



## **PEDAGOGICAL EXPEDIENCY AND SOCIAL SIGNIFICANCE OF PHYSICAL CULTURE AND SPORTS EVENTS**

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### **Abstract**

Physical culture and sport are the development of physical, aesthetic and moral qualities of a human personality, the organization of socially useful activities, leisure, disease prevention, education of the younger generation, physical and psycho-emotional recreation and rehabilitation, entertainment, communication. Without defining their content and scope, it is difficult to correctly understand many phenomena and issues of the theory and practice of physical culture, and the science that teaches the theory of physical culture cannot be successfully mastered.

**Keywords:** physical culture, natural development, physical development, impact, management.

### **Introduction**

Physical culture, being one of the facets of a person's general culture, his healthy lifestyle, largely determines a person's behavior in school, at home, in communication, contributes to the solution of socio-economic, educational and health problems. From the totality of the concept of "healthy lifestyle", which unites all spheres of life of an individual, collective, social group, the most relevant and universal component is physical culture and sports. The sphere of physical culture and sports performs many functions and covers all age groups of the population. The polyfunctional nature is manifested in the fact that physical culture and sports are the development of the physical, aesthetic and moral qualities of the human personality, the organization of socially useful activities, leisure, disease prevention,

Physical education and sports are closely interconnected with other aspects of education: mental, moral, labor, aesthetic and, therefore, have a great influence on the development of the person involved in it in society. This is due to a number of reasons.





First, the unity of purpose of all types of education; secondly, by the dialectics of the educational process itself, during which not individual aspects of the human personality are affected, but the whole personality as a whole; thirdly, the presence of a common basis on which education unfolds, namely, activities.

Almost all types of human activity are represented in sports: cognitive, value-oriented, communication, etc. Therefore, in the process of physical education, it is possible to actively form the consciousness and behavior of people in the right direction.

In the process of sports activities, mental education of participants is carried out. There are two connections here: direct and indirect.

The direct connection lies in the fact that in the course of physical education a direct impact is made on the development of the intellectual qualities of those involved. In the process of doing sports exercises, motor cognitive situations continuously arise, the solution of which requires significant mental stress. Already a simple solution to motor problems: how to make the movement faster, more precisely, what needs to be done to correct the mistake made, etc. - is a chain of mental operations, including observation, generalization, decision making.

The specificity of mental activity in the process of playing sports lies in the close interaction between body movements and mental operations: those involved continuously check the program of movements with its actual implementation. As a result, conscious connections between muscle sensations, a motor task and a way to solve it are fixed. Movements become a way of knowing and mastering the world around us.

The indirect connection of sports with the mental development of a person is that physical exercises create the necessary foundation in the form of good health, which allows a person to fully perform mental activity. Sports are often used as a means to relieve mental stress and stimulate intellectual activity.

In the process of training, the moral development of those involved in sports also takes place. It is aimed at shaping a person's socially valuable qualities that determine his attitude to other people, to society, to himself and in the aggregate represent what is commonly called moral education. Sports are developed against the background of communication, in a team, under the guidance of a mentor, coach. It is communication that is the most powerful factor in the formation of the moral qualities of those involved, from the very beginning of playing sports, they begin to realize their involvement in the team and, in accordance with the rules and orders, learn to manage their actions, correlate them with the actions of others. Thus, the will is strengthened, discipline is developed, the habit of observing the norms of moral behavior is formed.





In games and sports competitions there are rich opportunities for the formation of norms of collective behavior. Mastering various team functions, children learn not only to organize their behavior, but also to actively influence the actions of their comrades, to perceive the tasks of the team as their own. Under the guidance of a teacher, a coach, such important moral qualities as responsibility to the team, a sense of duty are strengthened. Pride in the success of the team, association, club, etc.

### **Methodology and organization of sports physical culture events**

The methodology for organizing any sports, leisure event is a rather complicated process, consisting of several stages:

Preparatory stage.

The main part of the event.

Final part. Summing up, awarding.

