

FEATURES OF PHYSICAL EDUCATION OF PRIMARY SCHOOL PUPILS

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Physical education of students is an integral part of the entire educational work of the school and occupies an important place in preparing students for life, for socially useful work.

Work on physical education at school is distinguished by a wide variety of forms that require students to show organization, initiative, initiative, which contributes to the development of organizational skills, activity, resourcefulness. Carried out in close connection with mental, moral, aesthetic education and labor training, physical education contributes to the comprehensive development of schoolchildren.

The physical education of younger schoolchildren has its own specifics, due to their anatomical, physiological and psychological characteristics, as well as the fact that when they come to school, students find themselves in new conditions to which they need to adapt, get used to. With the beginning of studies, the amount of mental work of children increases significantly and at the same time their physical activity and the ability to be outdoors are significantly limited. In this regard, proper physical education in primary school age is not only a necessary condition for the comprehensive harmonious development of the student's personality, but also an effective factor in increasing his mental performance.

The specificity of the upbringing of schoolchildren is due to their anatomical, physiological and psychological characteristics - this is slow growth, high excitation of the nervous system, increased reactivity and, therefore, the heart rate of a child of 7 years old is 88 beats / min, 10 years old - 79 beats / min. The blood pressure of a 7-year-old child is 85/60, 10 years old is 90/55. The mass and size of the heart is less than in adults, the ossification of the skeleton has not yet ended, the muscles are poorly developed, especially the muscles of the trunk, the ligaments and tendons are not strong enough, which contributes to deformation during the load of the ridge. Overloading can lead to growth retardation of the child.

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Rationally organized physical education activities in the daily routine expand the functional capabilities of the child's body, increase the productivity of mental labor, and reduce fatigue. The purpose of physical education is the comprehensive harmonious development of the individual. It is closely connected with mental, moral, labor and aesthetic education. The specificity of the education of younger schoolchildren is due to their anatomical, physiological and psychological characteristics - this is slow growth, high excitation of the nervous system, increased reactivity and, therefore, the heart rate of a child of 7 years old is 88 beats / min, 10 years old - 79 beats / min. The blood pressure of a child 7 years old is 85/60, 10 years old is 90/55. The mass and size of the heart is less than in adults, the ossification of the skeleton has not yet ended, the muscles are poorly developed, especially the muscles of the trunk, the ligaments and tendons are not strong enough, which contributes to deformation during the load of the ridge. Overloading can lead to growth retardation of the child.

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Rationally organized physical education activities in the daily routine expand the functional capabilities of the child's body, increase the productivity of mental labor, and reduce fatigue. The successful solution of the tasks of physical education of younger students is possible only if it becomes an integral part of the entire educational process of the school, a subject of general concern for the teaching staff, parents, the public, when each teacher performs his duties in accordance with the "Regulations on Physical Education secondary school students"

Promoting the health and promotion of the correct physical development of students is an important task of the elementary school. The physical condition of the child, his health is the basis on which all his strengths and abilities develop, including mental ones.

Proper physical education of students is a necessary condition for the normal development of the whole organism. Thanks to motor activity, the development of the cardiovascular system and respiratory organs is ensured, metabolism improves, and the general tone of life increases. It is known that when children move little, they lag behind in development from their peers, who have the correct motor mode.

Важным показателем нормального физического развития ребенка является правильная осанка, которая предопределяет нормальное положение и функционирование внутренних органов. Формирование правильной осанки зависит от многих условий, а именно от того, как ученик ходит, стоит, сидит, выполняет ли ежедневно утреннюю

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гимнастику, физкультминутки на уроках, игры и упражнения на переменах. Физические упражнения являются основным средством формирования правильной осанки.

Motor activity, which the child carries out in the process of physical education, is a necessary condition for the normal development of his central nervous system, a means of improving the analyzers and developing their interaction. No wonder they say that the muscle brought up the brain, the nervous system. There is a close relationship between the motor activity of the child and its mental development. The fulfillment of purposeful motor actions occupies an important place in the life of children of primary school age and is one of the most effective factors in the development of their emotional-volitional sphere, a source of positive emotions. I. I. Pavlov called the pleasure that a person receives from motor activity, "muscular joy"

The formation of motor skills in the primary grades is carried out in accordance with the curriculum, which provides for teaching students the exercises of basic gymnastics, athletics, games, ski training, and swimming.

