European Journal of Research Development and Sustainability (EJRDS)
Available Online at: https://www.scholarzest.com
Vol. 3 No. 11, November 2022
ISSN: 2660-5570

THE EFFECT OF COGNITIVE ASPECT USING GERALAC WILEY'S EDUCATIONAL MODEL IN LEARNING SKILLS OF THE HUMAN WHEEL AND STANDING ON THE HANDS-ON FLOOR MATS IN TECHNICAL GYMNASTICS FOR WOMEN

Dr. Ghazi Lafta Hussein/ ghaziy.lafta@uobasrah.edu.iq
Faculty of Physical Education and Sports Sciences, University of Basrah, Iraq.

Article history:

Received: 7h September 2022
Accepted: 7th October 2022
Published: 14th November 2022

Abstract:

The study aimed to prepare an educational curriculum according to the Geralak Wiley's educational model in learning some of the female students 'technical skills and learn about its influence. The researcher assumed that there are statistically significant moral differences in the results of tribal and dimensional tests and for the two control and experimental groups. As for the second chapter, it included the research methodology and its field procedures. The researcher used the experimental curriculum for its suitability. Experimental and other control group. As for the fourth chapter, it included the presentation, analysis and discussion of the results. The fifth chapter included conclusions and recommendations.

Keywords: Cognitive Aspect; Geralac Wiley's Educational Model; Human Wheel; Standing on the Hands.

1 -1 INTRODUCTION AND IMPORTANCE OF RESEARCH:

Societies rise by building an educated generation and the ability of awareness, thinking and creativity in various fields, and this is done through interest in correct education and in various educational levels and the quality of education. Therefore, education is one of the important institutions to advance the country, as modern education is aimed at raising the individual physically and mentally integrated education and a spirit within a framework of society's values, traditions and customs with the aim of creating and upbringing the rising generation of the good citizen. Physical education and sports sciences are one of the educational institutions that have its own characteristics in this sports educational stage and not less like it from public education, and for this the teaching and its methods are one of the most important things that must be taken care of as science accompanies modern developments in order to develop the reality of sporting skill and its capabilities in order to keep pace with development and so Teaching is a process aimed at cultivating educational and educational values in the hearts of learners in the short term and consolidating them in the long run, in which experiences and knowledge are transferred from one person to another using different and multiple methods.

There is no doubt that the cognitive aspect has a great impact on the learning process because the theoretical information obtained by the learner is the basic centralization in learning the steps and foundations necessary to learn any skill and maintain the skillful skill and the level of performance, and for learning better, it is necessary to combine the practice of activity and knowledge of the information Which concerns the type of activity practiced and this information can provide directly through explanation and discussion of the educational situation by the teacher. As the choice of the appropriate model or method of teaching must take into account the appropriate method of teaching with its effect in their souls and the reality in which they live and the time between students, so that any student is delivered to the student with a serious effort and follow -up to the background of sports, including the artistic gymnasium that is from Individual sports distinguished by high -end technical performance, which needs a correct physical and specialized base for the quality of the activities of this game and the correct the educational method, the more the learner and practitioners can achieve the correct results. Regarding the effectiveness of the human wheel and standing on the hands, it requires the work of movements of stability and skill, and this requires a correct educational method of educational duty.

The Geralak Wiley's educational model gives the same purpose in learning, which has a great impact in the speed of learning, and this is the secret of the importance of research in the advancement of technical gymnasium and the delivery of the scientific information to the teacher about the importance of the successful and better method of learning.

1-2 Research Problem

Human wheel skills and standing on hands are important skills that require an educational level and method that elevates them for the better, especially in the early learning stages. And there are various models and methods in

education, but experimentation is important and essential for any model or intruder style of the game and sports effectiveness.

Through the researcher's experience in teaching and gymnastics methods, as he studied her in the initial study and found him the level of learning of these two effective gymnasiums with female students through the use of the school do not rise to the level of ambition, which requires using a model or educational method that controls the capabilities of the educated and helps the appropriate learning, which we may find with the Geralak Wiley's model Welly to my education, and this in itself is a research problem that requires research, experimentation and investigation on the scientific facts of this method. Through this, the search problem can be formulated in a question. Is the Geralak Wiley's educational model work to learn some of the skills of the artistic gymnasium of women on the ground of the ground movements by involving students and positively in achieving the goals of the educational unit and transferring the student from the negative position to the positive position interacting with the instructions of the teacher and the offers that can be presented to him.

