

Playful strategies of Physical Culture for students with SEN in the teaching of Entrepreneurship and literature.

BY

Espinoza Arzube Karina Magali^{1*}, Méndez Martínez Darwin Raúl², Rizzo Ruiz José Rolando³

¹Bachelor of Science in Education Computer Science Mention Teacher. Salitre Educational Unit District 09D20 Zone 5 District 09D20 Zone 5

²Bachelor of Science in Education Computer Science Mention Teacher. Francisco Iñiguez Castro School of Basic Education. District 09D20 Zone 5

³Degree in Physical Culture General Vernaza Educational Unit District 09D20 Zone 5



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Corresponding author:

Espinoza Arzube Karina
Magali

Abstract

The present research has as its objective to prevent accidents in educational work in the field of teaching the subjects of language, computer science and entrepreneurship using physical culture to avoid bad postures and failures in the displacement of the skeletal- motor apparatus. For this purpose, 30 hyperactive students from the following institutions were taken as a sample: Unidad Educativa Salitre, Unidad Educativa General Vernaza and Escuela de Educación Básica Francisco Iñiguez Castro of the city of Salitre, provinces of Guayas in Ecuador, with the purpose of predisposing them to perform coordinated movements and at the appropriate times to acquire a motor culture that guarantees their biological safety from psychomotor skills. The study is inductive- deductive, multidisciplinary, coordinated by the areas of Physical Culture, Language and Literature, Computer Science and Entrepreneurship and Management. It is concluded in the study that when the areas are united with the purpose of applying multidisciplinary projects, it is possible for hyperactive students to potentiate their predisposition towards sales and towards theater, vocalization and oratory successfully increasing between 40 to 60% their intellectual production and with a qualitative average of satisfaction and pride for their work done in class.

Key words: Coordination- culture- skeletal-motor-theater-vocalization

INTRODUCTION

Development

The problem. In the preparation of the expositions in the classroom, many times the students in that bending down and getting up suffer several pains due to the lack of a correct position and the search for desks that are adequate for the preparation of constructivist workshops in the classroom, in which the complementation with didactic materials participates.

Educational centers have focused only on the Physical Education class, but have forgotten the richness that physical culture has on the longevity of the population. For example, the elaboration of scenarios for plays or stands for entrepreneurship exhibitions or long hours in front of a computer or cell phones, deserves a study and a diagnosis, so that physical culture allows an adequate training for the previous exercises that must be done before getting to work with students in the classroom.

Overall objective

Prevent educational work accidents in the field of teaching the subjects of language, computer science and entrepreneurship using physical culture to avoid bad posture and failures in the displacement of the skeletal-motor apparatus.

Problem formulation

How to apply playful strategies of Physical Culture for students with SEN in the meaningful teaching of Entrepreneurship and literature?

Independent variable: Playful strategies of Physical Culture for students with SEN.

Dependent variable: Meaningful teaching of Entrepreneurship and literature.

Justification

Until reaching the diagnosis of ADHD, an analysis of the learning style of the students has been followed, looking for strategies so that by applying processes within the SEN, the professionals who attend the students can comply with the curricular competence, and once their curricular proposal is adapted, it corresponds its content with classroom objectives and individual objectives, skills with performance criteria, methodology, resources, evaluation, readjustments and final results, complemented by the DECE staff. It is important to overcome the family context with the help of Physical Culture so that the students who showed vulnerability lead their hyperactivity towards the achievement of their individual objectives.

This hyperactivity makes a difference because, in the course of normal development, children and young people become capable of continuing the following tasks in a more or less sequential manner: verbalizing their thoughts and understanding what is said to them, clearly articulating speech, reading, undertaking operations, writing and performing various manual tasks in a dexterous and coordinated manner.

Background. In Spain, an experience was carried out in a Segovian school in a rural area, called head school of a Rural Grouped Center or (CRA) in the province of Segovia, and in which it is composed of 3 villages, the sample is made up of children between 12 to 16 years old in the first village, and in the second village, young children between 4 to 10 years old, and the third village, of something similar. This project was made from a teacher with a double specialty, Early Childhood Education and Physical Education so that the leader of the experimentation could look at the critical reality from that double point of view: the education of emotions and the education of the body.

