

01 - SACING FOR THE FUTURE

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ABSTRACT

Historically the sport has had as objective to serve the interests of the elite, being practiced in military, educational and religious institutions. Nowadays, its objectives have been expanded, so it has become a means to develop moral and educational values, to help in the process of socialization, to stimulate unity, cooperation, respect, discipline and responsibility. The objective of the present study was to provide moments of leisure and social integration, aiming to awaken critical awareness, contribute to the process of acquiring the citizenship of young adolescents from popular classes of the neighborhood Poeira, of the municipality of Marechal Deodoro - Alagoas. Methodology: Twenty (20) young male and female adolescents, aged 10 to 15 years old, who are regularly attending classes in public or private schools, residing in the Poeira neighborhood or adjacent neighborhoods will be selected. Conclusion: At the end of the SACANDO PARA FUTURO project, participants will be able to incorporate a new lifestyle, such as promoting and maintaining health, acquiring a better physical fitness and experiencing social interaction in the sense of how they will later have to react to everyday situations with their opposite and divergences, having to accept some situations for social welfare, besides acquiring technical skill in the practice of beach volleyball and futsal according to its rules.

Key-words: Futsal; Beach Volleyball; Pulling into the Future.

INTRODUCTION

Historically the sport has had as objective to serve the interests of the elite, being practiced in military, educational and religious institutions. Nowadays, its objectives have been expanded, so it has become a means to develop moral and educational values, to help in the process of socialization, to stimulate unity, cooperation, respect, discipline and responsibility.

Sport is a means of promoting health and leisure; in sports projects there is the possibility of being used as a means of education and can teach some values to children and young people such as collective thinking, respect, commitment and discipline. It acts positively in the physical, mental and cognitive aspects, besides stimulating activities that aim at an improvement in the quality of life, notions of corporal hygiene, care with food and environmental preservation.

The extension project will serve twenty (20) young adolescents of both genders, residents of the Poeira neighborhood, in the municipality of Marechal Deodoro, Alagoas, which as basic requirements to participate must be properly enrolled and attending school. It will be held on Tuesdays and Wednesdays, from 3:00 p.m. to 5:00 p.m., with classes organized according to the gender and age of the participants. The activities will be the sport of volleyball and indoor soccer (Futsal).

FUTSAL

One of the main goals of Physical Education is the awakening to the charm of learning; Increase the competence to invent and recreate learning circumstances; expand communication capacity; Precaver motor, learning, relational and emotional difficulties; Boost self-confidence and promote socialization; Prevent relational difficulties of learning and development; Perform a therapeutic exercise in the event of relational difficulties of learning and development already sheltered; cause a more fruitful structuring of originality; To excite positive attitudes before oneself, the other and the world (RABELO; AMARO, 2016).

Sports initiation is part of the process of human formation developed within the school. And who has the duty to take the experience of the sport to the student thus developing his human training is the teacher, who should make the classes of Physical Education school attractive to students. (BARROSO; DARIDO, 2009).

The sporting phenomenon directly influences the profile of young people, especially futsal. It is common to observe young people assuming behaviors similar to those of the player, way of dressing, talking, cutting hair and even walking. Which reveals the importance of sport in their lives. On the other hand, if not well-oriented sports, it would become a means of exploitation, discrimination and competition that often goes beyond common sense.

Sport is present both in school life and outside of it, and children, even during recess, school entrance and from one time to another – discipline/matter change, meet the game. Often, the game is "reinvented" by them and has its own rules, being practiced in small spaces and with rotating material, such as paper balls, socks, cans, caps, and although they have rules adapted to space and (RABELO; AMARO, 2016). In this sense, the number of players, in their essence, has marked characteristics compared to the official sport, they have the goal, the basket, the pitch and the defense.

Futsal, also known as Football Hall, is a sports modality that has been adapted from Football field to the courts and is considered one of the most popular and most beloved sports in the school environment, because in a recreational way, can be played in various ways with a varied number of people. It is the sport that attracts a large number of people in Brazil and in several countries such as Spain, Portugal, Paraguay, Italy and Russia.

Although very similar to Football in terms of fundamentals, Futsal has totally different rules. And it is rare that athletes can play with the same efficiency in both modalities.

It is believed that futsal emerged from the várzea peelings that began to be adapted to the basketball courts and small halls in the 1930s in Uruguay. In Brazil was introduced through the Christian Association of Young Men (A.C.M.), in São Paulo between 1948/49, the dedication was so much that soon gained popular recognition and became an official sport. In the 60s and 70s, the Futsal began to be regulated and win the continent. Finally, the International Football Federation (FIFUSA) was created in Rio de Janeiro, now operating within the International Football Federation (FIFA) (BASEGGIO, 2011).