Preparatory stage. A teacher-organizer or an asset of two or three people can lead the preparatory work. Very tangible help can be provided by older guys (14-17 years old). The organizers of the event determine its type depending on the tasks, the season, the age of the participants, the availability of equipment, and the interests of the children. The whole course of the event is carefully thought out, which is reflected in the script. When drawing up a plan-scenario of an event, the following rules must be observed:

- To ensure a gradual increase in physical and mental stress;
- Provide for the alternation of games and competitions with high physical activity and emotional intensity of tasks aimed at relieving stress;
- Alternate mass and individual games and tasks;
- Provide for the participation and evaluation of the activities of each child, taking into account his individual characteristics and capabilities;
- Include games that are familiar and cause a positive emotional state in children, tasks carried out in an unusual form, using new attributes, music, characters.

A fairly serious part of the preparatory work is the process of making attributes, posters, decorations, emblems for participants, invitation cards for fans. Such work is quite within the power of even older preschoolers and younger students under the guidance of a teacher.

A working group is defined, where everyone is responsible for a specific area of training: organizing participants, changing places for teams, responsible for arranging and cleaning equipment, for musical accompaniment, for presenting gifts, etc. such assistants can be one of the older guys.

The professionalism of the organizers is to involve everyone in the process of preparing the event, not to suppress the initiative of children, but to provide them





with the opportunity to feel like full-fledged owners of the event. Particular attention should be paid to the selection of music and the preparation of means for its transmission. It is necessary to think over musical accompaniment for all moments, which will provide an appropriate emotional mood, help the synchronous performance of physical exercises, fill in the pauses, concentrate the attention of children, and signal the beginning and end of the task game.

The organizers should agree in advance on the style of sportswear and emblems, shoes, think over a place to accommodate the participating teams, the jury, and fans. Make a scoreboard to highlight the intermediate and final results. Scenarios often include performances by children with creative performances (poems, songs, magic tricks) and preparation is indispensable here. However, it is better to give preference to sports numbers (demonstration performances), which are related both to the chosen type of competition and to sports in general. It is also necessary, if possible, to abandon mass rehearsals and coaching workouts! It should be remembered that the event is organized for children, and not for spectators and guests.

The main part of the event. The duration of the event is determined, first of all, by the age of the participating children: for children 6–9 years old – about 50-60 minutes; 9-15 years -60-90 minutes; 15-18 years -90-120 minutes. If children of different ages and adults participate in the event, then the duration of each structural part is determined by their age-related mental and physical capabilities. However, in any case, the event should not be too long (no more than 2 hours).

The event should be entrusted to the host, who must have a number of personal and professional qualities. Experience tells us: 80% of success depends on the preparation of the event and the qualities of the host. The leader must be able to manage a team of children, know and take into account their characteristics, change the plan along the way and regulate the physical, mental and emotional stress. To demonstrate this or that exercise, you can use assistants from among older children. To facilitate the task of holding an event, you can include two hosts in the script. It can be two opposite characters.

The structure of the event depends on its type. Conventionally, it can be represented in three parts. The content of the first, introductory part is very diverse: it can be a parade or a general line-up of participants, the sound of the National Anthem, a solemn raising of the flag, the lighting of the Olympic torch, demonstration performances by athletes, greeting words of the guests of the holiday. Another option for the beginning of the holiday may be the appearance of fairy-tale heroes or barkers, who invite everyone to take part in games, attractions and fun fun.





The main part of the event is aimed at solving the main problem. Depending on this, it is filled with the appropriate motor content: games, competitions, attractions. It is important that all children participate in the competitions. Therefore, if the scenario provides for the alternate participation of team representatives in the games, it is necessary to think over a clear system for inviting them.

Usually to a call like “Who is our bravest?” or “Who wants to play this game?” the same children respond. The shy and indecisive stay away. In this case, you can resort to a very simple method: the children-participants, entering the sports ground (in the hall), receive tickets. They can be of different colors and shapes. During the event, the host draws attention to the ticket and invites those who have, for example, a red circle to participate in a particular game, and the Jumpers competition is held among children who have a ticket in the form of a hare.

At an event with a pronounced competitive orientation, it is important to evaluate the activities of individual participants or teams in a timely manner. In this regard, a jury (judge) of 1-5 people is selected in advance and a scoreboard is placed in a conspicuous place. It can be traditional digital, or the scoreboard can be replaced, for example, by containers (children's buckets) into which small balls (tennis balls) are thrown for each team victory or in the form of building a tower from building material (collecting a pyramid): whose tower is higher, that and won. At the end, the points earned by each team are calculated.

