



METHODOLOGY OF TEACHING ATHLETICS FOR CHILDREN OF DIFFERENT AGES

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Annotation

This article provides a scientific analysis and analysis of the physical fitness of athletes of different ages and the structure of training with them in hot climates.

Keywords: strength, endurance, agility, agility, coordination, flexibility, physical training, athletics, training.

Today, the modernization of education in the world is important as it focuses on the spiritual and physical development of the individual and improving the quality of the educational process in educational institutions. Special programs have been developed to increase the effectiveness of physical education classes in foreign countries. In private schools, as the choice of curricula is freer than in public schools, approbation of various pedagogical alternatives is carried out. Gradually, a system of individualized education, that is, a flexible approach to each student in accordance with the different directions of learning, depending on his abilities and activities, is being applied to the educational process.

A set of measures and systematic measures to provide an educational environment aimed at maintaining and strengthening the health of students, taking into account the individual capabilities of students in the training of athletics clubs in the world's leading educational institutions, mainly in general secondary schools. is coming. Therefore, it is necessary to conduct a comprehensive scientific analysis of the effectiveness of various forms of organization of the educational process aimed at maintaining and strengthening the health of students at the present time [1,2].

The issue of development of physical culture and sports in our country is considered at the level of state policy and is used as a guaranteed means of strengthening the nation's gene pool, educating a generation of physical and intellectual potential and strategically important in promoting national independence. Today, one of the priorities is to mobilize all the forces and capabilities of our state and society for the





development of our young people as independent thinkers, with high intellectual and spiritual potential, as people who are not empty-handed in any field in the world. In particular, the education of students of different ages as healthy, independent-minded, highly intellectual and spiritually gifted people is emphasized as one of the most pressing issues of today [1].

The purpose of the study: to improve the methodology of organizing athletics classes with students of different ages.

Objective of the research: Achieving this goal is ensured by solving the following main tasks:

- Analysis of the relevant literature;
- Determining the physical fitness of athletes;
- To check the effectiveness of the application of the developed methodology in pedagogical practice.

Research methods. The work used the analysis of scientific and methodological literature, pedagogical observation, pedagogical testing, instrumental methods, pedagogical experience and methods of mathematical and statistical analysis.

The task of sports clubs is to organize training and educational work with children in the chosen sport (athletics). For students of sports clubs, proper planning of the regime allows them to do sports every day, and, depending on climatic conditions, twice a day [3,4].

Our initial research on the development and organization of educational and training methods has shown that the number of students involved in athletics is slightly lower, and the number of early dropouts is moderate.

Under these circumstances, trainers should take into account that it will not be easy for children to establish productive communication with parents and school teachers [8,9,11].

At present, more than a thousand specialized sports clubs have been established in the country, but the approved methodology and organization of work with children in hot climates in sports clubs has not yet been sufficiently developed [11,12].

To develop the above problems and their solutions, we conducted a series of experiments and surveys. In particular, in our initial surveys, 40 students from grades 5-9 were involved in the experimental group. Initially, general physical training was conducted. Then, using the tools of various sports, a promising training plan for the training of future athletes, as well as a plan of educational work aimed at building the intellectual potential of adolescent athletes [5,6,7,11].





Measures aimed at strengthening the health of children have been identified. The plan provides for regular medical follow-up to monitor the health status of students. The spiritual growth of the children was not neglected either. Excursions, amateur art concerts, reading and discussion of the results of classes are included in the preparatory program [4,9,11]. In the course of our research, we sought to obtain objective answers to the following questions:

- How to conduct organizational and methodological work with children in athletics in sports clubs of educational institutions ?;
- What are the most popular means of training when working with adolescent athletes ?;
- What should be the agenda for the successful conduct of training and recreation in athletics, taking into account the hot climates of the country?

The results of the survey were analyzed and the next experiments were organized. In order to conduct the experiments successfully, the students were divided into two (A and B) study groups, each consisting of 20 people, according to the test results. The test results, taking into account the age of the students, were taken as the initial indicator for their inclusion in this or that group (Table 1). In Group A, the training was conducted according to the methodology we developed, and in Group B, the training was based on the BOSM program. The main difference in the training programs was that the time devoted to the study of athletics in group A was 40-50% less than in group B. The rest of the time in the groups was devoted to general physical training and other sports: swimming, gymnastics, acrobatics, sports and movement games, and general developmental exercises. At the same time, in group "A" was allocated 50% of the annual amount of general physical training equipment for grades 5-6, for grades 7-8 - 40%, for grades 8-9 - 30%, and in group "B" twice less. (Table 2-3).

Organized training sessions were held for 48 weeks a year. The remaining 4 weeks were devoted to active rest. The number of sessions on the microcycle has increased from 1 to 2 times per year [10,11,12,13].

The increase in the amount of training and the volume of loads was carried out taking into account the results of medical examinations and control tests performed in the conditions of competitions.