It can be inferred that students / athletes feel more motivated in futsal practice due to factors related to the search for victories and concerns related to the quality of life, teachers / coaches also wish to conquer, but seek through sports, training of critical citizens. The practice of this modality is foreseen in the National Curricular Parameters, and that the inclusion of the female

in such practice is of great importance (BRASIL, 1997).

The practice of futsal contributes to the development of various physical and health-related valences such as strength, localized muscular endurance, flexibility, agility, balance, power, and coordination. In addition, the practice of this modality may favor the improvement of specific psychomotor skills, such as decision-making, technical-tactical intelligence, passing, dribbling, kicking, driving, marking, among others (Rinaldi, 2016).

The inclusion of the practice of futsal in the extension project "taking off into the future" was due to the fact that this sport, being practiced practically in the school environment, has been taught only as a game, where prevailing is playing ball, forgetting about emphasize its importance in historical-social knowledge. It is worth emphasizing that futsal, like other sports, should not only focus on the technical-tactical elements and the motor skills of the individual, but also highlight knowledge that privileges the collective over the individual, solidarity, human respect, building, gradually, the criticism and autonomy of the students.

BEACH VOLLEYBALL

Beach volleyball is an adaptation of volleyball, usually played on the court, to the sands. The sporting modality emerged in the 1920s on the beaches of California, USA, however, was played only as a hobby. In the 40's, amateur tournaments began to take place and in the 70's the first professional tournaments took place. The sport entered the program of the Olympic Games in 1996.

The origin of beach volleyball is quite diffuse. It is aimed at games that were made on Santa Monica beach - in the US - in the 1920s as a leisure practice among locals. His arrival on the European continent would have taken place in the mid-1930s.

In the 1950s, the mode was already being practiced by the social elite on the beaches of Ipanema, Copacabana and Leblon, located in the city of Rio de Janeiro. It was through this elite that the modality emerged in Brazil as a "novelty" that ended up functioning as a distinctive element because it mirrored the possession of a differentiated cultural capital (BOURDIEU, 2007).

In 1986, on the beach of Copacabana (RJ) and Santos (SP), were gathered the great names of the world volleyball of the time. The matches held drew the attention of the media and the general public to the sport. From then on, official competitions began to be organized in Brazil and in the world. However, beach volleyball only joined the Olympic framework in 1992, at the Barcelona Games, as a demonstration sport. As a competitive sport, the premiere of beach volleyball took place at the 1996 Atlanta Olympics.

True to the specific characteristics of its birthplace, Beach Volleyball was developed in Brazil following the American model of leisure practice restricted to the elites, mainly in the Carioca seashore, cradle and main center of the modality in the country.

The game is played on a 16 by 8m court, divided into two equal fields. Although most of the rules of the game are the same as volleyball, there are some peculiarities. The goal of the game is the same: to make the ball fall on the opponent's field.

In beach volleyball, who wins 21 points, respecting a difference of two points in relation to the opponent's score. Matches are played by two to four players, however, most of the time is played by two players on each side. In this mode there is no substitution of players, if by chance the player gets hurt, will be given five minutes to recover, otherwise the pair will be considered incomplete. This sport is widely practiced in Europe, Brazil and the United States, with the main athletes from these two countries.

Beach volleyball brings together people with common goals, promoting a lasting social awareness and establishing as motivational factors stress reduction, improvement of physical conditioning, increase of social contact, certainty of the way of living conscious and active (FREITAS, 2001). The volleyball player should have flexibility, strength, power, agility and aerobic conditioning to perform the sport (ALMEIDA; SOARES, 2003). In this way, this sport has as basic objective to develop techniques, tactics and basic motor skills, such as: speed, strength, agility, perception of the game (BENETTI, SCHNEIDER and MEYER, 2005).

Beach volleyball has been practiced by children and teenagers. Its evolution is constant and becomes increasingly evident its competitive character governed by rules and regulations. On the other hand, the authors of sports pedagogy have also noted the importance of collective sports games for the education of children and adolescents of all segments of Brazilian society, since their practice can promote interventions regarding cooperation, coexistence, participation and inclusion.

It is worth mentioning that the practice of beach volleyball offers the fans of sport, in addition to the development and benefits in terms of physical and technical valences, social interaction and mutual respect, interaction and socialization. In the extension project "taking off into the future", it offered beach volleyball because it is a very practiced sport in the region, which is located in the southern region of Alagoas, which consists of extensive sea and lagoon.

