

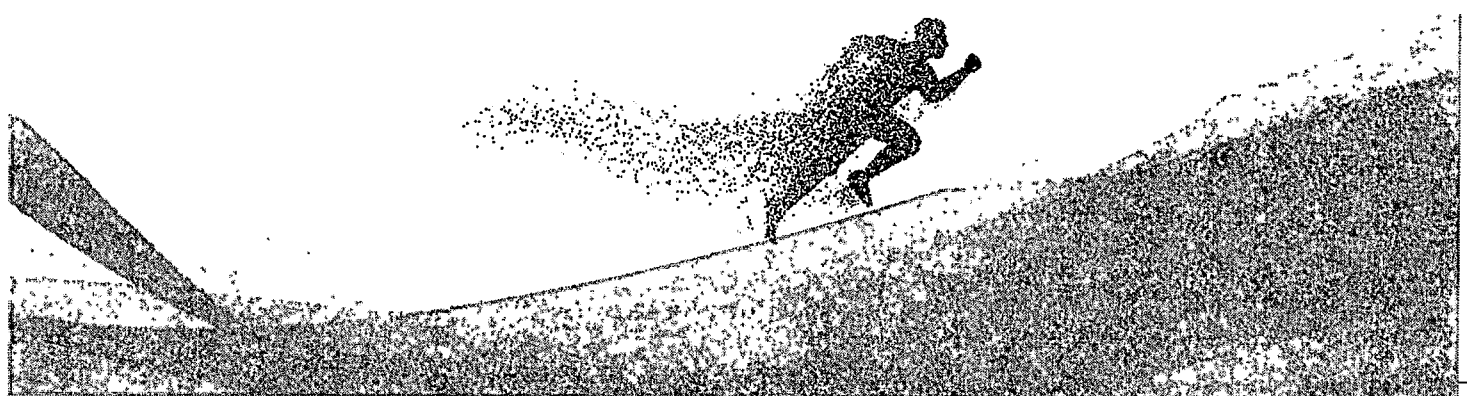
PROCEEDINGS

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The Result of Sports and Recreation Activities After School on The Physical Fitness of the Kindergarten and Elementary Students in Samutsakorn

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Abstract

The objective of this research was to compare the physical fitness of the students before and after training by using the Sports and recreation activities after school in the kindergarten and the elementary students. One Group pretest-posttest design was used in this research. The target groups consisted of 200 students in Academic year 2015 of Watdonkaidee Municipal School studying at level 3 kindergarten, grade 1, grade 2 and grade 3 of the elementary students. Fifty students were purposively sampled from each level. Data collecting by pre-test/ post-test the physical fitness test for kindergarten and elementary students. Data analyzed by using arithmetic mean, standard deviation and dependent t-test.

The results of the study were revealed as following :

After being trained with the sports and recreation activities after school

1. The level 3 kindergarten had significantly better physical fitness at the level of 0.05 in items of sit and reach, standing broad jump, sit-ups 30 seconds, Shuttle and zig zag run and body mass index, accept the bicep curl 30 seconds and 20 meter dash which didn't improve significantly.

2. The elementary students, grade 1, grade 2 and grade 3 had significantly better physical fitness at the level of 0.05 in the items of push-up 30 seconds, standing broad jump, sit and reach, zig-zag run and skinfold thickness accept the sit-ups 60 seconds and distance run which didn't improve significantly.

Keyword

- : Sports/ Recreation/ Activities
- : Physical Fitness
- : After School
- : Student/ Kindergarten
- : Elementary School

Introduction

The exercises and recreation are the essential activities to promote people's health, especially childhood development, because these are the basic factors that can be promoting themselves to be healthy, growth, good physical fitness, well-being and good quality of life. In the fact that, the children who have healthy, both

of body and mind they can do everything which get well in life such as : having good learning achievement, created innovation etc. However, nowadays there are many factors in social have influence on children health. Most of them have inappropriate activities such as : interested in social media, play computer games and decline exercise. Because of these problems which were the risk behaviors of health, it was found that they had substanding learning achievement, over nutrition and obesity. There fore, student development strategies into healthy will be formulated. Appropriate activities will help to improve students having the development of body, emotion, social and intellingence as well as having a relationship with other,