Abstract:
Mechanized industry has been changed with the development of modern technologies such as: information technology (micro-elecronics, computers, telecommunications, robotics), laser technology, technology of new materials, nuclear technology, space exploring technology, biotechnology and genetic engineering. These technologies have caused rapid changes in production, social relations worldwide, life of people and their education. Managing innovations is very complex, because the teacher’s resistance occurs due to insufficient capability and inadequate equipment in schools. Overcoming this problem involves active participation in seminars for teacher training. Development of information technology and constantly innovating educational technology causes changes in the methods and forms of teaching and organization that would be optimal in the era of mass application of Internet and electronic sources of knowledge. New knowledge, new inventions and new technologies influence, directly or indirectly, reform and advancement of education system, changes of teaching contents and other sources of knowledge, betterment of teaching technique and technology. We shall mention some of the discoveries which have been influencing the physical education system.

Key-Words: Information technology, Software engineering, Education, Physical education

1. Introduction
Nowadays we live in information society where production, processing, storage and using of knowledge are important factors of modern development, interpersonal relationships as well as relationships among states and nations. Country, which has more scientific knowledge, which is in possession of modern information systems and which is able to educate high quality personnel and use quickly scientific knowledge is superior in the development. It is capable to subjugate
economically and politically less developed and non-developed countries. That is why all the countries in the world are looking for the best ways for personnel education, development of technologies for better quality knowledge acquirement, its processing, practical application as well as production of material and spiritual values. For that purpose are used development of electronical informatics, foundation of scientific and technical information systems is carried out and possibilities of interactive communication are extended. Human being is expected to comprehend changes, to find his way in sudden changes and to become capable to create changes. New knowledge, new inventions and new technologies influence, directly or indirectly, reform and advancement of education system, changes of teaching contents and other sources of knowledge, betterment of teaching technique and technology. We shall mention some of the discoveries which have been influencing the changes of education system. Here are some of them: intellectualization of many areas of human and other activities; mechanization of physical human activities (use of computers, robots, automatic devices and tapes); cybernetization of intellectual work processes and management (with the appearance of technical means such as microcomputers, transputers, which can do intellectual work of various levels); more excessive and more secure use of energy (specially with the appearance of lasers and semiconductors); increased possibilities for changing material characteristics (by means of modern technology); considerable successes in control of many biological processes (created due to scientific researches and biogenetic engineering); exploring new spaces in the universe (by means of space technology); creating scientific information bank (industrial, technological, etc. and treating scientific information as an important strategic resource of modern development (they are strategic resource, development factor and important usable value of any society, while imposition of free information flow create many problems in the relationships among countries (transnational companies make conditions for free information flow ignoring national borders). In the USA in 1970 about 50% of people was employed in various activities of production, processing and distribution of information. It is important to point out that number of scientific workers has been remarkably increased (there are opinions that in our century live and work 90% of scientists and engineers of all the times); scope and quality of scientific knowledge is rapidly increasing (in some fields scientists discover up to 70 000 new sources of knowledge per year); period of time from scientific discovery to its practical application is shortening (at the beginning of this century 30 years were needed, while now 2-3 years even less are needed); human cognitive capabilities have been considerably increased (using radar, electronic microscope, telescope, computer, etc.);, number of intellectual workers has been increased (from 1926 to 1966 approximately number of intellectual workers has been increased ten times worldwide) and human factor is more and more participating (specially high educated people) in scientific, social and production activities in relation to capital and work resources. There is no doubt that these factors have been supporting more radical changes in the field of education, causing crisis when the changes were slow and inadequate and created situation in which school, the one we call “average”, was considerably lagging behind science, production and social life. For that reason many scientists nowadays assert that school, with its curriculums and quality of work, is more directed to the past, and present than to the future, more to those things that are than to those that should be, more to those things that must be than to those that would be desirable.

Good work in physical education, which has adequate influence on the development of physical abilities and needs optimal sport-technical training students, certainly has an impact on the formation of positive attitude towards children and youth physical education. Well done physical education should result, not only the depth of interest for physical exercise, but also the formation of positive attitude towards him. Formed positive attitudes toward physical education and exercise are one of the conditions that the individual begins training to deal with, on the basis of their own choice or in concert with others. Formed a positive attitude towards training is transferred to other entities which strengthens the position of physical education, that is, its social functions. In a word, the process of physical education is successful if it influenced the formation of positive personality traits of students. Physical education and its
influences can be seen as a complex system of relations, including relations of concrete values, which from him, physical education, stem. Physical education, gives the importance of the overall development of personality, a very significant factor in educational work in primary school.

We made software with several types of instruments suitable for action and empirical research. There are a lot of Web based software for teachers in this area.

Action research is largely based on qualitative factors. Paradigm of action research is less scientific explanation, a more pedagogical and methodological understanding of the phenomenon that is the subject of research. That does not mean that action research does not strive for the quantitative facts. They tend to rely on quantitative and qualitative facts simultaneously. Action research differs from other types of methodological research and the fact that the researchers considered all the participants of activities which is the subject of research. All of them together (with the organizers, initiators, professional researchers, etc.).