1 -3 Research Amis:

1. Preparing an educational curriculum according to the Geralak Wiley's educational model in learning the skills of human wheel and standing on the hands on the rug of the ground movements in the artistic gymnasium of women.
2. Learn about the effect of the cognitive side according to the Geralak Wiley's educational model in learning the skills of human wheel and standing on the hands on the rug of the ground movements in the artistic gymnasium of women.
3. Learn about the differences between the results of the tribal and post evaluation of the two control and experimental groups on the side to learn the skills of the human wheel and stand on the hands on the rug of the ground movements in the artistic gymnasium of women, according to the Geralak Wiley's educational model.
4. Learn about the differences between the results of the post -evaluation between the two controlled and experimental groups on the side to learn the skills of the human wheel and stand on the hands on the rug of the ground movements in the artistic gymnasium of women, according to the Geralak Wiley's educational model.

1-4 Research hypotheses:

1. The presence of a positive effect on the cognitive aspect according to the Geralak Wiley's educational model in learning the human wheel skills and standing on the hands on the rug of the ground movements in the artistic gymnasium of women.
2. The presence of moral differences between the results of the tribal and post evaluation of the two control and experimental groups and in favor of the post -evaluation in the cognitive aspect according to the Geralak Wiley's educational model to learn the skills of the human wheel and stand on the hands on the rug of the ground movements in the artistic gymnasium of women.
3. The presence of moral differences between the two controlled and experimental groups in the results of the post -evaluation and in favor of the experimental group in the cognitive aspect, according to the Geralak Wiley's educational model to learn the skills of the human wheel and stand on the hands on the rug of the ground movements in the artistic gymnasium of women.

1-5 Research Fields:

1-5-1 The Human Domain: Students of the third stage in the Faculty of Physical Education and Sports Science-Basra University.

1-5-2 spatial field: Gymnastic Students Hall in the Faculty of Physical Education and Sports Sciences-Basra University

1-5-3 Time Field: Duration from 11/11/2021 to 11/1/2022

1-6 Determination of terms

Model is "a plan or design for a strategy with certain steps that the teacher can use" (Jones: 2019 & ET)

- The Geralak Wiley's model is "a therapeutic model used to treat educational materials with experience and specialization, and includes methods of choosing strategies to help the use of technologies as means in the educational process and diversity in resources (Jones & Et Al : 2019)

2 - RESEARCH METHODOLOGY AND FIELD PROCEDURES

2-1 Research Approach:

The experimental approach was used in the style of equal groups (control and experimental) to achieve the objectives of the research and address its problem. "Experimentation searches for the cause and how it occurs, and the researcher deals with the variables of the study, and some of them are intended to change and control and control some other related variables, to reach the effect of This is on a dependent variable or more, in other words, reaching the causal relationships between both the independent variable and the dependent variable. (Haider Abdul Razzaq : 2015)

2-2 The research community and its eye:

The research community was identified in the intentional way, and they are students of the third stage, who numbered (50 students), as they are studying the subject of gymnasium. To two groups, namely (controlled and experimental) in the random way, and the number of each group has become (20) students. The two eyes are homogeneous within each group using the difference factor and equivalent of the two groups using the (T) test for unconnected samples and as in Table (1).

Table (1)
Shows the homogeneity and equivalent of the control and experimental groups with research variables

Verbal	measurement	Control group		Experimental Group		T Collected Value	Sig
		Mean	Std. Deviation	Mean	Std. Deviation		
Age	Cm	152.42	2.53	153.11	2.87	0.786	random
Mass	Kg	51.63	1.89	52.23	1.69	1.034	random
Human wheel	degree	3.562	0.245	3.642	0.321	0.349	random
Standing on the hands	degree	4.12	0.326	4.23	0.412	0.916	random
skill field	degree	10.500	1.235	10.950	1.190	1.173	random

2-3 Information collection means:

2-3-1 Data collection means:

1- Sources and references.
2- The skill performance evaluation form. Appendix (2)
3- Aquariums for the axes of a scale for the cognitive aspect supplement (1).
4- A form of validity of the virginity of the skill field for a scale for the cognitive aspect attached (2).
5- Scientific observation.

2-3-2 Training devices and means:

1- Your gap is regular.
2- Floor Mats of ground movements.
3- Time hour.
4- Measurement tape.
5- Medical balance.
7- Exercise Bench.

2-4 field research procedures:

2-4-1 Selecting search variables:

Human wheel skills have been adopted and standing on hands because they are a deliberate effectiveness in the curriculum of gymnasium for female students.