The decoration of any event is a surprise moment. Its content and inclusion time depend on the age of the participants and the type of event. Most often, the unexpected appearance of fairy-tale characters (adults or older children) and playing a short performance are used as a surprise moment. Sims can invite children to play with them, solve a problem they have, teach them about physical education. In any case, this scene should be spectacular and fun, accompanied by music.

If the event is held indoors, then lighting effects can be applied (sudden blackout, illumination of the place where the hero appears with spotlights, lanterns, etc.).

Final part. Summing up, awarding. Summing up is necessary during and at the end of the event. After each relay game, competition, the leader sums up and evaluates the degree of manifestation of the physical and moral-volitional qualities of teams and individual players. You can give the floor to the jury after two or three competitions, so as not to turn the event into continuous performances by adults. If children aged 6-10 years old participate in the event, then the facilitator needs to be very careful about summing up the results, since the psyche of children of this age is very vulnerable, they cannot adequately assess their abilities and experience defeat painfully. Therefore, it is necessary, first, to form teams that are approximately equal





in strength and with an equal number of same-sex children; and secondly, delicately evaluate victory and defeat, maintain a spirit of optimism,

At the end of the event, a game is usually planned in which the loser wins. teams would be guaranteed.

Such small pedagogical tricks help smooth out the clear advantage of one of the teams. Thus, by the end of the event, the children come with a result

"Friendship won!".

Organizers can use another way to align the results - by nominations. So, one team can be awarded in the nomination "The most dexterous and fastest", the other - "The friendliest and cheerful".

At the end of an out-of-competition event, it is appropriate to hold a mass game of medium mobility, as an option to organize a common dance of all participants and fans. Jury and organizers can use this time for scoring and debriefing.

In accordance with the purpose, theme and type of the event, prizes-gifts for participating children are thought out. It is not necessary to purchase expensive gifts for this purpose. For a child, it is not the material value that is important, but attention to it. Therefore, adults must show creativity, originality and a good knowledge of the individual characteristics of each participant in order for the prize to make a lasting impression on the child.

If teams compete in the event, then the whole team can be awarded one prize (pennant, diploma, sweets). For a mass event, you can prepare ordinary souvenirs for each child (balloons, apples, chocolate medals, etc.).

If no more than 10 children participated in the event, then each child can be rewarded with commemorative medals or cups with the appropriate inscriptions: for courage, for ingenuity, for mutual assistance, for strength, etc. Such gifts are the most valuable for the development of the child, as they emphasize his uniqueness and indispensability to the team.

The organizers of the event must remember: none of the children should be forgotten, everyone must be awarded, regardless of the place that he personally or his team took. This is the key to optimism and the desire to participate in all events.

The award ceremony is held solemnly and cheerfully, and everyone receives a souvenir as a keepsake. It is important to place pennants, emblems, souvenirs in the most honorable place, specially allocated for this purpose, where letters, pennants, medals, badges received by children are hung. Many children enjoy decorating their room and their play or study area with awards. Here you can place photos, drawings. This allows children to develop a strong interest in physical education, in their



achievements in sports, which is a condition for the formation of a healthy lifestyle motivation.

### **Organization of Sports Events**

One of the most important functions of pedagogical workers, leading a physical culture and sports orientation is to prepare students for participation in sports competitions. Competitions are the most effective measure of increasing the physical fitness of students. They allow solving pedagogical, sports-methodical and pedagogical tasks, i.e. improvement of physical, technical, tactical, mental and theoretical readiness. The importance of sports competitions for the formation of moral and volitional qualities and character traits is especially great. Sports events are used to check the quality of training and educational work. They also allow pedagogical influence on viewers.

A sports competition is a competition (rivalry) of people in a playful way in order to find out the advantages in the degree of physical fitness, in the development of certain aspects of consciousness. This is a bright, emotional spectacle. The pleasure from sports shows arises as a result of the participation of the spectator in them, who is attracted by the high level of development of motor qualities, the bold and decisive actions of the participants, their high achievements.

Before allowing students to participate in official competitions, one should not only teach them sports techniques and tactics, a certain range of knowledge and develop the necessary motor qualities, but also teach them to compete.

To do this, children need to participate in various sparring, control and training competitions, the rules of which can be simplified or changed by the teacher or coach himself. For example, the number of attempts or the size of the site is reduced, the length of the distance is reduced, the winner is determined by the quality of the performance of sports exercises, etc. Sports competitions are an incentive for systematic training and contribute to the growth of sports results if they are held regularly.

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