



THE BASIS OF PHYSICAL EDUCATION OF SCHOOLBOYS - PHYSICAL EDUCATION KNOWLEDGE

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Annotation

Among the possible ways to increase the effectiveness of physical education in school, most teachers prefer to increase the number of lessons and thereby increase the effectiveness of the process of developing physical qualities. Theoretical lessons are put in last place, which is extremely unacceptable.

Keywords: physical education, physical education, knowledge, methods.

It is undoubtedly necessary to improve the quality and significance of the intellectual component of a person's physical culture. Special literature declares the leading role of knowledge as a component of the content of education in the field of physical culture (A.P. Matveev, V.N. Shaulin, V.I. Lyakh, F.A. Kerimov, R.D. Khalmukhamedov and others). It is emphasized that without mastering the theoretical material it is impossible to solve the problem of general physical education, which is the essence of the general educational subject "Physical culture".

In the composition of the basic components of a person's physical culture, its intellectual component takes an ever more firm place. Mastering the methods of cognition, the formation of special knowledge and skills, their application in the practice of physical culture and sports activity is considered as a fundamental basis for the formation of interests, needs, motivational-value relationships in the field of physical culture.

The intellectual capabilities of a person are one of the basic psychological resources that underlie self-sufficient, proactive and productive life. To develop a reasonable strategy for your own life in this world, you must have a sufficiently high intellectual potential. In particular, this is why it can be argued that one of the most important tasks of the anthropocentric school is the intellectual (mental) education of students. The orientation towards solving the problem of intellectual education of schoolchildren, in turn, forces us to reconsider, in the context of the tendencies of restructuring the modern school, the main components of school education in the field of physical culture.





The value of the theoretical material is due to the fact that it contributes to a significant increase in the focus and efficiency of the process of physical education. An important social and personal intrinsic value of physical culture knowledge is the possibility of free choice of ways, means, and methods of their effective implementation in the process of self-improvement. Modern theoretical research and the established practice of physical education indicate that the lack of knowledge about the independent organization of physical culture classes largely determines the level of real inclusion of people in physical culture and sports activities. Without knowing the patterns of movements, methods of performing physical exercises, without understanding the essence of the training effect, it is impossible to rationally organize the process of self-improvement. (L.I. Lubysheva et al., 1993).

The role of knowledge is great in the formation of an interested attitude to physical exercises, in the correct understanding and assessment of the social significance of physical culture as a social phenomenon. High-quality mastering of theoretical material, as the basis for increasing the level of general education and erudition, effectively contributes to the general development of students. Lack of relevant knowledge, methodological skills and formed needs leads to the fact that outside of the classroom, schoolchildren cannot properly dispose of their psychophysical capabilities in order to maintain optimal performance and health with the help of physical exercises and other means of physical culture.

The formation of knowledge is a thought process in which a certain system of interrelated judgments is formed.

The section "Basics of knowledge" of the physical culture program of schoolchildren is designed to contribute to the formation of the intellectual foundations of their own physical culture as a person, should raise problematic questions about building their own health, self-education and self-improvement in the field of physical culture and determine the ways and technologies for solving these problems.

Intellectualization of the potential of physical culture of the personality of schoolchildren is designed, first of all, to ensure the development and accumulation of a wide range of knowledge about different aspects of physical improvement, methods and methods of health improvement, the basics of a healthy lifestyle, etc.

M. Ya. Cold (1997) defines intelligence as a form of organization of the mental (mental) experience of the subject. The upbringing of the intellectual abilities of students in the field of physical culture requires the formation of thinking, which makes it possible to comprehend, analyze, compare, generalize, create their own theoretical concepts of





physical culture self-improvement, evaluate and select methods, creatively carry out the functioning of developing activities, control and correction of their health, physical fitness. (G.M.Soloviev, 2001).

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