

The effect of a program by using the preparatory games in improving the basic movements and learning some basketball skills for students in the second cycle of the basic education

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Abstract:

-The present research aims at recognizing the effect of using the preparatory games in improving the basic movements . To achieve its goals and testing its hypotheses , the researcher used the experimental method for its appropriateness of the research nature . The researcher used the experimental design for two groups, one is an experimental group and the other is a control group by following the pre – post measurements for both groups . The research community included students in the second cycle of basic education in the first term at (Minya Language School) school on school year 2022/ 2021 . The researcher selected the research sample from prep school second graders of (240) . The most important findings indicated that the educational program has a positive effect on developing basketball attack skills (chest pass – dribble – the peaceful shoot) for students at (14) years old . The researcher recommends the necessity of using the preparatory games on developing physical capacities in basketball in particular and team sports in general , as well as the necessity of using the preparatory games in learning basketball basic skills for school and university students .

An introduction and problem of the research :

The challenges in which society individuals confront are several and they must possess the capacity of the scientific , skilful , ethical and spiritual competencies to confront them soundly , in order to achieve teaching strategies that are applied today in schools that lack these competencies , although the sources of different knowledge are available . The recent years witness a noticeable scientific progress invading all life aspects in general and physical education particularly in increasing the performance level in various sport activities as a result of the scientific

studies and researches , the development of the scientific apparatus , the assistant instruments and different teaching methods in order to reach high sport levels .

- Basketball is considered one of the games that was influenced with developing sport aspect specific sciences that contributed in rising the levels of the skilful performance and assisted in reaching the highest world competitive levels that requires studied scientific planning contributing in developing all the contributed components in rising the performance level (2:10) .

-Basketball is considered one of the important sport games that acquired a

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popularity in world nations because of the quick character in playing and what it includes of strength in defense and excitement skills in attack, as well as basic attack and defense skills and compound skills of both kinds that reach the team for winning, since it's performance smoothly and quickly is necessary to shift the learner to the top ladder and towards perfection and mastery. The charge of the leaning process should make the learner knows all the basic skills, since no skill is more important than other.

-The charges of the leaning process should reconcile between the leaning process of skills and the ideal method to learn this skill according to the learner capacities and susceptibility given the individual differences between learners. The educational situation consists of several basic elements influencing each other and the process of communication and integrity among them leads to the relations success between these elements with the existence of the connection method between these factors, since the process of learning is resulted from the mutual interaction between the instructor and the learner so that the learners acquire the desired information and skills that should be achieved in a specific period by an important method to communicate the information. This method is the appropriate teaching method for learning process (17:19).

- They are games in the form of competitions that are favorite for the self that are performed with or without a tool and aimed at acquiring the movement skills for the different

games, in addition to developing the physical constituents that are extremely similar the big games where it prepares for them (15:16).

- Mounir Abdeen (2012) indicates that the preparatory games are one of the basic methods that leads to the physical education pleasure, funny and relaxation character and it is one of the excitement and competition methods in learning (26: 219).

- Both Amin Al-Khouly, Mahmoud Abdel Fatah and Adnan Darwish (2009) state that the access of the preparatory is one of the methods to learn team sports and via them the learner acquires the skills quickly and more exciting, enjoyable and understanding. Some believe that the purpose of the preparatory games idea is based upon the mere methods for a team games more organized But what does forbid that these games have both purposes? They are also appropriate for the schools of moderate potentials and facilities or the limited spaces. Amin Al-Khouly, Mahmoud Anan and Adnan Darwish define the preparatory games as being games of modified teams including a skill or more of the basic skills and subjecting for a number of rules and procedures followed in the team sports of the team (3: 165, 166).

-Hassan El Sayed (2004) explains that the stage of the preparatory games beginning is the most important and successful modern training methods, where they prepare the athlete for performing the basic skills in situations that are similar to the situations in which the athlete confronts during the match (6:134).

- Tarek Al Masry (2010) indicates that through the preparatory games , much of the educational purposes can be achieved for their contribution in developing the basic skills, the emotional characteristics and social aspects for the students and their cooperation on forming their personality normally (14: 20) .

-Amer Abou El Maged , Gamal Ismael (2001) indicate that the preparatory games contribute abundance in the mind education of the students. In much of the preparatory games, attention and concentration and observation accuracy and speed can be educated , and perception , thinking and memory processes can be risen , hence contributing in forming the bases of the tactical thinking in which the individual needs when performing different big sport games (16: 18) .

-Magdy Shawky (2014) sees that the preparatory games are one of the methods of educational goals. They dedicate a set of educational values that make them very important in the educational field because they include a huge variation in it's motor activities that are appropriate with the available potentials of instruments , apparatus and playgrounds (19: 115) .

-Mofty Ibrahim (2009) mentions that the preparatory games can be categorized for the team balls games according to three basic classes that are : the environmental requirements of the game – the construct composition of the game- the personal requirements for performing the game. The environmental requirements of the game include both the used instruments and balls and the field

distance- But the construct composition include the game classification , number of participants , game modifications and it's rules . The personal requirements of the game include both the motor skills and the movement concepts of the game. (25: 189) .

-The researcher sees them as an advanced stage of the small games , since the movement skills are applied that are acquired from the small games with it's simple form to movement skills preparing the students for team games such as basketball .

-Sherif Abdel Menaem (2010) (13) quoting from Amin Alkouly et.,al indicates that the preparatory games are one of the important methods in education and training , they help the individual on building an overall picture of the learner activity through providing the opportunities for practicing and performing the activity as a whole or through full big parts , and this makes the practice meaningful and verified for the individual simultaneously .

-Mohammed Alawy (2012) indicates that the preparatory games are one method that are characterized with pleasure, joyful and relaxation and one method of important educational and learning goals, as well as it's contribution abundance in rising the functional capacity for different body systems (20 : 35) .

-Monir Abdeen (2012) (26) indicates that the preparatory games are a set of small games serving the requirements of a specific game in terms of agility and the basic skills components

simply characterized with joyful and excitement factor .

-Ellen Farag (2007) indicates that the preparatory games are one of the key ingredients in which any program of physical education needs . Its importance is due to developing the movement skills that are characterized than the individual exercise with the existence of excitement and competition factor . (4:24) .

-Heba Radwan (2005) (28) quoting from Mohammed El Walily, states that the preparatory games are considered from sport recreational and competitive activities in which the individual performs among the group without compliance with the developed rules and the different games , they give rise to pleasure and joyful in their practitioners, honest competition and enthusiasm dominated that stained performance positively and efficiently during practice, they make the learner physically, skillfully and psychologically integrated .