The effectiveness of teaching motor actions depends on the methodology of conducting lessons, on how the cognitive activity of students is activated in the learning process, language and thinking are included in this process, how consciously they relate to the assimilation of motor actions. Mastering the correct technique for performing exercises is an important task of physical education. As you know, exercises have a positive effect on the body only if they are performed correctly. In addition, the rational technique of performing exercises contributes to the formation of the correct skills of vital movements, develops in children the ability to appropriately distribute effort and effectively carry out different movements, educates them in their readiness to quickly learn new motor actions.

Forming vital skills and abilities in students, due attention should be paid to developing their ability to quickly and accurately perform small movements with their fingers, skillfully interact with both hands, and quickly rearrange movements in accordance with the conditions. The development of hand movements in schoolchildren, this main organ of human objective actions, is an important task in elementary education. The development of the movements of the student's hand is influenced by different types of activities: writing, drawing, manual labor, self-service, physical education. It should be emphasized that physical education exercises play a specific role in the development of hand movements and, in particular, in the development of their voluntary regulation. It is in these classes that tasks are set and performed for the development of accurate and coordinated hand movements among students using exercises with objects (with large and small balls, with a rope, with sticks, flags, etc.), as well as with the help of special exercises for the development differentiated finger movements.

Arming students with knowledge of physical culture, hygiene, with the rules of hardening. In the primary grades, students should have an idea of the correct motor mode, be aware of the

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importance of morning hygienic gymnastics, physical culture, outdoor activities after school hours, know what clothes and shoes are needed for physical exercises, monitor the correct posture, know the rules of hardening, the content of the initial degree of the complex "Ready for the start".

Obtaining knowledge of physical culture by students is a necessary condition for the conscious mastery of educational material in this subject, instilling interest and the habit of systematically engaging in physical exercises. A special role is played by students' knowledge of physical culture in the formation of their ability to independently perform physical exercises, in the development of students' convictions about the need to systematically engage in physical education, temper the body through the use of natural factors (sun, air, water).

The younger school age is characterized by a relatively uniform development of the musculoskeletal system, but the intensity of growth of its individual dimensional features is different. So, the length of the body increases during this period to a greater extent than its mass.

The joints of children of this age are very mobile, the ligamentous apparatus is elastic, the skeleton contains a large amount of cartilage tissue. The spinal column retains great mobility up to 8-9 years. Studies show that primary school age is the most favorable for a directed increase in mobility in all major joints.

The muscles of primary school children have thin fibers, contain only a small amount of protein and fat. At the same time, the large muscles of the limbs are more developed than the small ones.

At this age, the morphological development of the nervous system is almost completely completed, the growth and structural differentiation of nerve cells ends. However, the functioning of the nervous system is characterized by the predominance of excitation processes. By the end of the period of primary school age, the volume of the lungs is half the volume of the lungs of an adult. Minute respiratory volume increases from 3500 ml / min in 7-year-old children to 4400 ml / min in children aged 11 years. The vital capacity of the lungs increases from 1200 ml at the age of 7 to 2000 ml at the age of 10.

For the practice of physical education, the indicators of the functional capabilities of the child's body are the leading criteria for choosing physical loads, the structure of motor actions, methods of influencing the body.

For children of primary school age, the need for high physical activity is natural. With a free mode in the summer, children 7-10 years old make from 12 to 16 thousand movements per day. The natural daily activity of girls is 16-30% lower than that of boys. Girls to a lesser extent show physical activity on their own and need a greater share of organized forms of physical education.

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Compared with the spring and autumn periods of the year, in winter the motor activity of children falls by 30-45%, and for those living in the northern latitudes and in the Far North - by 50-70%.

With the transition from preschool education to systematic schooling in children 6-7 years old, the volume of physical activity is reduced by 50%.

During the period of training, the motor activity of schoolchildren not only does not increase when moving from class to class, but, on the contrary, decreases more and more. Therefore, it is extremely important to provide children with a sufficient amount of daily motor activity in accordance with their age and state of health.

Scientists have established how much daily physical activity it is necessary to provide children with when they perform various types of physical exercises. After classes at school, children should spend at least 1.5-2.0 hours outdoors in outdoor games and sports entertainment.

The younger school age is the most favorable for the development of physical abilities (speed and coordination abilities, the ability to perform cyclic actions for a long time in modes of moderate and high intensity).

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