2-4-2 evaluating the kinetic series with artistic gymnasium.

2-4-2-1 Evaluation of the standing on the hands and then the anterior anterior rolling (complex skill): (Shaima Hassoun: 2008)

- First level - Performing skill on the wall and with the help of associate.
- The second level- the performance of the skill with the help of two colleagues.
- The third level- skill performance (full skill) without assistance.

Skill performance evaluation degree:
The degree is calculated based on the motor performance of the skill, and the performance degree of each skill is evaluated by four arbitrators, where the skill is assessed of ten degrees.

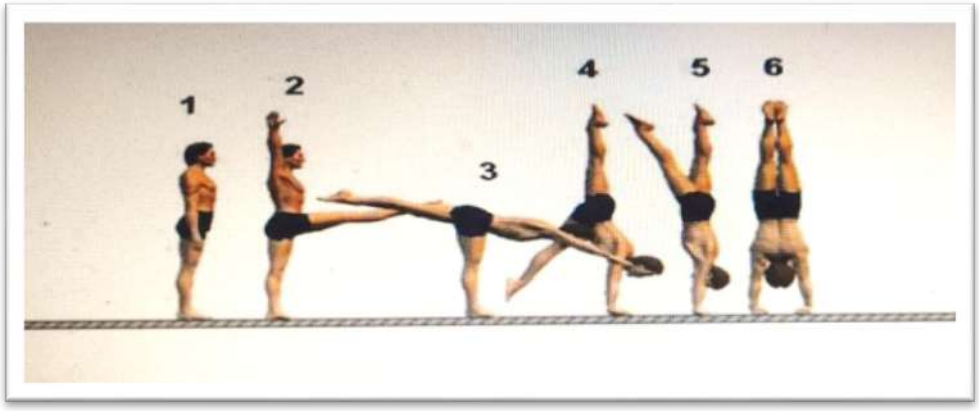

Figure (1)
Explains the skill of standing on the hands and then the anterior rolling floor mats of the ground movements.

2-4-2-2 Human wheel evaluation: (Shaima Hassoun: 2008)

- The first level- Performing the skill from on two sponge rugs with a decline at an angle (30) degrees, then landing on the ground.
- The second level- Performing skill by passing a rug with a width (1 m) with a decline (15) degrees.
- The third level- performing the full skill on the rug of the ground movements.
- Skill performance evaluation degree:

The degree is calculated based on the motor performance of the skill, and the performance degree of each skill is evaluated by four arbitrators, where the skill is assessed of ten degrees.

Figure (2)

Explains the skill of the human wheel on the rug of earth movements

2-5 Knowledge aspect

The cognitive side test is "one of the important and used means in knowing the amount of the student's understanding of the nature of the subject" (60: 1). Because the current research requires a way to know the cognitive level of female students in the subject of gymnastics.

1. The researcher presented an attachment (1) questionnaire to experts and specialists annexes (4) on the authority of the axes. (3) Included (the skill field - the historical field - the security and safety axis). All experts and specialists agreed on the validity of this skill field to measure the knowledge aspect. After that, the researcher drafted the paragraphs of the field where, and the paragraphs of the skill field (20) were supplies (2).
2. Then these paragraphs were offered to the experts and the specialists themselves as an appendix (4).

The percentage of the arbitrators' agreement was used as a standard for accepting the paragraph, which is (75%) and more for the purpose of determining these paragraphs involved in the study. "Because the researcher may not choose the appropriate percentage to nominate the paragraphs for the purpose of entering them in its study in terms of their validity" (Muhammad Hassan &Muhammad Nasruddin: 1997) All paragraphs of the cognitive aspect test (the skill field) have been accepted for obtaining an agreement rate more than (75%) of experts, and the researcher chose the (bilateral test) test, as his paragraphs were formulated in the form of questions provided to the laboratory and the answer to the questions is (right - wrong) And it is given a degree for each correct answer, and zero for the wrong answer, and thus is the highest degree of the skill axis (20) degrees, and the lesser degree of the axis is (zero).

