

km, roller ski race 10 km and downhill jumping imitation 100 m) unlike the main group at  $P < 0.05$ .

1. Agranovsky M.A. Skiing: training manual for amateur instructors of sections of skiing, 2nd ed., fixed and updated. – M.: Physical Culture and Sport, 1966. – P. 232.
2. Ashmarin B.A. Theory and methodology of physical education: textbook for students (physical culture of pedagogical institutes). – M.: Enlightenment, 1990. – P.287.
3. Butin I. M. Skiing: Studies. training manual for students. higher pedagogical educational institutions. – M.: Academy, 2000. – P. 368.
4. Bock E., Keller H., Renagel H. Endurance exercises-health program: transl. from germ. – M.: Physical Culture and Sport, 1984. – P.48.
5. Verkhoshansky Y. V. Fundamentals of special physical preparation. – M.: physical Culture and Sport, 1988. – P. 333.

## **OUTDOOR GAMES AS A MEANS OF TRAINING THE COMMUNICATIVE COMPETENCE OF STUDENTS**

**Ivan Bereson**

VSU named after P.M. Masherov, Vitebsk, Belarus

Technological progress, Informatization of the surrounding space on the one hand, make life easier, on the other hand can deprive children of the conditions for the formation of communicative competencies.

The purpose of the study: to analyze the role of games in the life of a child, to assess the level of communicative competence and the quality of formation of basic communicative skills.

**Material and methods.** The following methods were used: analysis of literary sources, observation, conversation, questionnaire, survey, analysis.

The survey was attended by 22 children aged 11-12 years (12 girls and 10 boys) enrolled in the 5th grade VEE "School number 19, Orsha".

The questionnaire [1] included the following questions:

1. What place do outdoor games occupy in your life?
2. How much time do you give to computer games?
3. What outdoor games do you play?
4. What kind of computer games do you play?
5. Where do you play outdoor games more often, in the city or during weekends and holidays in the country?
6. Where do you play computer games more often, in the city or during weekends and holidays in the country?

Students were offered a test to assess the communicative qualities of personality [2]. Testing was conducted in conjunction with the school psychologist.

**Findings and discussion.** In the result of conducted survey found that the younger students little time to devote to mobile games and spend much time for computer games; outdoor games to play during the holidays, while in summer camps; in the city prefer computer games; from mobile games prefer games with simple rules, a small number of participants: from computer games prefer games with a superhero.

Thus, in children there are no conditions for the formation of accounting competencies.

The test results are presented in table 1.

It was revealed that 10 (45.5%) children have a low level of sociability and communication skills, 7 children (22.7%) have a normal level of communication skills, a high level of communication skills was observed in 5 children (9.2%), 6 children, an excessive level of communication skills was revealed (6.1%).

Table 1 – The results of the TES assessment of communicative qualities of personality in children of secondary school age (n=22)

Low level of communication		Normal level of communication				High level of communication		Excessive level of communication			
30-31 points		25-29 points		19-24 points		14-18 points		9-13 points		4-8 points	
ab.	%	ab.	%	ab.	%	ab.	%	ab.	%	ab.	%
6	27,3	4	18,2	2	9,1	5	22,7	2	9,1	3	13,6

We found it interesting to develop a project to promote yard and Belarusian folk games for children of secondary school age in Vitebsk and Vitebsk region.

The project of revival of culture of yard games, includes the following stages:

- creation of a card file of domestic and national Belarusian games;
- formation of a group of volunteers, from among the students of the faculty of physical culture and sports of VSU named after P. M. Masherov, in the amount of 20 people to teach them the rules of games contained in the game library;
- presentations of games and master classes in schools of Vitebsk and Vitebsk region;
- popularization of yard games in the media and social networks.

**Conclusion.** Children of secondary school age spend little time playing outdoor games and are not familiar with them.

45.5% of schoolchildren have a low level of communication, which is alarming and requires corrective action.

1. Mukhina, V. S. Age psychology. Textbook for University students / V. S. Mukhina-M.: ed. center "Academy", 2004-456 s.
2. Karelin, A.V. Big encyclopedia of psychological tests / A.V. Karelin-Publishing house: Eksmo, 2007. – 546 s.