



MODERN ASPECTS OF ECONOMIC AND SOCIAL SUSTAINABLE DEVELOPMENT

Vol. 12 (2023): Special Issue

INTERNATIONAL E-CONFERENCE-15th September

PHYSICAL EDUCATION OF STUDENTS IN PRIMARY CLASSES

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Abstract – *The objectives of the new school are to reveal the abilities of every student who will be ready for life in a high-tech competitive world. Considering these features, physical education is aimed at forming the foundations of a healthy lifestyle in primary school students and developing creative independence through the development of motor activity.*

Key words: *physical education, primary classes, teaching physical education, school.*

I. Introduction

It is further indicated that the school is an important element of the modern state. The main tasks of the new school are to reveal the abilities of each student, to educate a decent and patriotic person, ready for life in a high-tech competitive world. School education should be structured so that graduates can independently set and achieve serious goals, skillfully respond to different life situations and quickly adapt to them.

II. Main part

The subject of teaching physical education in primary school is the human motor system with a general developmental focus. In the process of mastering this activity, health is strengthened, physical qualities are improved, certain motor actions are mastered, and thinking, creativity and independence are actively developed.

Considering these features, physical education is aimed at forming the foundations of a healthy lifestyle in primary school students and developing creative independence through the development of motor activity. The implementation of these fundamentals of physical education is associated with the solution of the following educational tasks:

- strengthen the health of schoolchildren by developing physical qualities and increasing the functionality of the body's life-support systems;
- to form general ideas about physical culture, its importance in human life, health promotion, physical development and physical fitness;
- develop interest in independent physical exercise, outdoor games, forms of active recreation and leisure;

31	ISSN 2319-2836 (online), <i>With support APJMMR</i> https://www.gejournal.net/index.php/APJMMR
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- master the simplest methods of monitoring physical activity, individual indicators of physical development and physical fitness.

The basic results of education in the field of physical education in primary school is the mastery of skills by students. In addition, the subject “Physical Education” contributes to the development of students’ personal qualities and is a means of developing universal abilities (competence) in students. These methods (competencies) are expressed in the meta-subject results of the educational process and are actively manifested in various types of activities (cultures) that go beyond the scope of the subject “Physical Education”.

The universal competencies of students at the stage of primary education in physical education are:

- the ability to organize one’s own activities, choose and use means to achieve its goals;
- the ability to actively participate in collective activities, interact with peers in achieving a common goal;
- the ability to convey information in an accessible, emotionally vivid form in the process of communication and interaction with peers and adults.

The entire content of the academic subject “Physical Culture” is aimed at educating creative, competent and successful citizens of Russia, capable of active self-realization in personal, social and professional activities. In the process of mastering the course, primary school students’ health improves, general and specific educational skills, and methods of cognitive and subject-related activity are formed. Because of training, primary school graduates should understand the importance of physical education for promoting health, physical development and physical fitness, for work, and military practice. They must consciously use the knowledge acquired in the “Physical Education” course when planning and following a daily routine, performing physical exercises and during outdoor games at their leisure.

III. Conclusion

Physical education teachers should have an understanding of pedagogical technologies that will enable him to model his educational trajectory, choosing health protection as one of the most important priorities of his professional activity.

In teaching technology, content, methods, and means are interconnected and interdependent. Pedagogical skill consists in choosing the right content, applying the right methodological techniques in accordance with the approximate physical education program and the assigned educational objectives.

One of the important components of the exemplary program is methodological manuals for the development and application of modular work programs for training in the conditions of educational technology. Methodological recommendations equip users of the modular work program

32	ISSN 2319-2836 (online), <i>With support APJMMR</i> https://www.gejournal.net/index.php/APJMMR
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with knowledge not only of what modular training is, but also of how to develop key competencies in physical education. According to V.I. Kuznetsov, a modular work program is a methodological and didactic complex for preparing competent graduates, a system of means, techniques, with the help and through which an integrating didactic goal and key competence are achieved.

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