2-6 Tribal tests (exploratory experiments)

The exploratory experience is one of the most important necessary procedures that the researcher undertakes before his final experience with the aim of choosing research methods and tools "where the exploratory experience is a practical training for the researcher to stand on the negatives and positives that he meets during the tests to avoid it in the future." (Qasim Al -Mandalawi: 1989) in the light of this concept and in order to reach the best way to complete the field research procedures, and for its importance, the researcher conducted exploratory experiences as follows:

2-6-1 first reconnaissance experience (for skill and cognitive test)

The researcher conducted the first exploratory experience on Sunday, 11/14/2021, on (3) students from the excluded, and the aim of the first reconnaissance experience was:

1. Ensure the efficiency of devices and tools.
2. Knowing the efficiency of the assistant team attached (6).
3. Knowing the difficulties that the researcher may face when carrying out and treating tests.
4. Knowing the time taken to implement the tests.

After that, the researcher conducted the cognitive test (the skill field) to know the ability to answer the questions related to the cognitive aspect, the extent of clarity of the paragraphs and the time required to answer them, as the time of the first student was registered. (20) Minutes, and accordingly the approximate time was adopted for about (20) minutes.

2-6-2 second reconnaissance experience

The second reconnaissance experience was conducted on Sunday, 11/21/2021, using the Geralak Wiley's educational model on the excluded sample (3) in the hall designated for gymnasium in the college, and the aim of this experience was

1. Knowing the appropriate extent of the display contents of the search sample.
2. Knowing the method of work by giving a clear picture of the way the educational curriculum is implemented as well as the extent of the sample personnel to absorb and apply motor skills.
3. Learn about the ability of requests in how to install the model in all stages.
4. Knowing the time designated explanation and application.
5. Knowing the ability to move and perform for the group.
6. Detecting weaknesses or observations that may coincide with the main experience.

2-7 proposed educational curriculum supplement (7)

The educational curriculum "is all experiences (activities or practices) planned by the Foundation to help students achieve educational products to the best of their capabilities" (Marwan Abdul Majeed: 2000). Therefore, the researcher prepared an educational curriculum for the Geralak Wiley's model, using the literature of teaching methods, gymnastics, tests and measurement, as well as benefiting from the opinions of experts and specialists attached (4) in this field. The researcher prepared the educational curriculum and presented it to a group of experts and specialists in the field of teaching methods, motor learning, tests, measurement, and gymnastics annex (4), forming the educational curriculum from (8) educational units that lasted for a period of (8) weeks and on one educational unit per week and at a rate of (90) minutes For the educational unit, the educational curriculum was initiated on Sunday 11/28/2021, and the application was completed on Sunday, 12/16/2021. The educational curriculum included preparing educational units to teach gymnasium skills by dividing the skills and teaching each part in the unit Educational through the stages of the model (Geralak Wiley's Educational) to draw the attention of female students and add some suspense and aesthetic during the learning process using (computer) devices, and it is presented to students after the teacher explained to the part to be learned, as well) It belongs to the gymnastic game, and in the applied part, students apply the skill performance to be learned and according to the educational method followed by each part of the educational unit, knowing that the role of pain A lesson that is prominent in the educational part, while in the applied section the role of the honorable and directed teacher of the experimental group is

2-8 post- Tests:

The post- test of the performance evaluation of the skills of gymnasium was conducted on Sunday, 12/23/2021, as well as the post -test of the cognitive field tests (the skill field) on Tuesday, 12/25/2021 in the closed hall of Al gymnasium students in the College of Physical Education and Sports Science - University Basra, in tribal tests, the researcher approved the results of equivalence as tribal tests

2-9 Statistical means:

The researcher used the SSPS system (18) in the statistical processing of data results.

3- PRESENTING, ANALYZING AND DISCUSSING RESULTS

3-1 Show results and analyze them to the control group:

Table (2)

The calculations and standard deviations show the tribal and post- test and the values of the calculated (T) and the statistical significance of the variables (Gralak Wiley's educational model) in the evaluation used for the control group

Type Learning	Research Verbal's		Tribal test		Post-test		T Collected Value	Sig
			Mean	Std. Deviation	Mean	Std. Deviation		
Gralak educational model	Kinetic skills	Human wheel	**3.562**	**0.473**	**5.12**	**0.74**	**2.667**	**moral**
		Standing on the hands	**4.12**	**0.266**	**.535**	**0.636**	**2.573**	**moral**
	cognitive field	skill field	**10.950**	**1.235**	**13.500**	**1.235**	**9.024**	**moral**

***Table (T) value at the possibility of error (0.05) and the degree of freedom (19) = 1.72**

By Table (2) of the control group, it became clear to us that the dimension of the dimension to perform the skill of the human wheel and an adult (5.12) is better than the arithmetic milieu in the tribal evaluation (3.562) as well as the arithmetic milieu to perform the skill of standing on the dimensional hands (5.35) is better than the center The arithmetic for the pre -tribal evaluation (4.12) and the arithmetic medium of the cognitive aspect (the skill field) of 13,500 is better than the arithmetic milieu for the pre -assessment of (10. 950) and when using the (T) test for the interconnected samples shows us the value of the calculated is greater than its schedule value and this indicates the moral differences between the two calendars and in favor of the post.