-Rasha Abdel Rahman (2007) (8) explains that the preparatory games develop the ingredients of the physical strength with applying the basic skills during practicing these games , so the bored formal aspects in practicing by using these games including competitions urging the athletes on competition that is a key element in training .

- Khaled Hamouda (2014) indicates that the preparatory games are one of the favorite methods in the field of educating the basic movement skills and improving the capacity on

conformity , reaction and fixing the educational aspect in terms of maintaining order , obedience , good thinking and well behaved . It is important the instructor ability on transferring some of his thoughts to become in the form of preparatory games , competitions and gradual sequences from easiness to difficulty of simplified rules in which novices cooperate in executing them (7: 33) .

- The researcher sees basketball as team sports that need several educational and training methods that help in education and acquiring skills efficiently , since depending on a single method reducing the achievement of educational and training process for it's desired goals to avoid the factor of boring , monotony that affect the athlete during education or training , since the preparatory games increase excitement , enthusiasm for education and training without tiring .

-Regarding basketball as one of school curriculum activities of the physical education in the second cycle of the basic education, we will see that it includes the following skills that are passing (chest pass –hands rebound –overhead - one hand from shoulder) as basic requirements for practicing it, so it is necessary that the students perform these skills at least at a good level .

-The researcher noticed through her work as supervisor on practical education female students in the intermediate stage the weakness of some female students performance level in performing the skill of passing in basketball . This is shown

through the sequence evaluation for the female students over the school year. The researcher attributes this to the conventional teaching method that relies on the method of explanation and the model that makes the female students depend fully on the female instructor, leading the researcher to search a novel method of teaching in purpose of developing thinking, providing an opportunity for the female student for further participation, activity, exerting effort and reacting with the educational process, since the positive participation of the female student developing her self dependency, achieving the self and reaching the best results in the educational process leading to the interest of using the preparatory games in improving the basic movements and learning some basketball skills, so the researcher conducted this research to recognize the effect of a program by using the preparatory games in improving the basic movements and learning some basketball skills for the students in the second cycle of the basic education.

***Aim of the research :**

The present research aims at recognizing the extent of using the preparatory games effect in improving the basic movements and learning some basketball skills for the students in the second cycle of the basic education.

***Hypotheses of the research :**

-There are statistically significant differences between mean scores of the pre-post measurements for the control group in improving the basic movements performance and learning

some basketball skills on behalf of the post measurement.

-There are statistically significant differences between mean scores of the two post measurements for the experimental and control groups in improving the basic movements performance and learning some basketball skills on behalf of the experimental group.

***Terms of the research :**

The preparatory games :

They are one of basic methods that lend on the training unit or physical education lesson pleasure, joyful and relaxation character and they are one of excitement, competition methods in learning (26:5)

-They are selected or developed games to serve a specific type of other big games such as football – volley ball and basketball that gives perfection in performing the basic skills in a form more acceptable and in a best result " a procedural definition " .

***The previous studies :**

The first study :

-The study of " Nagwa Manssour " (2020) (27) entitled " the effect of the preparatory games program by using the educational hierarchy on developing some physical capacities and the basic skills in hand ball for the female students in faculty of physical education .This study aims at designing a program of the preparatory games by using the educational hierarchy and knowing it's effect on developing some physical capacities in hand ball for the first female graders in faculty of physical education (speed– muscular endurance-

capacity– agility), learning and developing some basic skills in handball for the first female graders in faculty of physical education (passing and receive - dribble- shooting). The study was conducted on the first female graders on the university year (2017/ 2016) of (50) female students divided into two equal groups of (25) female students. The researcher used the experimental design for two groups in one is an experimental group and the other is a control group .The program execution lasted (10) weeks as much as (1) educational unit weekly with a total of (10) units . The female students were accompanied to perform two units outside the school table for training the skill . The researcher used physical and skilful tests as tools for collecting data . After applying the program , the post measurements were conducted , collected data and analyzed it statistically . The study concluded that there are statistically significant differences between mean scores of the two post measurements for the experimental – control groups in the basic physical and skilful capacities "under research" on behalf of the experimental group, where the differences in the variance percent ranged between (3.47: 8.81%). The researcher recommended the necessity of using the preparatory games with the educational hierarchy in learning the basic skills in handball for school and university students .

***The second study :**

The study of Rasha Abdel Rahman Wally (2017) (8) entitled " the

effect of the team preparatory games program on the psychological and social conformity for pre- school students. The study aimed at recognizing the effect of a suggested program of team preparatory games on the experimental group and recognizing the statistical significant differences resulting from the effect of the suggested program of team preparatory games between the experimental– control groups. The study used the experimental method by using two groups, one is an experimental group and the other is a control group . The study sample was represented in prep –school students . The most important results indicated that the suggested program of team preparatory games led to an increase in improvement rates in psychological and social conformity for the experimental group .

***The third study :**

The study of Sayed Mohammed Hassan (2015) (12) entitled " the effect of an educational program by using the preparatory games on the level of performing some basic skills in hockey sport for students in faculty of physical education . The study aimed at recognizing the effect of an educational program by using the preparatory games on the level of performing some basic skills in hockey sport for physical education students . The study used the experimental method by using two groups , one is a control group , the other is an experimental group . The sample was selected randomly .The

study sample was represented in the second graders in the faculty of physical education at El Mansoura . The most important results indicated that the suggested educational program by using the preparatory games has a clear positive effect on learning the motor skills under study

***The fourth study :**

The study of Monear Moustafa (2012) (26) entitled " the effect of the preparatory games on learning some attack skills in basketball for physical education students in El Manssoura . The study aimed at recognizing the effect of using a set of preparatory games in basketball on learning some attack skills for the sample " under research " . The study used the experimental method by using two groups , one is a control group and the other is an experimental group . The sample was selected randomly . The study sample was represented from physical education students in El Mansoura . The most important results indicated the appropriateness of the suggested program by using a set of the preparatory games on learning some basic skills in basketball and they have a positive effect when using them in educating basketball skills where the students respond with it because they characterize with competition and excitement .

***The fifth study :**

The study of Tarek Zakriya Mohammed El Masry (2010) (14) entitled " the effect of the preparatory

games on developing some physical ingredients and the basic skills in physical education lesson for prep – school students . The study aimed at recognizing the effect of the preparatory games on developing some physical ingredients and the basic skills in physical education lesson for prep school students .The study used the experimental method by using two groups , one is a control group and the other is an experimental group. The sample was selected randomly. The study sample was represented in prep school first graders . The most important results indicated that the program of the preparatory games has a positive effect on developing some physical ingredients and the basic skills of (basketball – athletics – handball) for pep school first graders , and using the preparatory games in different lesson parts influenced positively on developing physical ingredients and the basic skills of physical education lesson for prep school first graders .

