

ISSN: 2450-8160

Herald pedagogiki. Nauka i Praktyka

wydanie specjalne



Warszawa
2021

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(wydanie specjalne) Volume-2, № 3 May 2022

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THE ROLE OF PHYSICAL TRAINING IN THE FORMATION OF CHILDREN'S CHARACTER

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Abstract: This article is devoted to importance of physical training in the school period of a person's life is to create the basis for comprehensive physical development, health promotion and the formation of various motor skills and abilities. In addition, school age is considered the most favorable for mastering a variety of motor skills and abilities.

Keywords: Physical training, lifestyle, skills and abilities, health, adolescents, workload, personality formation.

РОЛЬ ФИЗИЧЕСКОГО ВОСПИТАНИЯ В ФОРМИРОВАНИИ ХАРАКТЕРА ДЕТЕЙ

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Аннотация: Данная статья посвящена значению физической культуры в школьный период жизни человека для создания основы всестороннего физического развития, укрепления здоровья и формирования различных двигательных навыков и умений. Кроме того, школьный возраст считается наиболее благоприятным для овладения разнообразными двигательными навыками и умениями.

Ключевые слова: физическая культура, образ жизни, навыки и умения, здоровье, подростки, нагрузка, формирование личности.

Physical culture is a part of a person's lifestyle - a system of special exercises and sports activities aimed at developing his physical and spiritual strength. It is based on scientific data on the physical and mental capabilities of the body, on a special material and technical base that contributes to their manifestation and development. Physical culture as part of the general culture is aimed at the harmonious development of all natural essential forces and the moral spirit of a person in the system of comprehensive personal improvement, it forms an important basis for full-fledged life activity: active work, normal family life, organized recreation and fullness of creative self-expression [3].

The importance of physical culture in the school period of a person's life is to create the basis for comprehensive physical development, health promotion and the formation

of a variety of motor skills and abilities. All this leads to the emergence of objective prerequisites for the harmonious development of personality. The full development of school-age children without active physical education is practically unattainable.

In addition, school age is considered the most favorable for mastering a variety of motor skills and abilities, which allows you to adapt much faster to the performance of mastered movements in various conditions of motor activity in the future. [4].

At school age, a certain level of physical and mental performance is achieved, which in general makes it possible to successfully master the program material of theoretical academic disciplines and physical education programs.

The purpose of physical culture of children and adolescents is to promote the comprehensive, harmonious development of physical culture of the student's personality and prepare children for life, primarily for obtaining a profession and successful inclusion in work [6].

Tasks of physical culture of children and adolescents:

1. Health promotion, promotion of healthy physical development:

formation of correct posture, development of various muscle groups of the body, proper and timely development of all body systems and their functions, strengthening of the nervous system, activation of metabolic processes.

2. Education of the requirements and skills to engage in physical exercises independently, consciously apply them for recreation, training, health improvement and health promotion.

3. Increasing the body's resistance to adverse environmental influences.

4. Ensuring the harmonious development of physical qualities optimal for each age and gender.

The listed tasks are presented in official documents regulating physical education in general education institutions. They play the role of reference points for all sides of the directed use of physical culture at school age [5].

The physical development of a growing organism is one of the main indicators of a child's health. The more significant the disorders in physical development, the greater the likelihood of diseases.

The body of children and adolescents differs in many ways from the body of adults. This is manifested in the features of the structure and functions of individual organs and physiological systems. Children and adolescents are in a state of continuous growth and development. Growth refers to quantitative changes in the body, and development refers to qualitative changes associated with the formation of various organs and tissues. One of the important features of the child's body is the high intensity of metabolic processes. At the same time, assimilation processes prevail over dissimilation processes

The greatest increase in height and body weight in children occurs in the first year of life and during puberty (13-14 years). At each age, there are certain changes in height, weight, breast volume, etc. Therefore, it is necessary to regularly conduct anthropometric measurements in schoolchildren, which allows us to judge the dynamics

of their physical development.

One of the essential features of the child's body is the high intensity of metabolic processes. At the same time, assimilation processes prevail over dissimilation processes. With age, the volume, structure, chemical composition and function of muscles change. The period from 6 to 14 years is a period of active improvement of the muscular system and motor functions. Along with the growth of muscle mass, there is a significant improvement in coordination of movements. At this time, there is an intensive formation of psychophysical functions associated with the speed and accuracy of movements. The increase in muscle volume and strengthening of ligaments occurs faster.

The age characteristics of children and adolescents cause low functional reserves of the cardiovascular system compared to adults. The same work, which causes approximately the same oxygen uptake, requires a much greater load on the cardiovascular system in adolescents and, especially, in young children than in adults. In children and adolescents, the work of the heart is still imperfect, and the mechanism of conditioned reflex action on the cardiovascular system is not fully formed. The endurance of the heart is relatively small. Prolonged physical and mental stress can negatively affect the activity of the heart. Therefore, when doing physical exercises and sports, it is necessary to strictly dose the loads and increase them gradually.

At the age of 9-12 years, the strength of braking processes increases, the functionality of the first and second alarm systems expands. The type of nervous system is finally determined, attention improves. At this age, the motor cortex of the cerebral hemispheres also develops rapidly, and as a result, coordination of movements improves significantly. At the age of 13-15 years, there is a further intensive development of the functions of the cerebral cortex. The functional capabilities of the central nervous system increase significantly.

All this creates favorable opportunities for improving motor abilities, which are developing at the fastest pace during this period. Changes in the endocrine system have a significant impact on the entire process of growth and development of children, as well as on the intensity of metabolic processes. In adolescence, its restructuring occurs, associated with the activity of the sex glands, which has a profound effect on the entire body [3].

Thus, the purpose of physical education is the formation of physical culture of the individual, defined as the unity of value orientations, the need-motivational sphere, basic and special knowledge about the competent use of physical exercises in conditions of health and sports training, in life as a whole. In the process of physical education, the impact is carried out not only on the motor abilities of a person, but also on his feelings and consciousness, psyche and intellect, which ensures the formation of socio-psychological manifestations. It is advisable to consider the practical essence of physical culture in the context of physical activity, which is characterized by specific qualitative and quantitative indicators.

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