3-2 View Results and analysis of the experimental group:

Table (3)

The calculations and standard deviations show the tribal and post -test and the values of the calculated (T) and the statistical significance of the variables (Geralak Wiley's educational model) in the evaluation used for the experimental group.

Type Learning	Research Verbal's		Tribal test		Post-test		T Collected Value	Sig
			Mean	Std. Deviation	Mean	Std. Deviation		
Gralak Wiley's educational model	Kinetic skills	Human wheel	**3.642**	**0.213**	**6.986**	**0.227**	**3.852**	**moral**
		Standing on the hands	**4.23**	**0.469**	**6.85**	**0.306**	**3.38**	**moral**
	cognitive field	skill field	**10.950**	**1.190**	**14.650**	**0.812**	**17.920**	**moral**

***Table (T) value at the possibility of error (0.05) and the degree of freedom (19) = 1.729**

By Table (3) of the experimental group, it became clear to us that the dimension of the dimension to perform the skill of the human wheel and an adult (6.986) is better than the arithmetic milieu in the tribal evaluation (3.642) as well The arithmetic for the pre -tribal evaluation (4.23) and the arithmetic medium of the cognitive aspect (the skill field) of the adult (14,650) is better than the calculation of the tribal evaluation of (10,950) and when the Test (T) is used for the interconnected samples, the value of the calculated is greater than its schedule value, and this indicates the differences The moral between the two calendars and for the benefit of the post

3-3 Show the Results and analyze them between the two controlled and experimental groups in the post-evaluation after the search variables:

Table (4)

Shows the results of the differences between the two controlled and experimental groups in the post - evaluation after the research variables

Type Learning	Research Verbal's		Tribal test		Post-test		T Collected Value	Sig
			Mean	Std. Deviation	Mean	Std. Deviation		
Gralak Wiley's educational model	Kinetic skills	Human wheel	**5.12**	**0.74**	**6.986**	**0.227**	**8.33**	**moral**
		Standing on the hands	**5.53**	**0.636**	**6.85**	**0.306**	**7.14**	**moral**
	cognitive field	skill field	**13.500**	**1.235**	**14.650**	**0.812**	**3.478**	**moral**

***Table (T) value at the possibility of error (0.05) and the degree of freedom (38) = 1.684**

By Table (4) table of comparison between the control and experimental groups, it became clear to us that the dimension of the dimension to perform the skill of the human wheel of the experimental group (6,896) is better than the arithmetic milieu in the post -evaluation of the control group (5.12) as well For the experimental group (6.85) is better than the calculations of the tribal evaluation of the control group (5.35) and the arithmetic milieu of the dimensional skill axis of the experimental group of (14,650) is better than the calculations of the tribal evaluation of the control group (13,500) and when using the (T) test for unconnected samples The value of the accounting shows us greater than its schedule value, and this indicates the moral differences between the two calendars and for the benefit of the experimental group.

3-4 DISCUSSION OF THE RESULTS:

By two tables (2) and (3) it was found that there are moral differences between tribal and post evaluation and for the two control and experimental groups in the variables of the human wheel and standing on the hands and the skill field, and this indicates that the two groups have been learned in the level The educational used, and the researcher attributes this improvement in the group control group for regularity and continuing in educational units, in which female students have practiced new model and methods, which increases the time invested in the skill and knowledge performance and this is the nature of the educational curricula helps in the correct learning, as Muhammad Ali Al -Qat states, "The educational curricula are Or teaching is measured by its success with the extent of progress achieved by the sports individual of the type of activity practiced through the skill, physical and physiological level, and this depends on the adaptation that the individual achieves with the approach he applies. "(96:10)

(Saad Mohsen: 1996) confirms that the educational program inevitably leads to the development of achievement, if it is based on a scientific basis in organizing the education process and its programming and using appropriate and gradient methods of difficulty and noting the individual differences as well as the use of influential educational means.