(Saves Cube, 2020) presented the shadow theater in Madrid, Spain, as a didactic resource, and relates the contents of the Language area to those of Physical Education. In the same way, as in this research, acro sport, also known as acrobatic gymnastics, is a discipline that is practiced in pairs, which can be mixed, female trios, and introduced the shadow puppets, favoring cooperative learning.

(Suzuki, 2020) in her project "Let's learn together" as a neuroscientist states in her paper that she maintains that exercise is the action that can have the most impact on our brain in these times and that action is the one that has the most impact in terms of its longevity in the future. (Arnedo Redondo, 2019) He made an article to the emergence and development of social studies of sport. The tour begins with a referencing of books, poems, and plays on physical activity and games in antiquity. Joao Fiedero, in Barcelona, Spain, made a study of the psychology of accidents among human groups. The author considers that the possible accidents are attractive, that they do not allow to reach a real dimension of the dangers of dangerous movements.

The body as human capital. The body as human capital deserves special care. The main accidents that occur in the educational units are: hand injuries when playing soccer among classmates, elbow injuries, long-term injuries when sitting wrongly, scratches when

falling in games, due to skills that can be corrected and developed from physical culture education.

The tactics to avoid accidents are within the care of the student from the planning of the teacher. With an exercise of composition of physical skills, the creation of a game that students often immerse themselves in, they can avoid accidents that later hurt the future of the students and they must be seen with futurism, and not only with the potential they have now. Planning thus becomes a game of didactic timing.

It is vital to sanitize the movement of the sternocleidomastoid muscle to observe lights and scenery. Correct stretching of the sternocleidomastoid of the cervical region should be prioritized to perform a neck tilt to the opposite side, as when saying hello in theater to get attention, or in an advertising island the neck tilt has a non-verbal message to sell as opposed to keeping the scalene muscles rigid. After the audience has heard the non-verbal message (to attend the island) or is predisposed to listen to the play, the head should be rotated to the side to be stretched, maintaining the position for at least 55 seconds.

The typical effect of the chest voice is the chest resonance that is associated with the malesound. It is not the same to use throat voice as to use chest voice since a voice sounds different with chest voice than with throat voice. Depending on this we can speak of headvoice or upper register when a singer begins to reach high notes and can feel the sound and vibration in his head, or chest voice when the tones are lower, warmer, and thicker.

The same happens with acts related to oratory, to gesticulation, in which the muscles of the face intervene, also called muscles of facial expression, allow to have a special treatment for the comedian or dramatic character to gesticulate properly because they are about a group of 20 flat muscles that are located under the face and hairy skin, which must be given an adequate treatment. Most of them originate from the bones or fibrous structures of the skull and insert into the skin, but the body has to be sculpted in the play.

The theater. For (Martín & López Pastor, 2017) "The theater is an extraordinary interesting resource to work the expressive capacity of students, with development of psychomotor skills within what is the official curriculum" (p.234). For this purpose, it has allowed the development of skills in the reconstruction of scenarios, which together with the learning of the dramatic notes allows high school students to develop their body schema, perceptual capacity, and spatial-temporal structuring, with the help of physical culture and verbal and plastic expression with the help of oral expression in the area of language and communication.

To prepare young people for good articulation and to favor the vocal cords, it should be remembered that the female vocal cords, are smaller or thinner in women and thicker in men (Cobeta, Nuñez, & Fernández, 2018) "The set of frequencies that can be emitted by the larynx is called extension" (p.4) If the set of frequencies that can be emitted by the larynx is called "extension" of the voice. In normal conditions, the extension is somewhat higher than three octaves, specifically 38 semitones for men and 37 for women, with a range of frequencies between 80 and 700 Hz for

male voices and between 140 and 1,100 Hz for female voices.

In the admiration of a character within the didactic planning, the occipitofrontal epicranial muscle participates in the admiration of grammatical interjections such as: Oh! Ah! In such a way that the teacher's decision-making is vital to opt for a physical culture from other areas, through school management and strategic planning.

