

# ETHNOPEDAGOGICAL HERITAGE of the development of physical activity in the preservation OF THE INDIGENOUS POPULATION OF WEST SIBERIA

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## KEY WORDS

Heritage - physical activity - indigenous population - west Siberia – Ethnology

## ABSTRACT

In recent years there has been the need to overcome the isolation of the contemporary education of indigenous population from their national roots and natural ethno-pedagogical process. It is a global challenge. UNESCO is concerned about the rapid extinction of the most important traditional pedagogical methods and, in particular, of the development and support for physical activity (traditional types of practices, games and sports) in the way of life of many indigenous peoples. The special federal program for economic and social development of indigenous populations in Siberia up to 2015 includes sections on providing the conditions for the development of motion activities. The function of motion activities as an essential part of ethno-pedagogical heritage in the physical education of the indigenous population of West Siberia has not been studied or systematized and it has not been subject to a comprehensive theoretical overview.

## PATRIMONIO ETNOPEDAGÓGICO DEL DESARROLLO DE LA ACTIVIDAD FÍSICA EN LA PRESERVACIÓN DE LAS POBLACIONES INDÍGENAS DE SIBERIA OCCIDENTAL

### PALABRAS CLAVE:

Patrimonio - actividad física - población indígena – Siberia del oeste - Etnología

### RESUMEN

En los últimos años ha habido una necesidad de superar el aislamiento de la educación contemporánea de la población indígena de sus raíces nacionales y el proceso etno-pedagógico natural. Es un desafío global. La UNESCO muestra su preocupación por la rápida extinción de los más importantes métodos pedagógicos tradicionales. En particular, el desarrollo y el apoyo a la actividad física (de tipo tradicional de los oficios, juegos y deportes), en la forma de vida de muchas etnias. El programa federal especial para el desarrollo económico y social de las poblaciones indígenas de Siberia hasta el año 2015 incluye partes sobre el mantenimiento de las condiciones para el desarrollo de las actividades motrices. La función de las actividades motrices como parte esencial del patrimonio etno-pedagógico de la educación física de la población indígena de la Siberia Occidental que no se ha estudiado, sistematizado y no tenía una visión teórica general.

## INTRODUCTION

The article is based on the materials received in ten ethnopedagogical expeditions (1990-2006) in places of residing of the indigenous population of the West Siberia. In the result of ethnopedagogical expeditions the basic means of ethnopedagogical heritage and property of physical activities were identified. Ethnopedagogical heritage of physical activities included more than hundred of traditional games and competitions. The implementation of traditional games and competitions will allow enriching considerably the spiritual life of not only the indigenous population but other peoples of the west Siberia and the whole Russia as well.

Motion activity is understood as any directed muscular activity enabling to develop, maintain and keep

good physical form, improve general state, provide more energy, give an additional impetus to life and opportunity to adapt to weather and social conditions. Concern for child's welfare and mutual development was aimed at improvement of physical activity. And it has always been the issue of tireless efforts in family education.

The valuable information about the means of physical activity of Siberian ethnos can be divided into ethnopedagogical heritage and ethnopedagogical property.

Ethnopedagogical heritage of indigenous population of the West Siberia being rich in forms and matter must be studied recreated, reconstructed and implemented in modern conditions.

A great number of means of physical activities such as traditional games and sports, methods of health improvement, physical training for industrial and economic activities, accumulated in the process of trade, military campaigns, in everyday life, provided all necessary conditions to form the younger generation that is sound of body and mind. The means of physical activity were used not only in everyday life but for preparation and holding national holidays which revealed the national uniqueness of motion activities in the traditional games. Sport events gathered and united the representatives of indigenous populations of the West Siberia who lived at considerable distance from each other (Krasilnikov, 1998; 2002).

Appealing to the pedagogical heritage and property will allow overcoming an extremely negative tendency of vigorous decrease of a family physical education in formation of physical activity of the youngsters. It is needed to increase importance and responsibility of secondary and high schools for providing required physical activity of school students. However, the educational system in conditions of the North fails to do it in full extend. In recent years researches have revealed that physical activity of Russian schoolchildren are 40 % and senior high school students 70% below the required rate (Simonova, 1983). Medical investigation has showed that only 4% out of senior high school students don't have health deviations. The situation in national secondary school is much more worth (Prokopenko, 1992; Shamaev, 2003).

Brief information regarding the means and methods of physical activity improvement of native Siberian is to be found in works by Zuev, 1947; Finish and Bram, 1882.