***The sixths study :**

The study of Gross Tomas (2005) (30) entitled " comparing the gross method and the small games and partly total method in learning basketball skills . The study aimed at comparing the effect of using both the total method , the small games and partly total method in learning basketball skills .The study used the experimental method by using two groups, one is a control group, the

other is an experimental group. The sample was selected randomly. The study sample was represented from students in high school of the physical education. The most important results indicated that the total method surpassed the partly total method and the small games in learning shooting accuracy, passing speed and shooting speed.

***Plan and procedures of the research :**

-Method :

-According to the research nature, achieving its goals and testing its hypotheses, the researcher used the experimental method for its appropriateness of the research nature. The researcher used the experimental design for two groups one is an experimental, the other is a control group by following the pre- post measurements for both groups.

***Community and sample of the research :**

-The research community included students in the second cycle of the basic education in the first term at (Minya Language School) school on 2021/2022. The researcher selected the research sample from prep – school second graders of (240) students. The basic study sample included (40) students divided into two groups, one is an experimental group of (20) students and the other is a control one of (20) students, (20) students were selected for the pilot study.

***Distributing the sample normally :**

-The researcher ascertained the extent of normality of the experimental and control groups distribution in the light of the variables" under research and the table shows this.

Table (1)

Arithmetic mean, the standard deviation and skewness of the research sample as a whole in the basic variables (age, height and weight) and intelligence(n=60)

The variables	Measurement unit	Arithmetic mean	The median	The standard deviation	Skewness
The basic variables					
Age	Year	13.48	13.00	0.504	2.86
Height	Centimeter	147.67	148.00	3.203	0.309
Weight	Kilogram	50.62	50.50	5.720	0.063
Intelligence					
Intelligence	Degree	28.75	29.00	1.188	0.631-

It is shown from table (1) that skewness coefficients of the sample as a whole "under research" in variables of age, height, weight and intelligence degree ranged between

(2.86, 0.631-) that it was restricted between ($3 \pm$) indicating the normality of the research sample distribution inside the normality curve.

Table (2)
Arithmetic mean , the median , the standard deviation and skeweness of the research sample as a whole in the movement skills and the level of learning some basketball skills (under research) (n= 60)

The variables	Measurement unit	Arithmetic mean	The median	The standard deviation	Skeweness
The movement skills					
Stability broad jump	Centimeter	13.48	13.00	0.504	2.86
400m.walk	minute	147.67	148.00	3.203	0.309
400 m .run	Second	50.62	50.50	5.720	0.063
One leg hoop	Second	7.92	8.00	0.850	0.29-
Skilful variables in basketball					
Chest pass	second	22.83	23.00	1.317	0.39-
Dribble	Second	21.87	21.50	2.004	0.55
Peaceful shooting	Degree	2.58	2.00	0.869	2.00

It is shown from table (2) that the skeweness coefficients of the sample "under research" in the variables of the movement skills and the level of learning some basketball skills " under research" ranged between (2.00, 0.304-), that it was restricted between ($3 \pm$) indicating the normality of the research sample distribution because the skeweness values are inside the normal curve .

Equivalence of the research groups :

The following tables show the results of the equivalence between the experimental – control groups in both

the basic variables (age– height– weight) the intelligence degree , the movement skills and the level of learning some basketball skills " under research " , where table (4) displays the equivalence results between the experimental – control groups in both the basic variables (age– height – weight) and intelligence degree. Table (4) displays the results equivalence of the movement skills. Table (5) shows the results equivalence tests of learning some basketball skills " under research "

Table (3)
The differences significance between mean scores of the two post measurements for the experimental – control groups in the variables of (age – height – weight) and intelligence degree (n1=n2=20)

The variable	Measurement unit	The experimental group		The control group		Statistical significance	
		M 1	S 1	M2	S2	(t)	Significance
The basic variables							
age	Year	13.55	0.510	13.40	0.503	0.936	Non significance
Height	Centimeter	148.25	3.076	147.40	3.47	0.836	Non significance
Weight	Kilogram	50.35	5.204	49.55	5.125	0.490	Non significance
Intelligence							
Intelligence	Degree	5.204	1.414	28.60	1.188	0.088	Non significance

Tabulated (t) value at freedom degree (38) and significance level 0.05= 1.686

It is shown from table (3) that there are no statistically significant differences between the experimental – control female students in the variables of age, height, weight and

intelligence degree, where the calculated (t) value is less than the tabulated (t) value at 0.05 indicating the equivalence of the research groups in these variables.

Table (4)

The differences significance between mean scores of the two pre measurements for the experimental – control groups in the movement skills " under research " (n1=n2=20)

The physical variables	Measurement unit	The experimental group		The control group		Statistical significance	
		M 1	S 1	M2	S2	(t)	Significance
Stability broad jump	Centimeter	99.85	5.594	99.70	5.131	0.088	Non significance
400 m.walk	Minute	4.72	0.320	4.67	0.289	0.472	Non significance
400 m. running	Second	118.90	4.811	117.85	4.368	0.723	Non significance
One leg hoop	Second	7.85	0.745	8.00	0.973	0.547	Non significance

The tabulated (t) value at freedom degree (38) and a significance level 0.05= 1.686 .

It is shown from table (4) that there are no statistically significant differences between the experimental and control female students in the movement skills, since the calculated

(t) value is less than the tabulated (t) value at level of 0.05 indicating the equivalence of the research groups in these variables.

Table (5)

The differences significance between mean scores of the two pre - measurements for the experimental – control groups in tests of the level of learning some basketball skills "under research" (n1=n2=20)

The variable	Measurement unit	The experimental group		The control group		Statistical significance	
		M 1	S 1	M2	S2	(t)	Significance
Chest pass	Second	23.05	1.276	22.75	1.517	0.677	Non significance
Dribble	Second	22.30	1.809	21.60	2.186	1.103	Non significance
The peaceful pass	Degree	2.40	0.821	2.80	0.894	1.474	Non significance

The tabulated (t) value at freedom degree (38) and a significance level of 0.05=1.686

It is shown from table (5) that there are no statistical significant differences between the experimental – control female students in scores of basketball skilful tests and tests of the level of learning some basketball skills , since the calculated (t) value is less than the tabulated (t) value at level of 0.05 indicating the equivalence of the research groups in these variables .

Tools of data collection :

To collect the research data , the researcher used the following :

First : Arabic and foreign references :

The researcher briefed the specialized scientific references as well as the previous studies related with the research field to make use of it when conducting the research .

Secondly : the scientific apparatus and instruments :

*A restameter to measure height in centimeter .