In such a way that the audience that attends the theater, or the opera, or goes to the theater to sell, can listen to the story that is being told, but also make use of the interpretation of non-verbal language, knowing that collective construction is an opportunity to enrich the communication processes.

In the development of physical activities for the development of a play, at least a vision of physical culture oriented to the demanding world of theater is needed. On this occasion, priority was given to hyperactive students with the purpose of educating their personality and orienting them to the best moments of their dramatic capacity.

(Ruano Arriaga, 2018) expresses that "The expression in emotions has never been favored and much less has been thought about them when educating" (p.34), being of vital importance that the undertakings are full of useful emotions, an expressiveness that allows to reach success to entrepreneurs, maintaining a competitiveness and face through communication, successfully to change instilling them a good corporate culture from verbal and nonverbal communication.

The theater is set up as an artifact capable of providing dynamism and flexibility to an infant juvenile psychiatric treatment. Often the expression dramatic art is used in the more general sense of theater, to designate at the same time the artistic practice of theater-making.

It is necessary to clarify that the idea of incorporating a dramatic art space to the health agenda is not exclusive to this research, but is a revision of old vanguards. This is the case of psychodrama created by Jacob Levy Moreno in 1938. Before founding psychodramatic theory, Moreno created the "Theater of spontaneity" and considered it as a universal therapeutic discipline that would allow him to deepen his model of group psychotherapy.

In such a way that the formation of theater groups is applied as a curricular element, but also to improve the predisposition of students with hyperactivity, without this meaning that those who do not have it have not participated in it.

Language and expressiveness. And if these interjective syntagms are prolonged, the use of muscles such as the orbicularis oris muscle of the mouth is prolonged in expressions such as Aaaah!, or in admirations such as Oooohhhh! Each of these expressions are fundamental in theater, but also in the marketing of entrepreneurship, in the processes in which salespeople must gesticulate before the buyer in the management phases of entrepreneurship, making it possible for the curricular adaptation processes for students with hyperactivity to propitiate reflection for action.

There are other dialogues in which there must be a hygiene of the forms of expressivity. As for the gesticulation of the mono-

dialogues, muscles such as the elevator muscle of the angle of the mouth, the zygomatic major muscle, and the risorius in laughter; in crying, the depressor muscle of the eyebrow, the depressor muscle of the angle of the mouth, and the depressor muscle of the lower lip are involved.

(Romaña Blay, 2018) considers that the role of the physical stage, the space, and its objects, is not insignificant. There is no theatrical phenomenon without stage and sets, without punctuation of gesture, position and movement. The great theater of the world, which are in large part the places where the child inhabits, the stage, is a necessary condition for its existence. Although teachers leave their universities trained to be able to impart knowledge, the expectations to make students learn are increasingly skeptical, due to the fact that the factors and conditions that affect the epistemological process are different from the times when the universities trained them as teachers.

The representation in the great theater of the world, which are in good part the places where the child inhabits, the stage, is a necessary condition for its existence. Physical Culture allows the correct handling of the student with the environment, the surroundings, the space, the context, the stage, and the ecosystem and to avoid fractures such as those of Guérin, hematomas, wounds, the cubitus varus, which are often produced by the lack of skills that should be acquired from Physical Education.

(Fernández de Ullivarri, 2018) Another term quite often used, although less frequently than the previous ones, is space. In a general way with this term occurs, at the semantic level, something similar to what we indicated for scope, Space, is what contains all sensible objects, and at the same time, the part that occupies these objects. (Fernández de Ullivarri, 2018) "The image no longer has a time that mediates its reproduction, because digital photography is the now." (p. 42)

The multidimensionality of each of the two elements of the man-environment problem favors its use, and on the other hand, the only danger to be avoided is to confuse this way of structuring the problem with reality. The theories of conditioning in the field of learning and the theory of social learning also include the influence of the environment, in the form of reinforcement, on people's behavior.

Currently, physical culture is related to other areas such as language and entrepreneurship management, as well as computer science. It was the Brazilian anthropologist Roberto

Damatta, who in his book *Carnavasis, malandros e heróis*, related sport to social studies; another study is that of Gilberto Freyre, who in 1920 already related sport to sociology.