In the early 20<sup>th</sup> century a more detailed study on culture of Siberian peoples was carried out. It undoubtedly allowed obtaining some information on the development of physical activity of children and teenagers. Several means of improvement of physical activity are described in the research works by Shukhov, 1915; Dmitriev-Sadovnicov, 1914. The main weakness of the works mentioned above is in their fragmentary and descriptive character.

The most active studies of ethnopedagogical heritage and means of development of physical activity of Siberian peoples in particular began in the 20-30<sup>th</sup> of the 20<sup>th</sup> century. There were published the works by Pevgova, 1939; Reinson-Pravdin, 1944-45; Absolyamov, 1962 on traditional education, games and methods of their application in national schools of the North.

It should be noted that in recent years there has been published the works containing the analysis of original physical training and means of development of

physical activity of indigenous populations in Siberian. It has been carried out by Krivuly, 2004; Krasilnikov, 1988, 2002; Sinavskiy, 2005. All of them have made a great contribution to revealing the national peculiarities of physical culture, original physical education, functions and meaning of traditional games and sports. The authors listed above express great concern about the lack of attention to the problem of studying, preservation and implementation of traditional forms of motion activities of indigenous populations of the west Siberia in modern conditions and their role and importance in the contemporary education process.

Most of researchers of physical culture of native Siberian such as Zuev, 1947; Ostroumov, 1903; Pavlovsky, 1907; Simonova, 1883; have pointed on their short height of 150-155 cm, their weight of 55-64 kg. But they say that their height was not an obstacle for formation of solid body of these nations.

Most of researchers of the North such as Zuev, 1947; Gondatty, 1888; Irinarkh (hegumen), 1909; Mitusova, 1928: recorded long life span (from 60 till 100 years old) that couldn't be possible without high level of physical activity. Besides, they pointed out the high level of vital motion skills (considering the specific character and national ethnic features of the Siberian region) like walking, running, jumping, crossing of barriers in taiga, tundra, combination of different kinds of motions during industrial activity, gathering and other kinds of household activities.

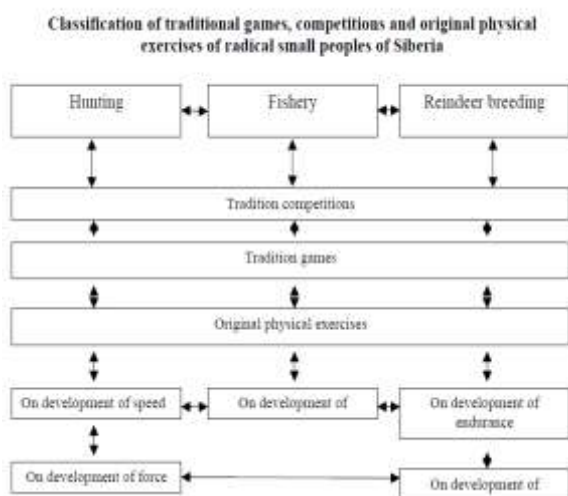
The scientific data acquired show that the main goal of original physical training was to convince the young generation in their loyalty to spiritual and material values of indigenous peoples of Siberia that are in the national folklore and religious practices. The goal was not achieved without bringing only physical qualities but spirituality and morality as well. It couldn't be possible to educate the will without training strength, agility, speed, flexibility, emotional control, discipline, kindness, honesty and self-possession, to be initiative, quick-wittedness, and response, dominance of esthetic and spiritual needs over material ones.

Theoretical and field ethnographic researches reveal that pedagogical heritage and property of indigenous populations of the West Siberia contain rich potential of original means, methods and forms of development of physical activity which provided and provide training industrial and household activities, formation of spirituality, socialization and connection with their own history.

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Traditional active sports and games is the most important means of training of vital movements, development of such physical qualities as speed, strength, agility, flexibility. They educate determination, courage, smartness, collectivity, team spirit, and morality help to survive in harsh geographic and climatic conditions of the north of the West Siberia. The revival of the etnopedagogical heritage and its implementation in contemporary educational process of national schools, boarding schools, sport schools for

Figure 1.



children and the youth will allow to enrich its content significantly, and optimize movement activity of children, teenagers and young people of native Siberian, and other nations of the Russian Federation (fig. 1).

Involving children of newcomers, who are engaged into industrial development of natural resources of the North, into traditional physical training of the indigenous populations of Siberia doesn't break any national foundations. On the contrary, it will help to establish international tolerance, mutual understanding and harmony not only among children but their parents as well ■

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