*A medical balance to measure weight in kilogram

*Stopwatch and measurement tape

*Basketballs

*Basketball court

*Assistant tools (funnels – Swedish chairs – medical balls) .

Thirdly : tests under research :

*Intelligence tests

*Tests of movement skills

*Skilful tests

*Thirdly : tests under research :

1- Intelligence tests (appendix 3) :

The researcher selected intelligence test that Remon B. Katell developed on (1970) (9), Fouad Abou Hateb , Amal Sadek , Moustafs Abdel Aziz prepared it's Arabic form . It is non verbal test not depending on

language but it subjects the individuals performance on their ability on determining similar and difference between the figures in the test .

-This test aims at estimating general mind capacity " intelligence IQ" . Both the researchers this test because it is characterized with a high degree of validity and reliability . Several studies indicated the validity of this test in measuring general mind capacity and indicated that it's reliabilities by half split or by variance analysis are high that can be trusted scientifically . The test consists of (92) statements . The test concerns with measuring the ability on concentration , attention and the ability to realize relations between figures . Test validity and reliability was calculated by applying the test on a sample of the research community , outside the original research sample with an interval of (10) days . It's reliability was (0.82) and it's validity was (0.91) indicating test validity and reliability .

***Physical tests " under research " appendix (2)**

-The researcher conducted a survey method for the scientific references and previous researches and studies such as " Ahmed Amin Fawzy , Abdel Aziz Salama (1992) (1) , Kamal Abdel Hamid Ismeal , Mohammed Sobhy Hassanien (2002) (22), Mohammed Sobhy Hassanien, Hamdy Abdel Menaem (1997) (23), then put it in a form to present it on (10) from the specialized professors in basketball , sport training, measurement and evaluation . The researcher accepted an agreement ratio no less than 80 % and

through this procedure , the following physical tests were found :

-Stability broad jump

-100 m. walking

-400 m. running

-One leg hoop

***The scientific coefficients of the physical tests " under research " :**

-The researcher conducted the scientific coefficients for the tests " under research " on a sample of the same research community and outside the original sample of (20) students from 21/2/2022 to 27/2/2022 as follows :

-Stability broad jump

400m.walk

400m.running

One leg hoop

A – Validity

Validity of the tests " under research " was calculated by SPSS on a pilot study similar to the research community and outside the basic research sample of (20) students , their scores were ordered ascending to determine the percent of (25%) for the high quartile of (5) students and (25%) for the lower quartile of (5) students . Differences significance was calculated between the two quartiles as shown in table (6) .

Table (6)

Differences significance between the hig – lower quartiles in the movement skills "under research" with non- parametric Mann-Whitney method (n=10)

serial	variables		Measurement unit	The high quartile		The lower quartile		U	W	Z value
				Rank sum	Rank mean	Rank sum	Rank mean			
1	The movement skills	Stability broad jump	centimeter	15.00	5.00	6.00	2.00	0	6.00	2.087
2		400m.walk	minute	6.00	2.00	15.00	5.00	0	6.00	2.121
3		400m.running	second	6.00	2.00	15.00	5.00	0	6.00	2.121
4		One leg hoop	second	6.00	2.00	15.00	5.00	0	6.00	2.236

It is shown from table (6) that there are statistically significant differences between high – lower quartiles sums in the physical tests " under research " in the direction of the high quartile groups where the values of errors likelihood are significant at level of (0.05) indicating the validity of these tests and it's ability to discriminate between groups .

B- Reliability :

-Tests " under research " were applied and re- applied on a sample of (20) students and it is a sample similar to the research sample and outside the original sample with an interval of (10) days to remove learning effect and correlations were found between the first and second applications as shown in table (7) .

Table (7)
Correlations between application and re-application in the movement skills
" under research " (n=20)

variables	The test	Measurement unit	Application		Re application		Correlation coefficient
			M1	S1	M2	S2	
Movement skills	Stability broad jump	centimeter	100.40	4.773	101.15	4.902	0.87
	400m.walk	minute	4.56	0.385	4.59	0.395	0.94
	400m.running	second	118.40	4.773	119.05	4.796	0.78
	One leg hoop	second	7.90	0.852	7.80	0.834	0.79

The tabulated α value at significance level(0.05)=0.662

It is shown from table (7) that correlation coefficients between application and re-application of the movement skills " under research " ranged between (0.78: 0.94) and they are all statistically significant , since the calculated α values are larger than the tabulated α values at significance level (0.05) indicating the reliability of these instruments .

***The skilful tests " under research " appendix (3) :**

The researcher conducted a survey study for the scientific references and previous researches and studies in the field of basketball such as " Ahmed Amin Fawzy, Abdel Aziz Salama (1992) (1), Mohammed Hassan Alawy, Mohammed Nasser El Din Radwan (2001) (21), Mohammed Sobhy Hassanien (2001) (22) to find the used skilful tests , the following tests were selected :

***Chest pass**

***Dribble**

***The peaceful shooting**

-The scientific coefficients of the skilful tests " under research " :

-The scientific coefficients of the skilful tests " under research " were calculated as follows :

A-Validity :

-The validity of the skilful tests " under research " was calculated by SPSS on a pilot sample similar to the research community and outside the basic research sample of (20) students . Their scores were ordered descending to determine the percent of (25%) for the higher quartile of (5) students and the percent of (25%) for the lower quartile of (5) students . Differences significance was calculated between the two quartiles as shown in table (8) .

Table (8)
Differences significance between the higher – lower quartiles in the skilful tests " under research " by non parametric Mann-Whitney method

The variables		Measurement unit	The higher quartile		The lower quartile		U	W	Z value
The skilful variables			Sum rank	Mean ranks	Sum rank	Mean ranks			
	Chest pass	second	6.00	2.00	15.00	5.00	0	6.00	2.236
	Dribble	second	6.00	2.00	15.00	5.00	0	6.00	2.121
	The peaceful shoot	degree	15.00	5.00	6.00	2.00	0	6.00	2.121

It is shown from table (8) that there are statistically significant differences between the higher – lower quartiles groups in the skilful tests " under research " in the direction of the higher quartile since the values of error likelihood are significant at level of (0.05) indicating the validity of these tests and it's ability on discriminating between groups .

B- The reliability :

The skilful tests " under research " were applied and re-applied on a sample of (20) students and it is a similar one for the research sample and outside the original sample with an interval of (10) days to remove learning effect. Correlation coefficients were found between the first and second applications as shown in table (9) .

