

Technology Of Physical Development Of Students With The Help Of Physical Education Means

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Abstract.

This article discusses the processes of physical education of students based on the technology of physical development using physical education equipment and the techniques and means of physical training and fitness used in these processes. .

Keywords: physical education, physical education equipment, fitness, technologies, techniques, fitness .

Introduction: The importance of fitness and fitness in the process of physical education for children is great. The volume of scientific research aimed at the physical training of children is constantly increasing, and their subject matter is also expanding. In order to increase the efficiency and quality of scientific research, it is of great importance to intensify its content. In addition, it is necessary to quickly apply the results of research on various problems of physical education in the physical development of children to physical education practice. One of the main important aspects of this is to develop the skills of physical education specialists in the use of effective innovative physical education equipment during training. It is worth noting that a specialist should form his professional competence not only by using various aspects of physical education and sports, but also by studying in-depth subjects related to physical education. Therefore, the importance of the professional qualifications of specialists is associated with the correct organization of the techniques used in each training session. This requires physical education specialists to be aware of the scientific and technical developments and innovative technologies of their professional disciplines and related disciplines.

Physical education facilities should also have knowledge of the laws of physical development for the healthy development of the child.

Purpose: to analyze and study information on the technology of physical development of students using physical education tools.

Materials and methods: Physical education is a pedagogical process of transferring the methods and knowledge necessary for physical education from generation to generation, the purpose of which is the comprehensive development of a person's personality and physical abilities, the formation of motor skills and abilities, and the strengthening of health.

Which physical education method is most often used to develop strength? The main means of physical education are the following, and we will list them: physical exercises used in gymnastics, sports, games and tourism; natural factors of nature (air, sun, water); hygienic conditions of work and life, it is advisable to systematically carry out the physical development of children based on the above tools.

What means of physical education are used to solve educational problems? Morning hygienic gymnastics, warm-up, rational study and rest regimen, nutrition in accordance with hygiene requirements, healthy walks, etc.

What methods are used in the process of physical education? To solve physical education problems, the method of regulated exercises, game and competition methods, verbal and emotional methods are used.

The following are included in the physical education program at school: physical education classes include gymnastics, athletics, sports games, swimming, skiing, and at primary school age, outdoor games.

The purpose of children's physical education is to form a person's physical culture, master the experience of creative use of physical education and sports equipment and methods, form stable motivation and a healthy lifestyle and physical self-improvement, and provide psychophysical support.

The following three types of tasks are solved in the implementation of the process of physical education of children: tasks in the areas of health, education and upbringing.

The most common methods of developing strength are the maximum movement method, the dynamic movement method, the isometric (static) method and electrical stimulation of muscles. In sports, the relationship between strength and speed or speed-strength qualities is of great importance (running, jumping, throwing, weightlifting, boxing, etc.). The five methods of teaching physical education are; direct instruction, indirect instruction, movement learning, cooperative activity, team style, inquiry style, and reciprocal style.

Tip: It may be useful to add an example to the card for each teaching method and style.

What is a means of physical education? The following are used as means of physical education: physical exercises, natural forces of nature (sun, air and water, their hardening effect), hygienic factors (personal hygiene - daily routine, sleep hygiene, nutrition, labor activity, body hygiene, sportswear), footwear, workplaces. What types of physical education are there? basic physical education; sports as a component of physical culture; professional and applied physical education; health and rehabilitation physical education; "background" types of physical education.

Let's look at five methods of teaching physical education: These include: direct instruction, indirect instruction, movement learning, cooperative activity, team style, inquiry style, and reciprocal style.

What are the 7 main strategies for teaching physical education?

These include: direct instruction, indirect instruction, movement learning, cooperative activity, team style, inquiry style, and reciprocal style. Tip: It may be useful to add an example to the card for each teaching method and style. What three tasks are solved in the process of physical education? The technology of step-by-step teaching of physical exercises to children is based on the laws of the formation of movement skills and includes three stages:

I - the stage of initial study of movement movements;

II - the stage of in-depth study of movement;

III - stage of improving movement technique;

Results and discussions.

1. General description of physical education means

The main means of physical education: physical exercises used in gymnastics, sports, games and tourism; natural factors of nature (air, sun, water); hygienic conditions of work and life.

To achieve the desired results, it is necessary to use all means of physical education in a complex, harmonious manner.

Physical exercise is understood as a conscious movement specially selected and carried out to solve physical education problems. The effect of physical exercise on the body directly depends on a number of conditions under which the exercises are performed. These conditions are:

- 1) the exercises themselves, since they may differ in their effect on the body;
- 2) the conditions for performing the exercises, or in other words, the place and time of performing the exercises;
- 3) the dose of the exercises, that is, the duration and number of exercises performed, depending on the age, gender, level of physical fitness and health status of the participants;
- 4) the training methods used.

Various physical exercises are widely used in the upbringing of children and adolescents. This requires a strict consideration of the effect of physical exercises on the body, a scientific approach to their selection and application, as well as the best conditions for performing physical exercises, because only under such conditions their effectiveness will be the highest and it will help. Solving the main tasks facing physical culture in our country is one of the important aspects.

Physical exercises are such movements (including their combinations) aimed at achieving the goals of physical education and formed and organized in accordance with its laws.

The word "physical" reflects the nature of the work performed, as opposed to mental labor, which is manifested externally in the form of movements of the human body and its parts in space and time.

The word "exercise" means the purposeful repetition of movement in order to influence the physical and mental properties of a person and improve the methods of performing this movement.

Thus, physical exercises are considered, on the one hand, as a specific movement movement, and on the other hand, as a process of repeated repetition.

The effect of physical exercise is determined primarily by its content. The content of physical exercise is a set of physiological, psychological and biomechanical processes that occur in the human body when performing a particular exercise.

The content of physical exercises determines their health benefits, educational role and impact on the individual.

Health benefits. Performing physical exercises causes adaptive morphological and functional changes in the body, which are manifested in an improvement in health indicators. In addition, performing physical exercises has a healthy effect on participants.

The health benefits of physical exercise are especially important in hypokinesia, physical inactivity and cardiovascular diseases.

Through physical exercise, you can significantly change your body shape. By choosing the appropriate technique for performing physical exercises, in some cases the mass of muscle groups increases, in others it decreases.

With the help of physical exercises, it is possible to have a targeted effect on the development of a person's physical qualities, which can naturally increase his physical development and physical fitness, and this, in turn, is reflected in health indicators. For example, when increasing endurance, not only the ability to perform moderate work for a long time is developed, but the cardiovascular and respiratory systems are also improved at the same time.

3. *Natural factors of nature as a means of physical education*

Among the means of physical education, natural environmental factors - sunlight, air and water - occupy an important place, which, when used correctly, strengthen health and harden the body. These means are used in physical education as a supplement to physical exercises, but they can also be used independently.

4. *Hygienic and social factors*

Hygienic factors significantly complement the health benefits of physical exercises and determine the possibilities of physical development. For example, physical education classes improve physical development with adequate nutrition and sleep. Cleanliness of buildings and physical education equipment serves as a preventive measure against infectious diseases.

Conclusion: Thus, it can be said that the role of any forms and methods of physical education and sports in the growth and development of children is incomparable. In order to improve the physical development and fitness of children, the organization of practical work, taking into account their age and pedagogical characteristics, will further increase the effectiveness of this process. The use of physical education equipment in improving the general physical fitness of children is currently

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