On the other hand, it is considered an alternative to support, facilitate and optimize the daily work of the teacher in such a way that the mixed or intervention models have been combined to meet the needs of a given context. An example of these would be the community, ecological, systemic, and psycho-pedagogical models based on the game for learning verbs, always remembering the synthesis of the Psycho-pedagogical Report, which detailed the development of the student by areas (perceptual-cognitive,

communication and language, motor, affective-social).

Methodology applied

Through the Body Mind methodology (Body Mind, 2022) and the one applied by Egnoma.

For this purpose, 30 hyperactive students from the following institutions were sampled: Unidad Educativa Salitre, Unidad Educativa General Vernaza, and Escuela de Educación Básica Francisco Iñiguez Castro of the city of Salitre, Guayas provinces in Ecuador.

In the development of the methodology, the type of research was experimental, because the guidelines were established to measure the exercises that were practiced according to the recommendations of physical culture, physiology, and anatomy, in such a way that it was possible to measure the progress of the stratified sample of 30 hyperactive students. The procedure carried out was that of trial and error, the research techniques, and the analysis of the results is done by measuring the progress from the postural to the phonetic and establishing the differences from this diagnosis:

Table 1 Initial diagnosis

Injuries	Physical Education	Entrepreneurs hip and management	Language and literature
Hand cuts when cutting material	-	30%	
Dysphonia in public speaking	-	37%	63%
Demands for breast voice			45%
Demands by voice of head	45%	20%	35%
Vocal fatigue			
Sprained ankle		10%	20%
Dizziness		35%	
Rasmillions in falls		5%	

The type of research is mixed, by direct observation, and the development of strategies in the non-existing guidelines, but combined from the quali quantitative, in addition, the scope is descriptive by detailing the problems and continuous accidents in the work beyond the text, exploratory to the questioning and the implementation of a conversational system oriented to the reflection and development of the musculature as part of nonverbal language; correlational to compare between the observed and the measurable.

Results obtained

Exercise 1: What the students of the Language area were asked to do was to exhale with awareness, opening the chest so that the sternum rises and the voice is generated with the exhalation. The results obtained were the following:

Increased vocalization of some phonemes using that sound, the so-called sonorous or tonal phonemes. The consonants within the sonorous syllables, in which, the vocal cords were relaxed so that the air passed between them without further action, or tense (stretched), in which case they vibrated, creating sounds.

In the expressions of sales preparation, in addition to the vocalization of vowels and some consonants, there was the greater pronunciation and difficulty in linguistic expressions such as:

The buns are on repeat! Welcome! Thank you very much for your purchase!

This showed that with the help of the exercises given by physical culture and the inclusion of sound letters such as m, l, d, b, and r, the open articulation and clear expression improved between 30% to 40% more than the results obtained at the beginning of the experimentation, so the voice quality improved with the exercises of previous exhalation until reaching the prolonged exhalation reaching the vocal exhalation or exhalative vocalization, at the end of the anatomo-physical exercise of the phonetic zone.

Exercise 2: Language learners were asked to open their arms while singing Roberto Carlos' song "Detalles" in which they included the phonemes m, l, d, b, and r:

You don't win when you try

Forgetting me

For a long time in your life, I am going to live

Such small details of the two These things are too big to forget
And they will be present at all times you will see

(Roberto Carlos , 2019)

The singing and opening phase was complex so that after a few repetitions, it was possible to improve the tonal and running pronunciation of expressions such as: "For a long time in your life" and "Such small details of the two of us"; achieving that in the theatrical expression, phrases of the narrative work can be vocalized without any problem and converted to the dramatic genre:

(Vargas LLosa , 2020)

Hyperactive narrator: Ten indifferent faces stared at him like an insect; they prevented him from seeing the ceiling.

Hyperactive student 1: For starters, sing "soy un perro" a hundred times, with a Mexican corrido rhythm.

Hyperactive Narrator: He couldn't. He was in awe and his eyes were popping out of their sockets. His throat burned. His foot pressed lightly on his stomach.