Table (9)
Correlation coefficients between application and re-application in tests " under research " (n =20)

Variables	Test	Measurement unit	Application		Re application		Correlation coefficient
			M1	S1	M2	S2	
The skilful variables	Chest pass	second	22.70	1.174	22.75	1.118	0.82
	Dribble	second	21.70	2.029	21.75	2.314	0.80
	The peaceful shoot	Degree	2.55	0.887	2.65	0.933	0.49

The tabulated (r) value at significance level (0.05) =0.662

It is shown from table (9) that the correlation coefficients between application and re-application for tests of the skilful variables " under research " ranged between (0.80: 0.94)

and they are all statistically significant correlation since the calculated (r) values are larger than the tabulated (r) value at significance level (0.05)

indicating the reliability of these instruments .

The educational program by using the preparatory games: (appendix4)

Aim of the program :

The program aims at learning and perfecting the skills of the peaceful shoot, chest pass and dribble in basketball for the second cycle students of the basic education " the research sample "

2-Purposes of the program :

The program seeks to achieving the following purposes :

A-Making the students acquire basketball skills (chest pass - dribble – the peaceful shoot) for the students " under research " .

B-The students can apply the sound performance for the attack skills of basketball " under research "

D-Female students selves and their self confidence are developed .

h-Female students should be helped to control basketball through the preparatory games .

3-Bases of designing the program of the preparatory games :

The researcher prepared the program in the light of the following bases :

*The program content is appropriate with it's goal .

*The program content is suitable the level and capacities of the research samples .

*Putting into consideration the principle of the individual differences .

*The program characterizes with simplicity and variation .

*Considering the principle of graduation from easy to difficulty .

*Considering satisfying the students needs of movement and activity .

*The content of the educational unit should be accorded with the preparatory games , where each unit includes effective missions or problems and provide the opportunity for the student to search knowledge and find solutions for these problems .

*Providing dialogue and discussions during the educational unit to correct the fault concepts up to date with promoting spirit of explanation and question .

*Preparing exercises graded in difficulty and exercises of technical performance for rising the level of performance .

*Presenting illustrations for the details of every learned skill , when the student recognizes all skill parts and the sound movement path for all body parts during passing .

*To achieve the general goal of the research and to achieve the games selected for each unit .

*The program flexibility , it's variation , it's inclusion of the specific assignments given the individual differences .

*Displaying the goal of the educational process for the students with creating an atmosphere of cooperation , familiarity between the students and the female instructor and the students participation is effective and always urging them on creation and creativity .

*The content of the program " enclosed (6) :

*The suggested program of the preparatory games includes a set of preparatory games and are given in the warm up period .

*A set of general and special constructive exercises and are given in the section of physical preparation .

* **A set of preparatory games to acquire and develop the basic skills of basketball** " under research " and are given in the educational section of the unit .

*A set of skilful exercises and are given in the application section .

*A set of cool up exercises in the conclusion section .

5-Potentials of executing the program :

The researcher determined the potentials that are necessary to execute the program in terms of the place of

Table (10)

The activity	Time
Management works and warm up	(5) minutes
Physical preparation	(10) minutes
The primary section	(25) minutes
The conclusion	(5) minutes

The researcher put into consideration that the distribution is made on the two groups with the variance of the education method followed with each group .

7-The method of evaluation :

To evaluate the program " under research " and the conventional method , the researcher used a set of attack skills tests of basketball (chest pass - dribble – the peaceful shoot) " under research " .

Steps of executing the research :

The pilot study :

The researcher conducted this study from 21/2/2022 to 27/2/2022 on a sample of (20) students from the research community and outside the

executing the experiment , instruments and apparatus that are necessary to execute the work in the light of using the preparatory games . The researcher used the following :

A- A number of basketballs

B- A basketball court .

C-A whistle and a stopwatch .

D- Numbers of balls and rings .

***The temporal frame of the program**

Applying the program lasted a temporal period of (8) weeks as much as two lessons weekly with a total of (16) educational units . The unit time is (45) minutes according to the study system in the school distributing as follows :

original research sample and it's goal was :

*Confirming the safety of applying the program of the preparatory games

* Recognizing the most important obstacles that the research can confront during the actual application of the program on the basic sample .

*Recognizing the suitability of the preparatory games selected for the program and how to use the educational hierarchy .

*Determining the program fundamentals and the ideal temporal distribution on it's components .

* Tests appropriateness for the research goal .

*Finding the scientific coefficients for the tests " under research " .

The pilot study revealed the following

*The selected preparatory games suitability for the developed program

*The sample " under research " understanding and absorption of the developed games .

*Validity of instruments and apparatus

*** The pre – measurement :**

The researcher conducted the pre – measurement on the research groups in the movement skills and tests for the level of learning the three basketball skills (chest pass , dribble and the peaceful shoot from 28/2/2022 to 2/3/2022.

*The basic experiment : after finishing the pre measurement and from 6/3/2022 to 30/4/2022, the basic experiment was conducted , where the researcher taught basketball skills " under research" by using the preparatory games for the experimental group , whereas she followed method in teaching these skills for the control group , as much as (2) lessons weekly . The researcher put into consideration the compatibility in work path for both groups in terms of (circumstances-time– the order of the unit content) with the variance of education method in each group . During execution , the researcher committed the following :

*Teaching the experimental – control groups students by herself to control this variable .

*The section of warm up , physical preparation and conclusion for both groups students with the same method .

*Teaching the experimental group students on Sunday and Tuesday weekly .

*Teaching the control group students on Monday and Wednesday weekly .

***The post measurement :**

After finishing the experiment execution for the research groups , the researcher conducted the post measurement in the level of the three basketball skilful performance " under research " from Sunday 2/5/2022 to Tuesday 3/5/2022 . All measurements were conducted as in the pre measurement .

***The statistical treatment :**

-The researcher treated data of the research findings statistically by using v22SPSS through the following statistical coefficients :

-Arithmetic mean

-Standard deviation

-(t) test of differences significance .

-Improvement rate .

The researcher accepted a significance rate at level of (0.05) .

Discussing the findings :

First : presenting the results :

*Differences significance between mean scores of the pre- post measurements for the experimental group in the movement skills and learning some basketball skills " under research " .

*Differences significance between mean scores of the pre- post measurements for the control group in the movement skills and learning some basketball skills " under research " .

*Differences significance between mean scores of the pre- post measurements for the experimental –

control groups in the movement skills and learning some basketball skills " under research " .

*Improvement rate of the experimental – control groups in the movement skills and learning some basketball skills " under research " .

*Ascertaining the validity of the first hypothesis stating that :

-There are statistically significant differences between mean scores of the pre – post measurements for the experimental group in improving the basic movements performance and learning some basketball skills on behalf of the post measurement .