JUSTIFICATION

Extension projects have among their functions the responsibility of working with the community in which IFAL - MD is inserted. The proposal is to articulate sport, more specifically beach volleyball and futsal, not only because they are more practiced in our country, but also because they are considered social phenomena, with the construction of the citizenship process of young neighborhood Poeira, of the Municipality of Marechal Deodoro - Alagoas.

We live in a capitalist society, in which the neoliberal political project makes evident its marks in a social scene marked by the abandonment of childhood and adolescence, and by the neglect of the public policies of education and health, mainly in relation to the popular classes.

Sport activity, as a pedagogical practice focused on the formation of citizenship, needs to understand the nuances of participatory sport present in different social movements.

In this sense, it is also up to the sport to seek the construction of its identity based on theoretical references and based on a praxis, where this practice, as well as other contents of Physical Education, must be integrated with the emancipatory educational proposals that contribute to the development of training for full citizenship. Through the practice of sport, we must encourage participation in all moments of pedagogical action, transforming it into a field of learning and construction of the citizenship process.

GOALS

To provide sporting and educational practices, specifically in the forms of beach volleyball and futsal, leisure and social integration, to awaken critical awareness, to contribute to the process of acquiring the citizenship of the young adolescents of the popular classes of the Poeira neighborhood, of the municipality of Marechal Deodoro - Alagoas;

To experience motor actions of the various manifestations of body culture, through the practice of beach volleyball and futsal;

To understand reality through the analysis of sport as a social phenomenon related to the cultural and historical context;

Promote reflection and experience of human values and citizenship, guided by the exercise of rights and duties and the transformation of reality.

Occupy idle spaces in the lives of participating young adolescents and thus avoid their involvement with illicit means and actions.

METHODOLOGY

Twenty (20) young male and female adolescents, aged 10 to 15 years, who are regularly attending classes in public or private schools, residing in the Poeira neighborhood or adjacent neighborhoods of the municipality of Marechal Deodoro - AL.

The activities will be developed in the sand volleyball and futsal court of IFAL - Campus MD.

These sports activities become relevant because the community benefited by the project presents a series of social and violence problems, which are very frequent even in the surroundings of the Campus where the classes will be held. The actions of the extension project can contribute positively to the reduction of deviations of conduits, occupy idle spaces and reduce the vulnerability and exposure of the young participants.

As a methodological procedure, the project will provide participants with the practice of healthy and conscious habits, through sport, as well as highlighting ethical and moral values, allied to cooperation and friendship.

Initially we will carry out anthropometric evaluations of the participants and an evaluation of the previous knowledge regarding the sports that will be practiced in the project.

The activities developed will have characteristics of sports initiation, through recreational games, games and pre-sports games to the specific training of the technical and specific fundamentals of beach volleyball and futsal.

One (1) teacher will serve as an advisor to two (2) IFAL-MD student fellows. The sports materials that will be used will be twelve (12) beach volleyball balls (material already available) and 30 extension design shirts.

CONCLUSION

At the end of the SACANDO PARA FUTURO project, participants will be able to incorporate a new way of life, such as promoting and maintaining health, acquiring a better physical fitness and experiencing social interaction in the sense of how they will later have to react to situations with their opposite and disagreements, having to accept some situations for social welfare, besides acquiring technical skill in the practice of beach volleyball and futsal according to their rules.

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ENDEREÇO

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SACANDO PARA O FUTURO

RESUMO

Historicamente o esporte teve como objetivo servir aos interesses da elite, sendo praticado em instituições militares, educacionais e religiosas. Atualmente seus objetivos foram expandidos, de maneira que ele se tornou um meio para desenvolver valores morais e educacionais, para auxiliar no processo de socialização, estimular a união, cooperação, respeito, disciplina e responsabilidade. O objetivo do presente estudo foi proporcionar através das práticas desportivo-educativas, especificamente nas modalidades do voleibol de praia e do futsal, momentos de lazer e integração social, visar o despertar da consciência crítica, contribuir no processo de aquisição da cidadania dos jovens adolescentes de classes populares do bairro Poeira, do município de Marechal Deodoro – Alagoas. Metodologia: Serão selecionadas vinte (20) jovens adolescentes do gênero masculino e feminino, com faixa etária de 10 a 15 anos, que estejam frequentando regularmente aulas em escolas públicas ou da rede privada, residentes no bairro Poeira ou bairros adjacentes. Conclusão: Ao final do projeto SACANDO PARA

O FUTURO, seus participantes terão condições de incorporar um novo estilo de vida, como de promover e manter a saúde, adquirir uma melhor aptidão física e de vivenciar interação social no sentido de como eles posteriormente terão de reagir às situações cotidianas com o seu oposto e divergências, tendo que acatar algumas situações para o bem-estar social, além de adquirir habilidade técnica na prática do voleibol de praia e do futsal de acordo com suas regras.

