

## Organization of Primary School Physical Education Lessons on the Basis of Innovative Technologies

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**Annotation:** This article describes how to properly organize physical education classes among primary school students.

**Keywords:** technical training, national action games, competition method, lesson effectiveness, evaluation system.

Reforming the system of assessment of knowledge and skills of primary school students in physical education will increase their level of physical, sports and technical readiness.

The process of physical education in children of primary school age requires teachers to know what is the basics of physical education to work at school, its content, organization, methods of teaching children to move.

An interesting and effective organization of physical education classes for primary school students depends on the pedagogical skills of the teacher. Wide use of innovative pedagogical technologies and methods such as "competition", "Demonstration", "Game" is recommended for children of this age.

The "race" method. In this way, the students in the class are divided into teams, among which are organized cheerful starts, movement, national and sports games. This method develops students' movement systems and increases their desire to fight for victory. Organized in the form of a competition, the training provides students with the desire to be progressive, to show who wants to interact with each other in exercises and assignments.

The "game" method ensures the direct participation of students in the implementation of the technical elements of mobile, national and sports games. This method has many advantages. Involvement of primary school students in the lessons is especially important in increasing their interest in the lesson.

In addition, the promotion of the national games of our people among primary school students also serves as an effective tool in the development of such qualities as agility, intelligence of children.

The results of physical education classes are often the vitality of the teacher's plan, the methods and techniques chosen to organize the activities of students, the effective use of existing equipment and sports facilities, technical means, sports facilities, temperature, climatic conditions, student readiness, their age depends on their ability to use the effect, taking into account their individual characteristics.

How to impart knowledge, skills and competencies to students, i.e. teach them different movements. This is one of the most important responsibilities of a teacher. Teaching methods are diverse - the district, the selection of which is necessary and its effective use depends on the pedagogical art of the teacher. Therefore, the effectiveness of teaching depends on the teacher being able to select and use the right methods. Therefore, one of the most pressing issues is to develop and prove effective methods of organizing and conducting physical education classes on the basis of scientific research.

Raising a child is the most responsible, and sometimes difficult, but at the same time noble and joyful task, which is carried out by parents, preschool educators and school teachers.

If the education in schools is organized without taking into account the anatomical and physiological characteristics of children and the requirements of hygiene, it can lead to various negative changes in the development of their organism. With mental labor after exercise, you should definitely relax, do physical exercises (stretching, bending down, sitting) and even walking around the house will restore fatigue and work ability. After a baby is born, his actions are not initially coordinated. 1.0-1.5 months after birth, she develops a position of holding the head upright. From 6 to 8 months, signs of crawling appear will be. At the age of 10-12 months, the child is able to learn to stand. At the age of two, he begins to walk. Running speed is 5.37 m / sec in children aged 10-11 years, 6.07 m / sec in 14-15 years, and -8.08 m / sec in 17-18 years. Elements of jumping from a child 3 years old is formed.

Between the ages of 4-5 and 20, total muscle mass increases 7.5-8.5 times and strength 9-14 times. The fastest increase in muscle strength in children is observed between the ages of 13-15 and 16-17. If the exercise, which is performed only with a lot of force, starts too early, the child will not grow. Therefore, weightlifting is allowed from the age of 14. In children 7-8 years of age, due to insufficient coordination of small muscle contractions, they performed very precise, fine, and delicate movements with great difficulty. So they get tired quickly. In children aged 7-12 years, rapid fatigue occurs due to lack of coordination of movements. Therefore, physical training should not exceed 40-45 minutes. 7-8 year olds perform many small movements compared to an adult, but consume less energy. Nerve in 14-year-old children due to insufficient development of the system and the musculoskeletal system, fatigue occurs 2.5 times more than in an adult, and 2 times more than in a 16-year-old. These data lead to a variety of physical exercises should be taken into account when going, in the pre-school area, in production. During physical labor it is necessary to create a state of work, tempo, frequent rest, a positive emotional state. 7-8 year olds do not have the agility with which muscles have the ability to perform precise, delicate movements. Such agility emerges gradually.

Exercise is one of the factors that increase speed and agility. After the age of 30, the latent period of muscle contraction lengthens, the speed of movement decreases.

In left-handed children, the maximum frequency of the left group of muscles is higher than that of the right group of muscles. Between the ages of 7 and 16, the pace of movement increases 1.5 times. During adolescence, muscle strength increases rapidly during puberty. At the age of 6-7 years, the strength of the writing muscles is greater than the strength of the flexor muscles. From the age of 8-10, the strength of the right arm is greater. This is because the right hand is supplied with a lot of blood. The strength of the right arm in boys aged 8-10 years is 1-3 kg more than in girls, 7 kg at 13 years, 15 kg at 16 years, 17.5 kg at 19 years, 18 kg at 22 years.

Endurance is characterized by specificity, maintaining the ability of a particular group of muscles to work longer.

Resistance to dynamic work increases with age. Endurance is significantly increased in boys aged 12-15 years. The physical education class should take into account the child's age, gender, and health status. Weak students in poor health should be given less workload. Physical education classes are required to be held outdoors whenever possible. Physical activity is closely related to a person's age, sex, functional status, ie level of physical fitness, weather conditions and a number of other natural factors, and the purpose of their implementation be compatible and efficient.

Just as the human body is not a complex and perfectly structured system, its vital functions, including physical abilities, are very wide and varied.

No matter how much progress has been made in studying these, there are still many mysteries of the human body that are not known from a physical point of view it is important to fully understand the functional characteristics of ephillity in it, exercise-like situations.

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