Table (11)

Differences significance between mean scores of the pre – post measurements for the experimental group in the movement skills and learning some basketball skills " under research " (n=20)

Variables		Measurement unit	Mean of the pre measurement	Mean of the post measurement	Differences mean	Deviation from mean	Statistical significance	
							t	significance
Movement skills	Stability broad jump	centimeter	99.85	121.80	21.95	5.550	13538	significance
	400m.walk	minute	4.72	3.86	0.86	0.362	9.556	significance
	400m. running	second	118.90	89.60	29.3	2.836	22.680	significance
	One leg hoop	second	7.85	5.30	2.55	0.470	12.856	significance
Skilful variables	Chest pass	second	23.05	16.45	6.6	1.099	19.666	significance
	Dribble	second	22.30	16.90	5.43	0.912	12.691	significance
	The peaceful pass	degree	2.40	5.35	2.95	0.489	13.213	significance

The tabulated (t) value at freedom degree (19) in one direction and significance level (0.05) = 1.729

It is shown from table (11) the following :

-There are statistically significant differences between mean scores of the pre – post measurements for the experimental group in the movement skills and learning some basketball skills for the sample " under research " and on behalf of the post measurement since the calculated (t) value is bigger than the tabulated (t) value at level of (0.05) .

-In the test of stability broad jump , the calculated (t) value between the

pre – post measurements for the experimental group " under research " (13.538) and it is bigger than the tabulated (t) value (1.729) .

- In the test of 400 m .walk, the calculated (t) value between the pre – post measurements for the experimental group " under research " (22.556) and it is bigger than the tabulated (t) value (1.729) .

- In the test of 400 m. running , the calculated (t) value between the pre – post measurements for the experimental group " under research " (

22.680) and it is bigger than the tabulated (t) value (1.729) .

- In the test of one leg hoop , the calculated (t) value between the pre – post measurements for the experimental group " under research " (12.856) and it is bigger than the tabulated (t) value (1.729) .

- In the test of chest pass, the calculated (t) value between the pre – post measurements for the experimental group " under research " (19.666) and it is bigger than the tabulated (t) value (1.729) .

- In the test of dribble, the calculated (t) value between the pre – post measurements for the experimental group " under research " (12.691) and it is bigger than the tabulated (t) value (1.729) .

- In the test of the peaceful shoot, the calculated (t) value between the pre – post measurements for the experimental group " under research " (13.210) and it is bigger than the tabulated (t) value (1.729) .

The researcher attributes this progress in physical and skilful variables (under research " for the experimental group to the program of the preparatory games " under research " including preparatory games and varied movement activities that helped in creating the spirit of pleasure, joyful and competition between students and increased their motivation towards education and training that was reflected on the progress of the physical level and easiness for learning and understanding basketball skills .

-In this regard Elen Wadea (2007) (4) indicates that the preparatory games contribute in developing the

components of physical agility with using competitive games between groups that increases motivation towards practice . This finding accorded with what " Tamer Saeed (2016) (8) , Sherif Abdel Meneam (2010) (14) that through the preparatory games , any learner can achieve a success in the practiced activity increasing his enthusiasm and Tendencies in practicing , hence increasing his physical and skilful level .

-The researcher attributes this progress that using the preparatory games influenced positively through presenting the skill in a competitive form giving rise to pleasure and joyful and making practice important and excitement leading them to participate in the process of learning and training without feeling boring and monotonous resulting from typical programs.

In this regard Tamer Saeed (2016) (5) indicates that using the preparatory games improve the skilful performance in basketball, as well as some other sport activities.

-The researcher sees that variation in the preparatory games gives excitement and suspense reflecting on the sample "under research" understanding for the compound movement skills in basketball , as well as developing the physical capacities , it's suitability for the tendencies and attitudes of the sample "under research " and it's appropriateness for the age stage characteristics. Training on developing the physical capacities through the preparatory games is characterized with the spirit of joyful

and pleasure and making students accept and perform continuously without feeling exhaustion or early tire .

- Sherif Abdel Menaem (2010) (13) quoting from Mohammed Hassan Alawy that using the preparatory games contributes greatly in developing the physical characteristics, learning and perfecting the movement skills and lending their practitioners the component of excitement and competition when learning these skills .

-The researcher attributes this differences to learning efficiency by using the preparatory games for it's positive effect on learning the attack skills in basketball and this is shown through the practical performance for basketball skills by using Swedish ball that help students on learning and perfecting these skills , where they help them learning in a form characterized with exerting much efforts without feeling boring and performing each part of the attack skills in a way characterized with controlling in speed and controlling in skills performance , consequently reaching the stage of muscular and neural conformity in the learned skills . The conventional method of verbal explanation and a model doesn't give the students the opportunity for using the assistant tools , performance with frequencies and performance that is characterized

with excitement, suspense and modernity without potentials availability and the time for working with the accepted form at schools in general .

-Sayed Hassan (2015) (12) indicates that when using the preparatory games in learning the basic skills , learning is more acceptable and excitement , giving best findings , where the learner , during it's performance , is in situations similar to ones in which he confronts in matches .

-The findings of this study accord with the results of both " Tamer El Sayeed (2016) (5) , Sherif Abdel Maneam (2010) (13) , Sayed Hassan (2015) (12) , since

the program of the preparatory games provided the opportunities for the practitioners to perform the skills fully inside different playing situations that contributed in rising their perceptions of the skills and understanding them in a best way that have the biggest effect in improving the physical level and their skilful performance level .

-With these findings , the validity of the first hypothesis is ascertained stating that :

-There are statistically significant differences between mean scores of the pre- post measurements for the experimental group in improving the basic movements performance and learning some basketball skills on behalf of the post measurement .

Table (12)
Differences significance between mean scores of the pre- post measurements for
the control group in the movement skills and learning some
basketball skills " under research " (n= 20) .

The variables		Measurement unit	Mean of the pre measurement	Mean of the pre measurement	Mean differences	deviation from the mean	Statistical significance	
The movement skills	Stability broad jump	centimeter	99.70	108.15	8.45	7.271	(t)	significance
							3.831	significance
	400 m.walk	minute	4.67	4.22	0.45	0.120	9.714	significance
	400 m. running	second	117.85	99.90	17.95	4.025	13.694	significance
	One leg hoop	second	8.00	6.40	1.6	0.503	5.446	significance
Skilful variables	Chest pass	second	22.75	18.25	4.5	0.786	12.283	significance
	Dribble	second	21.60	18.95	2.65	1.538	8.320	significance
	The peaceful shoot	degree	2.80	3.95	1.15	0.999	7.667	significance

The tabulated (t) value at freedom degree (19) in one direction and a significance level (0.05) = 1.729

It is shown from table (12) that :

-There are statistically significant differences between mean scores of the pre- post measurements for the control group in the movement skills and learning some basketball skills for the students " under research " on behalf of the post measurement , where the calculated (t) value is bigger than the tabulated (t) value at level of (0.05) .