By table (4) there are moral differences in assessing the skill performance and the knowledge aspect between the control and experimental groups and for the benefit of the experimental group, and this means that the learning model and methods used for the experimental group were better than the method used for the control group and this is due to the nature of each model, style and goals that Learning is done in it, as the model or educational method has an effective and influential role in the educational process in the curriculum to be applied and these models, methods and methods differ according to its specificity, as "methods affect the speed of learning and the degree of gratification in learning and the correct and appropriate adaptation of the method and a method that depends on a good understanding For factors and principles related to the subject in order to prove their impact and value in certain educational situations. "(Muhammad Hassan Allawi: 1997)

As for the cognitive aspect, which has a great connection to the skill side, the researcher believes that the progress in the cognitive aspect is due to the fact that the information about the nature of this aspect that the teacher explained during the multiplicity of media that was used in educational activity, with the restoration of this from the groups, each according to the method of learning to explain and present. Exchanging ideas, opinions and discussion between learners, because the learner has difficulty improving his intellectual (cognitive) skills if he does not have a way to know the extent of his success in the event he did. The researcher also believes that there is a correlation between the skill and knowledge side, and that the relationship between them is explicit works to integrate the learning process. This was confirmed by the results of the research in the nature and type of the relationship between the skillful and cognitive sides and came in harmony with the curriculum prepared by the researcher and gave opportunities to link the two sides and to make each side in the service of the other side.

And that the Geralak Wiley's educational model allows students to be the decision -makers in the skill and knowledge level from which it begins in education, and for this the organization of the lesson with this model, method and correct education was to raise the skill and knowledge level, and this is what was referred to by Muhammad Ahmad, "The good organization of the lesson contributed to the acquisition of students The ability to experience the lesson, understand it and modify their behavior so that they acquire desired behavioral standards. "(Anyat Muhammad: 1998)

4- CONCLUSIONS AND RECOMMENDATIONS:

4-1 Conclusions:

According to the results, the fourth chapter was reached by the group of conclusions:

1- The Geralak Wiley's model in the physical education lesson has an effective role in learning the skills of human wheel and standing on the hands on the rug of the ground movements in the artistic gymnasium of women

2- The Geralak Wiley's model has a positive impact on learning the skills of the human wheel and standing on the hands on the rug of the ground movements in the artistic gymnasium of women is better than the traditional method of the control group, as the student is the owner of the decision in the skill and knowledge level that begins in education.

4-2 Recommendations:

According to the conclusions, a set of recommendations were reached:

1- Adopting teaching according to the Geralak Wiley's educational model in teaching some basic skills and cognitive aspects in artistic gymnasium.

2- Urging teachers in the colleges of physical education to use multiple modern educational models instead of relying on self-experience.

3- The necessity of using diversity in the multimedia in the lesson of physical education for its great importance in enriching the education process, increasing motivation, and the desire to learn while providing effort and time for the student and the teacher.

4- The necessity of choosing appropriate teaching models and methods that are appropriate to the nature, type of activity, capabilities and capabilities of students.

5- Conducting other similar studies dealing with the comparison between the use of various educational models and methods and methods in teaching and developing the level of performance of basic skills and cognitive aspects of games and other sports events.

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Appendix (1)
Cognitive scale (skill field)

skill field				
No	**Sentence**	**accepted**	**unaccepted**	**proposal amendment**
1	**Standing on the hands is a difficult move due to the small base of the pivot and after the center of the height from the ground**			
2	**In the preparatory section for the skill of standing on the hands, the player takes the position of the position, the player puts hands on the ground and the breadth of the chest, then one of the two men extends back.**			
3	**The player's outstretched player in the main section suggests the highest with pushing the land with the rising man (the righteous) until the trunk and the man leading the shoulders reach the skill of standing on the hands.**			
4	**To reach one straightening in the main section of the skill of standing on the hands, it is from the right to catch up with the leading man and the two men are high together.**			
5	**The body reaches a standing position on the hands in the closing section of the skill of standing on the hands, thus cutting an angle of (90) degrees.**			
6	**Hands are an important role in stabilizing the body in the closing section of the skill of standing on the hands.**			
7	**One of the educational steps of the skill of standing on the hands, the player bends one of the two men and puts it in front of the man, then the outstretched man is highlighted with a little pushing the rising man with the arms remained elongated.**			
8	**The skill of standing on the hands is performed either by individual advancement, the dual promotion or the double curved rise.**			
9	**One of the common mistakes made by the player in the skill of standing on the hands is curvature of the back, looking back, bending the arms, or moving the shoulders forward**			
10	**Presenting the skill of standing on the hands, the player stands on the hands and goes down to the chest and abdomen to reach the putting position.**			
11	**To perform the human wheel, the player stands with the two feet divergent (Fatah), while raising the arms forward high.**			
12	**The main part of the human wheel puts the left man on the ground again, while transferring the body weight on it when it is based on the ground.**			
13	**The main section of the human wheel skill praises the trunk player right and approximately 50 cm from the right foot.**			
14	**The player puts his right hand and the arm is stretched on the ground so that the fingers indicate the back.**			
15	**The player swings the left man high, then the player pushes the ground with the right foot strongly with the left hand on the ground to rotate the body with a flow and the two men are open to the position of standing on the hands.**			

