

TEACHING AND TREATMENT OF PHYSICAL EDUCATION IN EDUCATIONAL INSTITUTIONS

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Annotation: in recent years, there has been no significant improvement in the health and physical development of children and adolescents, so our in our time, problems of physical education are especially relevant. Children with any disease or who are often and for a long time ill need physical activity, especially suitable for the functional state of the body. The issues of physical education of schoolchildren do not allow to effectively solve the problems of physical education and achieve its goal.

Keywords: physical education, school, education of students, children.

Аннотация: В последние годы не наблюдается значительного улучшения здоровья и физического развития детей и подростков, поэтому наши в наше время проблемы физического воспитания особенно актуальны. Дети, страдающие каким-либо заболеванием или часто и длительно болеющие, особенно нуждаются в физической активности, соответствующей функциональному состоянию организма. Вопросы физического воспитания школьников не позволяют эффективно решать задачи физического воспитания и достигать его цели.

Ключевые слова: физкультура, школа, ученики, воспитание детей.

In the current period, along with other problems, the physical education of children is especially relevant. The requirements for the school curriculum, which have increased in recent years, the changed living conditions are the cause of a decrease in hypokinesia – movement activity. Hypokinesia leads to weakening of muscles, ligaments, bone apparatus, weak physical development, dysfunction of the nervous system. The only correct way to resist this effect is to properly organize physical education from early childhood.

The main tool for studying Physical Culture is the important foundations of the child, that is, the level of physical culture that is objectively necessary and mandatory for each person, regardless of what the child wants to do in the future, without which life cannot be effectively realized.

It is necessary to create a new national system of physical education and sports activities of the population in the country, as well as to modernize the system of physical education in various categories and groups of the population, including General secondary educational institutions. In addition, the development of infrastructure in the field of physical education and sports and the improvement of the financial provision of physical education and sports activities will contribute to the further development of physical education in our country. TODAY, national projects are being implemented in our country in the Health System, Education, Science, neighborhood and other areas. People began to live somehow better, communication and trust between people and authorities are gradually being restored. This immediately affected the development of physical education and sports in the regions.

Today, most schoolchildren follow the following agenda: children wake up and have breakfast, which is not the most useful meal, go to school, they spend six or more hours a day sitting at their tables. Upon returning home, they perform their homework and spend the rest of the day in front of a computer or TV. Of course, not all schoolchildren live in this mode, but there are many who are on a similar schedule. This condition causes great problems.

In the modern lesson, the teacher of Physical Culture is faced with a lot of tasks. How to carry out the educational process in 45 minutes of the lesson, taking into account the individual physical characteristics and capabilities of each student, remaining within the framework of educational-thematic planning. At the current stage of educational development, the transition from authoritarian, group approaches in the physical education of students to personality-oriented methods of education and upbringing based on individual capabilities will help improve children's health and improve children's health. Practice feels the need to develop methods for conducting scientifically based, proven traditional and non-traditional means and methods of physical education. Physical education is part of general education and is a pedagogical process aimed at strengthening health, harmonious development of forms and functions of the human body.

The purpose of physical education is the comprehensive development of a person's physical and spiritual abilities from the point of view of the formation of a person's physical culture - the development of self - awareness, activity, other values of Physical Culture in the development of a person's spiritual and physical abilities through physical education.

The peculiarity of any type of education lies in the means and methods of educating a person. The science of physical education has emerged and developed as a system of knowledge about physical exercise, which has taken the path from strengthening health and the formation of practical motor skills through the development of a person's motor skills and functions to the formation of his personality and behavior. The development of the science and advanced practice of physical education has significantly expanded the understanding of the role of movement activities, in particular, physical exercises, in the development and strengthening of biological and mental processes occurring in the human body.

Physical culture contributes to the development of intellectual processes-attention, clarity of perception, memorization, reproduction, imagination, thinking, improves mental activity. Healthy, brave, well-developed boys and girls, as a rule,

successfully perceive educational material, are less tired in school lessons and do not miss classes due to colds.

Physical culture is also the most important means of forming an individual as a person. Exercise allows you to exert a multifaceted influence on the consciousness, willpower, moral qualities, character traits of boys and girls. They not only cause important biological changes in the body, but to a large extent determine moral beliefs, habits, tastes and other aspects of personality that characterize the spiritual world of an individual.

Physical hardening to a certain extent determines the further life activity of a person. Awareness of Health and utility gives self-confidence, fills with cheerfulness, optimism and cheerfulness. Finally, this is the most important condition for high performance and opens up wide opportunities for the acquisition of the chosen profession. The physical weakness of a person and the resulting feeling of self-inferiority lead to depression in the human psyche, and this leads to feelings of inferiority, develops qualities such as pessimism, cowardice, disbelief in one's own power, loneliness, individuality.

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