- In the test of stability broad jump , the calculated (t) value between the pre– post measurements for the experimental group " under research " (3.831) and it is bigger than the tabulated (t) value (1.729) .

- In the test of 400 m .walk, the calculated (t) value between the pre – post measurements for the experimental group " under research " (9.714) and it is bigger than the tabulated (t) value (1.729) .

- In the test of 400 m. running , the calculated (t) value between the pre – post measurements for the experimental group " under research " (13.694) and it is bigger than the tabulated (t) value (1.729) .

- In the test of one leg hoop , the calculated (t) value between the pre – post measurements for the experimental group " under research " (5.446) and it is bigger than the tabulated (t) value (1.729) .

- In the test of chest pass, the calculated (t) value between the pre – post measurements for the experimental group " under research " (12.283) and it is bigger than the tabulated (t) value (1.729) .

- In the test of dribble, the calculated (t) value between the pre – post measurements for the experimental group " under research " (8.320) and

it is bigger than the tabulated (t) value (1.729).

- In the test of the peaceful shoot, the calculated (t) value between the pre – post measurements for the experimental group " under research " (7.667) and it is bigger than the tabulated (t) value (1.729).

-It is also shown from table (12) that there are statistically significant differences between the pre– post measurements for the control group in basketball attack skills " under research " (the peaceful shoot, chest pass, dribble).

-The researcher attributes this finding that the followed conventional method based upon the verbal explanation of data , performing skills , correcting faults by the researcher , practicing and frequency by the researcher help the student on forming the illustrated conception for these skills , consequently contributed positively in improving learning attack skills in basketball .

-The researcher attributes this progress in physical and skilful variables " under research " for the control group to the followed conventional program that influenced the students responses for the education process as a result of training , practicing and frequency inside the followed program , the researcher capacity on the verbal explanation , performing the skill in a sound way , correcting the technical faults after it's appearance , as well as the control groups regularity in attendance without stopping and enthusiasm for performance , since regularity and continuity in practice

have the biggest effect in rising the level of the physical variables which it's effect was reflected on developing the skilful variables . The researcher also attributes this progress to using a set of the gradual exercises in difficulty , making frequencies . This accords with what " Sayed Hassan (2015) (12) indicated that the movement learning is a change in performance or the movement behavior as a result of training and practice not a result of maturity and other factors that influence performance and movement behavior temporarily.

- The researcher attributes this improvement to the program of the preparatory games including varied exercises targeted for developing the variables "under research". The researcher put into consideration variation in these exercises during developing the program to be appropriate with the sample to be away from boring . This variation and change have the biggest effect in increasing motivation for the students with enthusiasm and without stopping that has the biggest effect on the physical and skilful performance . She also considered the level , capacities , tendencies and needs of the students " under research " and the individual differences between them leading to the improvement of their skilful performance . This accorded with what Martin , David (2000) mentioned to the necessity that the instructor must teach all students with different methods considering their individual differences and abilities . (29: 33) .

-Both Yager (2001) , Knowles (2005) add that learning is an active positive process in which the student learns new ideas based upon previous educational cognitions and experiences . This learning is made by integrating new information in the old ones available in the learner , so previous concepts and perceptions are modified to absorb new experiences , so they differ from behaviorists concepts about the learner , learning process and receiving knowledge , where they consider knowledge inactive thing transferring automated , and learners are empty vessels and ready to receive and understand knowledge (31: 20) (32: 55) .

-The researcher attributes this finding to the students continuity in practicing and performing these skills .This accords with the study of Soad Ezzat (2014) (11) , Mahmoud Ngib (2013) (24), Usama Ali (2005) (2), where they indicated that the conventional method depended upon the verbal explanation

and the practical model leading to the absorption and learn positively the attack skills , improving the post measurements than the pre one . The followed method influences positively in improving some attack skills .

-Hence the validity of the second hypothesis is ascertained stating that :

-There are statistically significant differences between mean scores of the pre- post measurements for the control group in improving the performance of the basic movements and learning some basketball skills on behalf of the post measurement .

-Ascertain the validity of the third hypothesis stating that :

- There are statistically significant differences between mean scores of the two post measurements for the experimental – the control groups in improving the performance of the basic movements and learning some basketball skills and on behalf of the experimental group .

Table (13)

The differences significance between mean scores of the two post measurements for the experimental – control groups in the movement skills and learning some basketball skills " under research " (n1=n2=20)

Variables	Measurement unit	The experimental group		The control group		Statistical significance		
		M1	S1	M2	S2	(t)	significance	
The movement skills	Stability broad jump	CM	121.80	5.550	108.15	7.271	6.433	significance
	400m.walk	Minute	3.86	0.362	4.22	0.120	4.119	significance
	400m.running	second	89.60	2.836	99.90	4.025	9.608	significance
	One leg hoop	Second	5.30	0.470	6.40	0.503	7.163	significance
Skilful variables	Chest pass	second	16.45	1.099	18.25	0.786	6.162	significance
	Dribble	second	16.90	0.912	18.95	1.538	5.156	significance
	The peaceful shoot	degree	5.35	0.489	3.95	0.999	5.494	significance

The tabulated (t) value at freedom degree (38) and a significance level (0.05) = 1.686

--There are statistically significant differences between mean scores of the two- post measurements for the experimental - control groups in the movement skills and learning some basketball skills for the students " under research" on behalf of the experimental group, where the calculated (t) value is bigger than the tabulated (t) value at level of (0.05) .

In the test of stability broad jump , the calculated (t) value between the pre – post measurements for the experimental group " under research " (6.433) and it is bigger than the tabulated (t) value (1.686) .

- In the test of 400 m .walk, the calculated (t) value between the pre – post measurements for the experimental group " under research " (4.119) and it is bigger than the tabulated (t) value (1.686) .

- In the test of 400 m. running , the calculated (t) value between the two – post measurements for the experimental - control groups " under research " (9.608) and it is bigger than the tabulated (t) value (1.686) .

- In the test of one leg hoop , the calculated (t) value between the two – post measurements for the experimental - control groups " under research " (6.162) and it is bigger than the tabulated (t) value (1.686) .

- In the test of chest pass, the calculated (t) value between the two – post measurements for the experimental –control groups " under research " (12.283) and it is bigger than the tabulated (t) value (1.729) .

- In the test of dribble, the calculated (t) value between the two – post measurements for the experimental-

control groups " under research " (5.156) and it is bigger than the tabulated (t) value (1.686) .