16	The player transmits the weight of the body on the left arm and lifted the right pulling off from the ground by pushing it to lean the stem on the left side until the left man reaches the ground.			
17	The player pushes the ground with the left hand of the skill of the human wheel in the closing section to return to the standing position and the two arms aside.			
18	To advance the skill of the human wheel, the player raises the left man while placing the right arm and raising the right leg with the left arm placed to reach the hands of the hands aside.			
19	One of the common mistakes made by the player while performing the skill of the human wheel is benting the arms or bending the stem to the front when applying the hands instead of his fold to the side.			
20	The inequality of the distance between the man and the hand in raising (rise) to the distance between them when landing the skill of the human wheel.			

Appendix (2)

Final formula scale Cognitive scale (skill field)

skill field				
No	Sentence	accepted	un accepted	proposal amendment
1	Standing on the hands is a difficult move due to the small base of the pivot and after the center of the height from the ground			
2	In the preparatory section for the skill of standing on the hands, the player takes the position of the position, the player puts hands on the ground and the breadth of the chest, then one of the two men extends back.			
3	The player's outstretched player in the main section suggests the highest with pushing the land with the rising man (the righteous) until the trunk and the man leading the shoulders reach the skill of standing on the hands.			
4	To reach one straightening in the main section of the skill of standing on the hands, it is from the right to catch up with the leading man and the two men are high together			
5	The body reaches a standing position on the hands in the closing section of the skill of standing on the hands, thus cutting an angle of (90) degrees.			
6	Hands are an important role in stabilizing the body in the closing section of the skill of standing on the hands.			
7	One of the educational steps of the skill of standing on the hands, the player bends one of the two men and puts it in front of the man, then the outstretched man is highlighted with a little pushing the rising man with the arms remained elongated.			
8	The skill of standing on the hands is performed either by individual advancement, the dual promotion or the double curved rise			
9	. One of the common mistakes made by the player in the skill of standing on the hands is curvature of the back, looking back, bending the arms, or moving the shoulders forward			
10	Presenting the skill of standing on the hands, the player stands on the hands and goes down to the chest and abdomen to reach the putting position			
11	To perform the human wheel, the player stands with the two feet divergent (Fatah), while raising the arms forward high.			
12	The main part of the human wheel puts the left man on the ground again, while transferring the body weight on it when it is based on the ground.			
13	The main section of the human wheel skill praises the trunk player right and approximately 50 cm from the right foot			
1	The player puts his right hand and the arm is stretched on the			

4	**ground so that the fingers indicate the back.**			
15	**The player swings the left man high, then the player pushes the ground with the right foot strongly with the left hand on the ground to rotate the body with a flow and the two men are open to the position of standing on the hands.**			
16	**The player transmits the weight of the body on the left arm and lifted the right pulling off from the ground by pushing it to lean the stem on the left side until the left man reaches the ground.**			
17	**The player pushes the ground with the left hand of the skill of the human wheel in the closing section to return to the standing position and the two arms aside**			
18	**To advance the skill of the human wheel, the player raises the left man while placing the right arm and raising the right leg with the left arm placed to reach the hands of the hands aside.**			
19	**One of the common mistakes made by the player while performing the skill of the human wheel is benting the arms or bending the stem to the front when applying the hands instead of his fold to the side**			
20	**The inequality of the distance between the man and the hand in raising (rise) to the distance between them when landing the skill of the human wheel.**			

Appendix (3) Work paper model / Giralak Wiley's educational model

Name:
Stage:
Date:
Earth movements
Method No. (1): Standing on the hands
The note (the teacher)
Give a feedback to the performer (student).
Examples of feedback: (verbal behavior of observed)

