, the body emanating from the increase of the highest achieving distance horizontal Akbar "( Qais, 1989).

Also attribute the reason for this is to bag educational as it prepares students to different areas of experience visual and sensual, with the learner to gain experience teaching diverse through interaction and participation, practice and contact data of the environment through the diversity of sources of knowledge that are appropriate to the needs and inclinations and abilities as the availability of alternatives in the bag provides the learner feed feedback and evaluate them on an



ongoing basis and its effective participation in the education process it all leads to be proficient in the student learner conduct educational mission as a whole as well as this, the participation of the learner in the learning process is essential to attract his attention and to bring about the behavior of reinforced and a shift to practice real "in bag of educational activities and teaching aids that integrates the learner and the right to share in the learning process "(Qais, 1989). and teaching package provided a positive impact in the education and the improvement and development phase of flight in the research sample, using the easiest way to learn, as indicated by the sources, but a method step (A.Samir,1981) and add to that that master the operation of aviation during the long jump contribute to maintain the flight path of center of gravity of the body and prepare for the economic downturn as a player during the latter part of the stage of flight to lift the legs forward to the highest level possible, with the weighted arm front and look for the farthest distance and head up to the top to continue in the flight for greater distance, as the descent of the legs leads to a landing early reduces the distance achievement, and thus contributed to group aids in the teaching package proposed to achieve this through the development of some of the barriers the foam in the performance to work incentive urges students to raise the feet during the phase of flight .

#### Conclusions

Depending on the results of research and statistical analysis of data was reached the following conclusions:

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1 - There are significant differences in the level of achievement of the long jump with the sample between the pre and post tests and in the post.

#### Recommendations

The start of what was possible to discuss the results deduced from the data the researcher put the following recommendations:

1 - attention to the preparation of programs for various activities and games for children with special needs.

2 - Conducting similar studies for the rest of the activities of track and field games.

3 - Diversification of the educational alternatives for the purpose of thrill.

4 - Adoption of modern technologies in teaching and learning of their importance in improving the level of achievement and the development and diversification of sources of education and made available to account for individual differences among students.

5 - The adoption of forms of self-education to learn the various activities and sports skills. The transmission axes of the educational process of the axis of the teacher to the axis of the learner are important in the integration of the learner and the learning process and its ability to develop differently.

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