During the year, 312 classes were held in the 5th grade, 339 in the 6th grade, 356 in the 7th grade, 424 in the 8th grade and 502 in the 9th grade [3,4].



Table 1 Physical fitness of 11-15 year old students required for admission to classes

Identifiable skills	Control tests	Age / year /	Degree		
			little	Medium	High
Speed	Running 30m, sec.	11	6,3 and high	6,1-5,5	5,0 and high
		12	6,0	5,8-5,4	4,9
		13	5,9	5,6-5,2	4,8
		14	5,8	5,5-5,1	4,7
		15	5,5	5,3-4,9	4,5
Endurance	6 minute run, m	11	900 and high	1000-1100	1300 and high
		12	950	1100-1200	1350
		13	1000	1150-1250	1400
		14	1050	1200-1300	1450
		15	1100	1250-1350	1500
Fast-power	Long jump from a standing position, cm	11	140 and high	160-180	195 and high
		12	145	165-180	200
		13	150	170-190	205
		14	160	180-195	210
		15	175	190-205	220
Power	Pulling while hanging on a high bar, times	11	1	4-5	6 and high
		12	1	4-6	7
		13	1	5-6	8
		14	2	6-7	9
		15	3	7-8	10
Coordination	Mokisimon running 3x10 m, s	11	9,7 and high	9,3-8,8	8,5 and high
		12	9,3	9,0-8,6	8,3
		13	9,3	9,0-8,6	8,3
		14	9,0	8,7-8,3	8,0
		15	8,6	8,4-8,0	7,7
Flexibility	Forward bends in an upright position, cm	11	2 and high	6-8	10 and high
		12	2	6-8	10
		13	2	5-7	9
		14	3	7-9	11
		15	4	8-10	12



Table 2. Distribution of types of teaching aids by academic years in the experimental group, in%

Types of training tools	Ratios to total volume									
	5 class		6 class		7 class		8 class		9 class	
	A	B	A	B	A	B	A	B	A	B
Types of athletics	10	20	25	50	35	55	45	60	65	75
General physical training (GPT) tools	90	80	75	50	65	45	55	40	35	25
Including sports and action games	60	50	50	25	40	20	30	15	15	15

The distribution of training time by us and their amount differs from that provided for in the BOSM program. The experimental methodology involved the use of comprehensive general physical training (UJT) in training sessions and the performance of athletic exercises such as running different distances at different speeds, jumping, throwing, special and simulation exercises [3].

Exercises, sports and movement games in other sports were used in UJT. In the detailed planning of class time by weeks, we took into account the loads of students in the stage of preparation and submission to the exams and reduced them accordingly, while in the holiday season, the amount of training hours and their amount increased [3,4,11].

The agenda was based on climatic conditions, including morning classes, school classes, extended homework, evening classes, and three meals a day (Table 3). The combined lesson on physical education was held at the end of the school day - from 18-00 to 20-30.

An analysis of the results of one year of experiments showed that the physical fitness of boys in group A was much higher than that of their peers studying in group B. This advantage was proved both by the performance of normative exercises and by the results in certain types of athletics.

Table 3 an agenda for those involved in athletics

Days of the week	Morning training	A lesson in school	Doing homework	Evening training
Monday	-	8,30-13,15	13,25-14,25	17,30-18,30
Tuesday	8,00-9,45	10,30-15,00	15,10-17,00	18,00-19,30
Wednesday	-	8,30-14,10	14,30-17,00	18,00-19,30
Thursday	8,00-9,45	10,30-15,00	15,10-17,00	-
Friday	-	8,30-14,10	14,30-16,30	17,30-19,50
Saturday	8,00-10,00	10,30-15,00	-	18,30-19,50
Sunday	Day off			



Almost twice as little time was spent on mastering athletic exercises in Group A as in Group B. However, the results of boys in group A improved by 41.5% in running and high jump, while in group B the figure was 36.4%. A similar result was obtained in the long jump. Boys in group A achieved significantly higher results in the 60 m and 500 m distances than their peers in group B (21.6% and 20.0%, respectively; 19.8% and 14.7%, respectively). The results of throwing a tennis ball were almost indistinguishable.

As mentioned earlier, the admission of children to sports clubs was based on the children's desire to play sports and the permission of their parents. The students of the sports clubs did not have an advantage in physical development during its formation, and nevertheless, after a year of work, our trainees achieved high results in competitions among their peers [3].

The results of systematic and thorough medical supervision also show that the health of children has significantly improved, they have become physically stronger, the body's ability to resist infectious and inflammatory diseases has increased, which is confirmed by medical examinations. The correctness of the organization of lessons and the chosen methodology is confirmed by the fact that by the end of the experiment, 10% of students in group "A" and 30% of students in group "B" left the group for various reasons.

In conclusion, the analysis of the results of the first and second stages of the experiment showed that the methodology developed and applied by us provides a more successful solution to the task of preparing children for specialized training in athletics.

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