

FORMS OF ORGANIZING AND HOLDING CLASSES.

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Abstract. The peculiarity of the sports training in this article is that the content of some trainings contains information on the tools of some section of general physical training.

Key words: physical training, educational training, complex training, independent training, industrial gymnastics.

Group training sessions are the basis of all educational work on physical education. A wide range of tasks are solved in training sessions: special knowledge is imparted, students' physical abilities are determined and improved, a sense of love for physical education and sports is instilled, movement skills are formed.

The successful application of all forms of physical education depends on the quality of group training. Here, it is necessary to develop the method of training, taking into account its connection with other forms of organization of physical education. Forms of organization of physical education are training sessions held according to the schedule of the school day, independent training on the teacher's assignment and production gymnastics (introductory gymnastics and physical education breaks). Additional classes can be organized under the guidance of a teacher for students with free physical training [1,2,3,4,5,6,7,8,9,10,11,12,13].

Educational activities can be complex, specific to types, special according to their pedagogical direction.

The best form of training in general physical training is complex training, the unique feature of which is the comprehensive use of physical education tools provided in the program. The purpose of conducting complex training is to ensure that physical training tools have a comprehensive effect on the body in each training, to form and develop various movement skills and competencies according to its characteristics, to prepare the body of students to successfully fulfill the requirements of the program in the next cycle of training. The integration of the program material is carried out according to the signs of "positive transfer" of movement skills and movement qualities.

The peculiarity of training in sports is that the content of some training is limited to the means of a single section of general physical training (athletics, gymnastics, swimming, etc.), the sequence of training in these types depends on the season or sports facilities (playground, swimming pool).) are determined by the periods allocated for use. From the point of view of solving the tasks of general physical training and wellness, training in sports is relatively less effective, because with the means of one type (department) of the program, it is impossible to provide the necessary training for students to successfully pass the requirements of the program [14,15,16,17,18,19,20,21,22,23,24].

Separate training by types is justified in cases where it is impossible or inappropriate to integrate several types in one lesson according to organizational (training in the pool) or methodical (negative "migration" of movement skills or physical qualities) characteristics.

Independent training on the assignment of the teacher is an important addition to mandatory training, includes studying theoretical issues based on literature sources, creating hygienic and

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industrial gymnastics complexes, performing special exercises aimed at eliminating existing deficiencies in physical development or physical training.

Independent training according to the teacher's assignment has great educational value, helps to incorporate physical education and daily life of students.

One of the mandatory forms of physical education is a tourist trip. A tourist trip can be planned during "health days" or during non-study hours. In the process of tourist trips, practical movement skills, skills and physical qualities are formed in travel conditions

Industrial gymnastics solves general fitness and practical tasks in the order of the training day [25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48].

Forms of extracurricular physical education are organized by physical education teams and students themselves on the basis of volunteering. It includes such activities as physical training, fitness running, sightseeing, excursions, training in sports sections. They are aimed at providing healthy and cultural recreation, meeting the needs of students for sports and helping their physical development.

Physical education has its own characteristics compared to other pedagogical disciplines, which imposes special requirements on physical education classes.

The correct organization of the educational process requires that the gender, state of health and physical fitness of students be the same. These requirements must be taken into account when grouping.

One of the most important issues of physical education methodology is to determine the structure of training. Pedagogical, psychological and physiological laws should be taken into account when organizing classes [49,50,51,52,53,54,55,56,57,58,59,60,61].

Taking into account pedagogical and psychological laws implies the following:

- orderly start of training sessions;
- comfortable situation, working mood and desire to do physical exercises;
- to have a clear idea about the goals and tasks of the upcoming training;
- establishing the necessary connections in the content of previous and current trainings;
- compliance with the principles of education and training methods;
- those who are engaged in d a to complete the lesson by increasing the desire to engage in physical exercises.

Physiological laws are also important: reaction of the organism to physical load, development of working capacity during training (pre- start condition, workability, stable condition). In accordance with them, to prepare the body 's organs and systems for upcoming activities ; alternating work and rest, gradually increasing the physical load, taking into account the level of functional fitness of the body ; After the training, the body is relatively calm status to to bring creating favorable conditions for transition to other activities [62,63,64,65,67,68,69,70,71,72,73].

Taking into account the pedagogical, psychological, and physiological laws, the general structure of physical exercise was developed and it includes preparatory, main, and final parts, which differ from each other by their pedagogical tasks.

Pedagogical tasks of the preparatory part include: announcement of organizational minutes and lesson tasks, preparation of movement apparatus, cardiovascular and respiratory systems for future physical loads.

Pedagogical tasks of the main part: formation of the necessary movement skills and competencies, imparting knowledge related to the field of physical education; education of physical, mental and other qualities.

In the final part: to complete the training in an organized manner, to make a conclusion, to strengthen the desire for the next training, to give a task for independent training in free time [74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95].

In theory, there are very convincing opinions about the need to conduct independent training, but they are It can be effective if the teacher is able to monitor individual training based on control data. First, it is necessary to assess the comprehensive readiness of the student, and then scientifically based tools are used, and then again, the model is compared to the specifications, and the necessary adjustments are made to the preparation process.

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