1. From the position of the inclined (front reliance), the player is bent one of the two men and put it in front of it, then the outstretched man swings highly with a little pushing with the rising man (folded) with the arms remained elongated. (3)
2. Performing skill in front of the wall and the skill leads to reaching the hands (4).
3. The skill, with the help of the colleague (5), is performed by the colleague (5)
4. The skill is performed by the individual advancement form figure (6)
5. The skill is performed by the marital renaissance, form figure (7)
6. The skill is performed by the double -curved rise (prostration) form figure (8)

Figure (3) figure (4) figure (5)

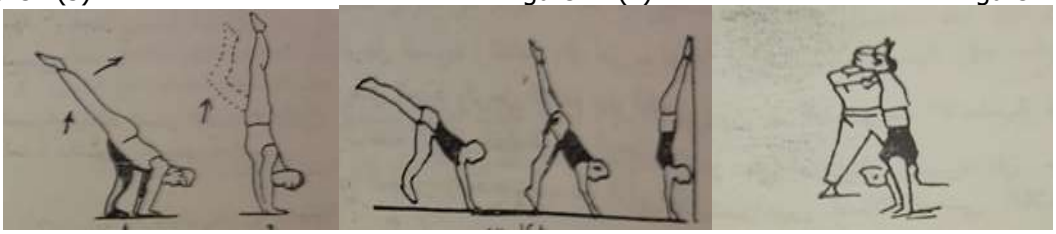
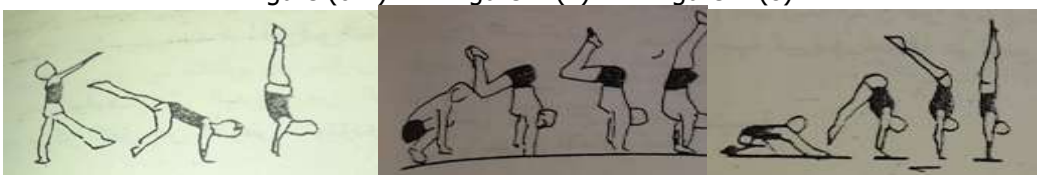


Figure (6) figure (7) figure (8)



Note points	True	False
Standing on the hands is a difficult move due to the small base of the pivot and after the center of the height from the ground		
In the preparatory section for the skill of standing on the hands, the player takes the position of the position, the player puts hands on the ground and the breadth of the chest, and then one of the two men extends back.		
The player's outstretched player in the main section suggests the highest with pushing the land with the rising man (the righteous) until the trunk and the man leading the shoulders reach the skill of standing on the hands.		
To reach one straightening in the main section of the skill of standing on the hands, it is from the right to catch up with the leading man and the two men are high together.		
The body reaches a standing position on the hands in the closing section of the skill of standing on the hands, thus cutting an angle of (90) degrees.		

Appendix (4) Main Part

Model: Giralak Wiley's tools used: The ground movements	**Educational unit: The first educational goals: Human wheel education**	**unit time: 90 m NO : 20 student FIRST WEEK**

Active	**Content**	**Aims**	**Performance evaluation**	time	**What the teacher does**	**what the student does**
1- Educational activity	The teacher gives students to form a minus square, and then gives an idea of the worksheet to stand on the hands and then explain the skill imam of the students and explains how to place the body and then present it to them and display a model of some students while emphasizing giving notes to students during the performance annex (8)	- To read the technical steps of the skill of the human wheel. To answer the questions related to skill To express the content of the skill To reveal the strengths and weaknesses when performing the skill	Emphasize the performance of the skill correctly.	40 M	Preparing for the previous lesson Asking various questions - View the component image (1) Reading technical aspects through the worksheet - A collective frequency reading of the technical aspects of the skill - View questions cards Read questions and receive answers while providing the appropriate reinforcement	An Attention answer the questions Attention to reading the teacher Repeating the teacher Participation

2- Applied activity	1- Performing the skill of standing on the hands with the help of the colleague 2- Performing standing on the hands with the wall 3- Performing the endowment on the hands self 4- Performing the endowment on the hands from the assigned sitting position 5- Performing the endowment on the hands from the prostration mode	The skill application according to the technical stages	.		- Monitoring with giving feedback to the group Emphasizing order and calm. Emphasize the accuracy of exercise. - Emphasize correcting exercise performance Emphasizing the nature of assistance from the colleague. - Ensure that all students understand an explanation	Performance according to the learning stages Correct errors with the colleague - Cooperation with the colleague when performing to ensure the safety of the colleague from the injuries that may