The research team. immediate action artists (researchers) even have a key role in the assessment exceeded the stages of research, the proposed new directions of research, as well as in the conclusion of all research and evaluation. In the teaching of certain subjects, including the teaching of physical education can be successfully prepared and implemented an action (activity) investigations, or, as some of them due to the active involvement of teachers in all phases of research activity figuratively referred to as teacher research. The implementation of these trials, compared to the classical, is flexible (elastic), and the project research is more open and unfinished. Action research are also organized to provide, other than a professional researcher, and each teacher and colleague, to be actively engaged in the research process, from selection (identification) and the formulation of the problem (cases) research, project development, data collection and processing, to interpretation (the analysis and evaluation) the results of research and their application in the direct teaching work. At the same time, action (activity) and promote the research include, if it has reasons to change the course of the research process itself research. Thus, for example, professional researchers and educators (teachers directly organized and carried out educational work and do some research tasks: construct informal measuring instruments, applied them in the research, collect data from their students, etc.)

Teachers can use plans, didactical materials, pictures, movies for all experiences according to the program of physical education. These materials are located in WEB portal and could be saved on DVD, USB disk etc.

2. Improvement of physical education

To give adequate physical education results and to meet the desired expectations, it is necessary to follow its reach and impact on the physical development of students, development of physical skills, sports and technical competence and psycho-social characteristics of personality of students. Evaluating the process of physical education and its results should be objective. It may be systematic, through continuous monitoring of physical development and physical abilities of students, objective assessment of movement learned envisaged program of physical education and selected parameters psycho-social characteristics. Also, the evaluation process in physical education may be through scientific research in the field of physical education and their results. Such is the case with deepened research on the topic: "Achievements in teaching physical education, morphological, motor and psychological characteristics and personality traits of primary school students. Physical education, gives the importance of the overall development of personality, a very significant factor in educational work in primary school.

The program of physical education is defined by its
objective, which refers to the satisfaction of student needs for mobility, increasing the contribution of adaptive and creative abilities in modern conditions of life and work, development of physical culture necessary for the preservation of health and create lasting habits of physical exercise to incorporate into everyday life and culture of living. The tasks of physical education related to exploring the significance and essence of physical education, the achievement harmonical physical development and proper body posture, development of hygienic habits, adopting a fund of motor knowledge, skills and habits, encourage and activate the latent abilities and talents for the remarkable versatile development and training in sport and dance. From the fourth to eighth grade physical education is conducted three times a week for one hour. For two hours the contents of a joint program implemented. The third class is implemented mandatory program selected one of the sports field. Alternately, the physical education program are focused in three directions:

- development of physical abilities,
- sports and technical education and
- correlation of physical education with life and work.

The program is envisaged that the development of physical skills for each class in all grades. Particular attention has been given to developing the basic elements of physical fitness and strengthening of normal natural body posture at rest and movement. From fourth grade to introduce elements of athletics, exercise on the floor and apparatus, football (for students), rhythmic gymnastics and dance, handball, swimming, basketball and volleyball. It is also used as extracurricular activities - hiking, cross, and winter camping. In the sports activities of students IV, V, VI, VII and VIII grade, includes the following sports fields and disciplines: athletics, exercise on the floor and apparatus, exercises on the loom, soccer, rhythmic gymnastics and dance, handball, swimming, basketball, wrestling and volleyball. Given that the content of physical education physical education provided for connection to the life and work, advise students to work independently on developing and maintaining physical fitness in everyday life.

3. Conclusion

The imperatives of information era are that educational system should provide possibilities for more solidly educated personality; people who have phonetic and computer literacy, who have cultural values, who have developed their abilities and creative potential, personalities with valuable social and moral culture, creators of material and spiritual well-being, capable to follow scientific and cultural inventions, to be permanently educated and to use their education for social progress. Action research helps teachers to change educational technology, teaching process and evaluate knowledge continually. In the process of action researchers are trying to gather quantitative facts, as well as other empirical research. The instruments used in action research are usually already applied in other empirical research. If you study participants, however, made specifically for research, they are mostly ad hoc prepared instruments - instruments that are not preliminarily checked. However, before
their application is necessary to conduct a joint debate (discourse) and obtain the consent of all participants (students and teachers) to be used in the study. The action research methods most commonly used content analysis of documentation (that are, for example, students' work, teacher preparation, minutes and notes, magnetic, film, video clips and other educational classes, protocols written record, teachers and students diaries, etc.) then participation observation procedures (procedure when the researcher involved in the group, events, processes, etc.. that follow, examine), and interviewing and surveys (questionnaires especially prevalent where issues open type) and, very rarely, other research methods (scaling, testing, etc..). Planning of physical education lessons, using informational technology, with a continuous realization of programme contents had significant positive effects on improving the results of sport technical education, of male and female examines on final evaluation for all ten researched variables and as such it can be reliable basis and recommendation of modern physical education with permanent broadening of present knowledge.

References: