

Good practices

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Description of the problem / exercise:

The task covers sports, physical education, and reaction time development.

Reaction time is very important in any area of life, so it is recommended to develop it. In many team sports, at least one position is based almost entirely on reaction. Perfect reaction time is also very important in individual sports, such as tennis or table tennis.

The exercise I devised can be a great help to anyone in the development of this important human quality. This exercise helps develop reaction time using Poly-University game family elements.

Exercise description: The instructor/trainer places one of each of the three different Poly-University shapes on the ground, along an imagined outline, at the same distance from each other. The person performing the exercise stands at the center of the imagined circle, so that all forms surround him or her, and all forms are at the same distance from him. If the person is ready, the practice can begin. The instructor/trainer repeats the names of the shapes (triangle, square, circle) randomly at varying speeds, and the person performing the task must touch the shapes in the correct order as quickly as possible.

- *Why this exercise is good: This exercise develops reaction time, which can be used in any area of life, such as driving a car.*
- *Which level is recommended: It can be used in elementary schools, high schools, and in the training sessions of various team sports.*
- *School subject(s): Physical education*
- *Comments: This exercise can be made more difficult, further developed, and divided into levels by stacking the forms on top of each other and changing their placement.*
- *Example: One shape is placed twice on the outline, but at one point two pieces of the same shape are placed on top of each other. The person conducting the exercise must say with a distinguishing marker that the person performing the task should touch the identical shape consisting of one or two pieces from among the identical shapes.*