

PHYSICAL DEVELOPMENT OF STUDENTS

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The physical development and health of the younger generation is of serious concern, as the cultural understanding of the indispensability of physical activity and its obligation among schoolchildren and students is at a low level. Even worse is the case with the active component, as many young people, give physical culture a secondary place.

Currently, the most important is the development of motivational and stimulating activities aimed at understanding the importance of physical culture and sports for the individual, society and the state as a whole [1].

The purpose of the study is to study the circumstances that have a great influence in the process of personality formation during physical education.

Material and methods. The study involved young athletes-sprinters of 20 people in each age group. Preliminary studies were conducted during training sessions in halls, stadiums, athletics arenas.

Findings and their discussion. It is known that gaming equipment simultaneously develops all physical qualities, so the technique of constructing training sessions using mobile and sports games with a focus on the development of speed and speed-strength qualities was used.

We present training tools aimed at the development of speed and speed-strength qualities. At this stage of training in 14-16-year-old boys there is a need for specialized running work, so the main part of the training session consists of specialized running AIDS, game exercises and sports games.

In particular, widely used: acceleration, running from the start, running from the course, variable running 5x100 m, game: change places, game: counter relay, coordination exercises, flexibility. The emphasis when performing each exercise is on the number of repetitions, execution time, duration of rest intervals, taking into account the nature of rest (active or passive). Conducted monitoring of heart rate and the number of respiratory movements with relaxing exercises [2].

The process of training by means of physical culture has a great impact not only on strengthening the physical well-being of a person, but also on all sorts of aspects of his life: spending free time, the development of a healthy personality. Physical education should help students to form the necessary features both physical and mental. In this regard, teachers and teachers of secondary schools have a task to use modern innovative technologies in physical culture and sports to create a healthy personality.

In the practice of youth sports, there are examples when the highest personal achievements in sprinting fall on the youth and even adolescence, and Junior and adult athletes progress is not observed. According to experts who

have studied this problem, one of the main reasons for this is the forcing of the training process of young athletes by narrowing the means and methods of training, excessive enthusiasm for specifically directed exercises and competitive loads.

In terms of research on the topic of the master's thesis, a one-year pedagogical experiment is provided, in which two groups of students of secondary schools of 5-11 classes will take part, in order to substantiate the developed methodology.

An additional form of physical education of schoolchildren is extracurricular physical education and sports work, which is based on an Amateur voluntary basis and includes classes on interests in sports sections and health groups, participation in sports events, competitive activities.

The main form of organization of additional physical education of schoolchildren is currently school sports clubs. The third form of physical education is extracurricular. It includes preparation of sports reserve in specialized schools and sports centers, and also sports and improving occupations of schoolboys in a residence, in sports clubs, family active rest, etc.

Additional physical education of schoolchildren allows:

- involve students in systematic physical exercise and sports during leisure hours;
- increase physical activity of students;
- to master the basic educational competencies in the field of physical culture, healthy lifestyle;
- acquire vital skills in the field of safety training, insurance and self-insurance during exercise; self-control over the physical condition, first aid to the victim in the classroom exercise;
- to form stable value orientations to physical culture, healthy lifestyle in schoolchildren;
- meet the needs of students in physical activity in accordance with their interests;
- achieve high sports results.

Conclusion. The formation of the need for organized physical exercise and sports is especially important in the younger and middle school age, so that by the senior school age, the student has a stable need for physical activity and in the future is maintained at the proper level.

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