Hyperactive student 2: He doesn't want to. The dog doesn't want to sing.

The exercises of opening the arms and exhaling allowed to improve vocalization after blowing and singing helped the costal

area to stay open. During the proposal of ways to present oneself in front of the public and the correct position of the spine, it is found that muscle therapy was done by forming the physical culture of the students for the hunched back. (Junquera, 2022) recommended that the students choose a wall from where a flat 90° angle was obtained, in such a way that locating on a wall the part of the occipital at the height of the skull, this is glued to the wall for 3 minutes the first time in which the arms are extended at an angle of 90° and the back is glued to the same wall with a frequency of 5 exercises before starting the theater rehearsals. The same position was performed for students doing reading and public speaking with chest opening, postural correction against the wall, self-massage of the pectoralis major muscle, self-massage of the pectoralis minor muscle, and stretching of the anterior chain of the arms.

Discussion of results

The result of this therapy was that the readers improved the plane of 90° at the occipital and scapular clavicle level avoiding the hump during their presentation; and from 60° that was maintained improved to 90° being their improvement of 30° at postural level. In order to get the hyperactive students to do it well, the previous rehearsal was fundamental. As soon as the frequency of rehearsals improved, the hyperactive students felt better and their predisposition allowed them to have a previous idea of the correct use of their hands, to extend their arms, wrist, and feet.

Nowadays, any therapy is performed to achieve vital optimization. People who do not do so immerse themselves, day after day, in heavy routines that show them an unfortunate image of themselves. Its implementation in psychiatry does not aim to set up a new dramatic-literary genre, nor does it intend to lay the universal foundations for a psychological treatment through art.

When (Galvez, 2010) states that "Attention deficit hyperactivity disorder (ADHD) is characterized by a pattern of behavior with persistent inattention, hyperactivity, and impulsivity that is more frequent and severe than that observed in people with a comparable level of development, they have difficulties in self-control, do not think about the consequences of their actions and do not learn from their mistakes" (p. 9). (p. 9); what he does is to argue that the management of attention was vital in this epistemological process because the adolescent must grasp and make knowledge his own, which is where the advantage of attention lies.

The learning of hyperactive children is a process; understanding by process, a systematic transformation of phenomena subjected to a series of gradual changes, whose stages occur in ascending order, conceiving teaching as a process, since it is subject to phases or stages; the child, youth, adult, transit from one level of education to another in succession until concluding their instruction.

Conclusions

In the case of ankle sprains, often caused by the rush in moving materials to set up the scenery for plays, it can be caused by muscle weakness and for this reason, we tried to improve flexibility and resistance so that the muscles or ligaments are strong. To prevent them from stretching more than necessary and to stretch them a little more.

These changes are also conditioned by a very important element in the student's life, his neurobiology, and family. Although the object of study, which are the contents of the subjects, are the same for all, the ways in which the cognitive subject grasps the phenomena, was the concern that achieved the success of the multidisciplinary process.

The main function of these muscles is the positioning of the hyoid bone and the coordination of the movements of the floor of the mouth and the hyoid bone during vocalization. Students should not eat while rehearsing aspects of vocalization because these fibers are saturated as they are the same ones used for swallowing, the mylohyoid, geniohyoid, stylohyoid muscles. In the implementation of the light bulbs, the design of photographs, and slides and videos for the theatrical presentation, physical culture was the transversal axis.

Physical culture prevented accidents or bad positions that could cause irrecoverable injuries during activities in the subjects of Entrepreneurship and Management together with theatrical activities or literature expositions. From the sitting position, physical culture helps to avoid problems such as scoliosis and more serious accidents such as those that can occur when typing continuously and carpal tunnel occurs.

In any case, students should be aware that the main purpose of acquiring "knowledge" is to approach the activity with which it is associated. As a consequence of this type of learning, general activities arise, related to the search for and selection of information, study of techniques and methods, consultation of catalogs and manuals, etc. These activities, which are support activities, do not have to appear in the programming since they do not determine the sequence. In order to learn the contents, the students will have at their disposal, at all times, the texts and other documentation necessary for the realization of the proposed activities.

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