- In the test of the peaceful shoot, the calculated (t) value between the two – post measurements for the experimental –control groups " under research " (5.494) and it is bigger than the tabulated (t) value (1.686) .

-The researcher attributes progress in performing the basic movements and learning some basketball skills for the experimental group than the control group in the effectiveness of using the preparatory games in learning basketball skills because of pleasure , joyful , competition and excitement making the process of learning excited and getting the sample " under research " from the deadlock of the typical method in terms of performance of formations such as rows or the train to the competition with incorporating the element of joyful , pleasure and excitement leading to the superiority of the experimental group female students than the control group in physical capacities and the basic skills in basketball .

-The researcher attributes this differences to learning efficiency by using the preparatory games for it's positive effect on learning the attack skills in basketball and this is shown through the practical performance for basketball skills by using Swedish ball that helps students on learning and perfecting these skills, where they help them learning in a form characterized with exerting much efforts without feeling boring and performing each part of the attack skills in a way characterized

with controlling in speed and controlling in skills performance, consequently reaching the stage of muscular and neural conformity in the learned skills. The conventional method of verbal explanation and a model doesn't give the students the opportunity for using the assistant tools, performance with frequencies and performance that is characterized with excitement, suspense and modernity without potentials availability and the time for working with the accepted form at schools in general.

-In this regard, Tamer El Sayed (2016) (5) quoting from "Rezek Allah" indicates that the primary games are considered one method of learning big games, where the learner acquires skills quickly and excited and has the element of excitement and it is an important factor of playing perfection and progressing the physical and skilful level to a high degree of competence and accuracy.

-The researcher sees that using the preparatory games in the suggested program contributed in attracting the sample attention "under research", stimulating their motivation towards further effort, not feeling tired during performance, providing for the experimental group individuals

situations similar to matches situations leading to their superiority the control group.

-In this regard Sayed Hassan (2015) (12) indicates that using the preparatory games contributes in learning the basic skills, developing the physical characteristics, perfecting skills in a form more acceptable and excited, giving best findings, where the learner is in situations similar to matches situations.

-The researcher indicates that the suggested program providing the sample "under research" opportunities for performing skills in a total way inside playing situation that contributes in rising their perception for skills and understanding them in a best way that is reflected on improving their skilful performance.

Hence, the validity of the third hypothesis of the research was ascertained stating that:

- There are statistically significant differences between mean scores of the two post measurements for the experimental – the control groups in improving the performance of the basic movements and learning some basketball skills and on behalf of the experimental group.

Table (14)
Percentages of improvement in motor skills and learning some basketball skills for members of the experimental and control groups(n1=n2=20)

Measurement unit Variables		The experimental group				The control group				
Movement skills			M2	M1	M ² cm ¹	Improvement rate	M2	M1	M ² cm ¹	Improvement rate
	Stability broad jump	cm	121.80	99.98	21.95	22.0	108.15	99.70	8.45	8.5
	400 m. walk	minute	3.86	4.72	0.86	18.2	4.22	4.67	0.45	9.6
	400 m. running	second	89.60	118.90	29.3	24.6	99.90	117.85	17.95	15.2

Follow Table (14)
Percentages of improvement in motor skills and learning some basketball skills
for members of the experimental and control groups(n1=n2=20)

Measurement unit Variables			The experimental group				The control group			
	One leg hoop	Second	5.30	7.85	2.55	32.5	6.40	8.00	1.6	20.0
Skilful variables	Chest pass	second	16.45	23.05	6.6	28.6	18.25	22.75	4.5	19.8
	dribble	Second	16.90	22.30	5.4	24.2	18.95	21.60	2.65	12.3
	The peaceful shoot	Degree	5.35	2.40	2.95	122.9	3.95	2.80	1.15	41.1

It is shown from table (14) the following : improvement in scores of the experimental – control groups in skilful skills and learning some basketball skills for the female students sample " under research " where the percents of improvements of the experimental group ranged between (18.2%, 122.9%), whereas the percents of the control group improvement ranged between (8.5% , 41.1%).

-The researcher attributes this finding to the suggested program positivity by using the exercises of the Swedish ball because of the effectiveness of the program by using the exercises of Swedish ball that contributed in developing elements of the physical agility" under research " that was reflected positively on developing skills of the peaceful shoot , chest pas and dribble in basketball where the researcher considers in exercises with the Swedish ball graduation in exercises from easiness to difficulty and exercises order according to it's similarity in skilful performance that helps in rising the level of the skilful performance for the students .

-The researcher attributes this improvement to the program of Swedish

ball exercises including varied exercises targeted to develop the variables " under research " , as well as variation in these exercises when developing the program to be appropriate with this sample to be away from boring . This variation and change has the biggest effect in increasing motivation of the students for performance enthusiastically and without stopping that has the biggest effect on the physical and skilful performance .She also considers the level , capacities , tendencies and needs of the students " under research " and the individual differences between them leading to the improvement of their skilful performance . This accords with what " Martin , David (2000) state the necessity of the instructor teaches for students with different methods considering their individual differences and different abilities (29: 33) .

-Conclusions :

in the limits of the research problem, it's importance, it's goals, hypotheses , the sample nature , in the frame of the statistical treatments , interpreting and discussing the findings , the researcher concluded the following :

*The educational program has a positive effect on developing the attack skills in basketball (chest pass – dribbling – the peaceful shoot) for students of 14 years old .

*The followed method by the school (the conventional) has a positive effect on developing some attack skills in basketball " under research " (chest pass – dribbling – the peaceful shoot) .

*There are statistically significant differences between mean scores of the pre- post measurements for the experimental group in the movement skills and learning some basketball skills " under research " on behalf of the post measurement .

* There are statistically significant differences between mean scores of the pre- post measurements for the control group in improving the basic movements and learning some basketball skills on behalf of the post measurement .

* There are statistically significant differences between mean scores of the two- post measurements for the experimental - the control groups in improving the basic movements and learning some basketball skills on behalf of the experimental group

*Recommendations :

In the light of the research findings , the researcher recommends the following : *using the preparatory games in developing the physical capacities in basketball in particular and team sports in general .

*The necessity of using the preparatory games in learning the basic skills in basketball for school – university students .

*Making training and organized courses for basketball instructors and trainers and showing the importance of the preparatory games in developing physical and skilful aspects in basketball .

*Using the program of the preparatory games" under research" in the programs of education and training of basketball skills in particular and team sports in general .

*Conducting further studies and researches on using the preparatory games in the educational and applied section for different educational stages (primary– prep – secondary –university students) .

*Replacing exercises of the typical method with the primary part in learning , developing skills in the exited preparatory games fully .

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