Palavras- Chaves: Futsal; Voleibol de Praia; Sacando para o Futuro.

SACING FOR THE FUTURE

ABSTRACT

Historically the sport has had as objective to serve the interests of the elite, being practiced in military, educational and religious institutions. Nowadays, its objectives have been expanded, so it has become a means to develop moral and educational values, to help in the process of socialization, to stimulate unity, cooperation, respect, discipline and responsibility. The objective of the present study was to provide moments of leisure and social integration, aiming to awaken critical awareness, contribute to the process of acquiring the citizenship of young adolescents from popular classes of the neighborhood Poeira, of the municipality of Marechal Deodoro - Alagoas. Methodology: Twenty (20) young male and female adolescents, aged 10 to 15 years old, who are regularly attending classes in public or private schools, residing in the Poeira neighborhood or adjacent neighborhoods will be selected. Conclusion: At the end of the SACANDO PARA FUTURO project, participants will be able to incorporate a new lifestyle, such as promoting and maintaining health, acquiring a better physical fitness and experiencing social interaction in the sense of how they will later have to react to everyday situations with their opposite and divergences, having to accept some situations for social welfare, besides acquiring technical skill in the practice of beach volleyball and futsal according to its rules.

Key-words: Futsal; Beach Volleyball; Pulling into the Future.

SACANDO PARA EL FUTURO

RESUMEN

Históricamente el deporte tuvo como objetivo servir a los intereses de la élite, siendo practicado en instituciones militares, educativas y religiosas. Actualmente sus objetivos se han ampliado, de manera que se ha convertido en un medio para desarrollar valores morales y educativos, para ayudar en el proceso de socialización, estimular la unión, cooperación, respeto, disciplina y responsabilidad. El objetivo del presente estudio fue proporcionar a través de las prácticas deportivo-educativas, específicamente en las modalidades del voleibol de playa y del futsal, momentos de ocio e integración social, visar el despertar de la conciencia crítica, contribuir en el proceso de adquisición de la ciudadanía de los jóvenes adolescentes de edad, las clases populares del barrio Poeira, del municipio de Marechal Deodoro - Alagoas. Metodología: Se seleccionarán veinte (20) jóvenes adolescentes del género masculino y femenino, con rango de edad de 10 a 15 años, que estén frecuentando regularmente clases en escuelas públicas o de la red privada, residentes en el barrio Poeira o barrios adyacentes. Conclusión: Al final del proyecto SACANDO PARA EL FUTURO, sus participantes tendrán condiciones de incorporar un nuevo estilo de vida, como de promover y mantener la salud, adquirir una mejor aptitud física y de vivir interacción social en el sentido de que ellos posteriormente tendrán que reaccionar a las situaciones cotidianas con su opuesto y divergencias, teniendo que acatar algunas situaciones para el bienestar social, además de adquirir habilidad técnica en la práctica del voleibol de playa y del futsal de acuerdo con sus reglas.

Palabras clave: Futsal; Voleibol de playa; Sacando hacia el futuro.

S'ENGAGER POUR L'AVENIR

SOMMAIRE

Historiquement, le sport a eu comme objectif de servir les intérêts de l'élite, étant pratiqué dans les institutions militaires, éducatives et religieuses. De nos jours, ses objectifs ont été élargis, de sorte qu'il est devenu un moyen de développer des valeurs morales et éducatives, d'aider à la socialisation, de stimuler l'unité, la coopération, le respect, la discipline et la responsabilité. L'objectif de la présente étude était de fournir des moments de loisir et d'intégration sociale, visant à éveiller la conscience critique, à contribuer au processus d'acquisition de la citoyenneté de jeunes adolescents de classes populaires du quartier Poeira, de la commune de Maréchal Deodoro - Alagoas. Méthodologie: Vingt (20) jeunes adolescents de 10 à 15 ans, fréquentant régulièrement des cours dans des écoles publiques ou privées, résidant dans le quartier de Poeira ou dans des quartiers adjacents seront sélectionnés. Conclusion: à la fin du projet SACANDO PARA FUTURO, les participants pourront intégrer un nouveau mode de vie, comme la promotion et le maintien de la santé, l'acquisition d'une meilleure forme physique et l'interaction sociale dans le sens de leur réaction ultérieure à des situations quotidiennes avec leur contraire et divergences, à accepter certaines situations de protection sociale, en plus d'acquérir des compétences techniques dans la pratique du beach-volley et du futsal selon ses règles.

Mots-clés: Futsal; Volleyball de plage; Dans l'avenir.