

with intellectual disabilities and solve many problems of the correctional and recreational orientation, which was confirmed by the results of our studies.

The results of the study allow us to draw the following conclusions:

1. The program we developed, implemented in the daily mode of visitors of the day care unit for the disabled of the territorial center of social services, allows you to change the lack of motor activity of people with intellectual disabilities in the direction of increase, as well as have a positive corrective and healing effect on the body.

2. Classes with these video programs are positively reflected in the improvement of the basic indicators of the functional state of the Romberg test, finger test, neuropsychological tests.

A specially developed program for fitness systems, implemented on a day-of-day basis for people with disabilities at the territorial center of social services, has made it possible to change the lack of motor activity of people with intellectual disabilities in the direction of increase, and also had a positive corrective and healing effect on the body of those involved.

1. Rhythmic gymnastics for children [Electronic resource] / Portal for the whole family. - Minsk, 2015. - Access mode: <http://bebi.lv/html>. - Date of access: 25.10.2019.

MOTIVATION IN SPORT ORIENTEERING

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Early sports specialization, characteristic of orienteering, contributes to the fact that by the age of 14-15, athletes, with a long experience of orienteering, achieve relative success in sports. And here often there is such a situation: young orienteers, who have not yet reached the peak of physical strength, lose interest in orienteering. And he leaves the sport without realizing all the opportunities available to him.

When working with children, developing measures to increase the motivation of orienteering, it is necessary to proceed from the fact that their sports activities are a logical continuation of school activities. At the initial stages of sports, and in the future, children perceive it as a game, conditioned and regulated by a strict system of rules and competitions, i.e. sports activities of children should be considered as a game activity. From the very first days of orienteering, children should feel that they have come here to play and the necessary conditions have been created for them. Everything around should be interesting, bright, unusual, memorable.

The purpose – to study the motivation of students of sports schools and extracurricular associations to the need for orienteering.

Material and methods. To assess the motivation of athletes engaged in orienteering, a survey was conducted, which highlighted the issues related to the satisfaction of biological (1-5 th questions), psychological (6-11 th), and social needs (12-17 th). Motives were evaluated on a 10-point system: 1, 2, 3 points-little help, 4, 5, 6, 7-help, 8, 9, 10-very help.

Test questions: 1. The need for physical movements. 2. The need for physical self-improvement. 3. The need for increased physical activity. 4. The desire to compete with your teammates and with yourself. 5. Desire to strengthen health, develop physical and mental qualities. 6. The need for self-affirmation, self-expression. 7. Satisfaction of cognitive needs. 8. Satisfaction of aesthetic needs. 9. The need to acquire and maintain status. 10. The need for self-education, the desire to formulate a strong character. 11. The need for positive emotions derived from orienteering and participation in competitions. 12. The need to communicate, to establish personal contacts. 13. The need for material rewards. 14. The need to be part of a sports team. 15. The need for approval from the coach, parents, friends, "significant" persons. 16. The desire to contribute to sports achievements (schools, cities, countries). 17. The desire to be like an outstanding athlete in orienteering and life.

Findings and their discussion. Based on the data of the questionnaire and the generalization of the work of experienced coaches, the following forms of optimal formation of motivation in orienteering can be distinguished:

1. Motivation by environment organization. Here we use such tools as photo stands about the best orienteers of Belarus and the world.

2. Motivation assessment. Psychophysiological stress should always end with a qualitative or quantitative assessment. Qualitative assessment can be positive and negative: "Good", "Bad", "well Done", etc. Quantitative assessment can be measured in points.

3. Motivation by examples. For this purpose it is expedient to arrange meetings with Champions and prize-winners of the international competitions.

4. Motivation by moral stimuli. This form includes: articles in Newspapers and magazines about the success of athletes, summarizing the results of the competition with the presentation of diplomas, pennants, badges, etc.

5. Motivation by material incentives - awarding prizes, gifts, etc. [1].

Conclusion. The success of athletes in the international arena is explained, first of all, by the search for physically gifted, talented children in sports, as well as the fact that without mass sports activities of children it is almost impossible to count on success in big performances.

Children come to sport expecting a lot. It is important to give them pleasure, learning new things and constant interest.

1. Stansky, N. T. on motivation in skiing / Stansky, N. T., Babichev, G. V. // Formation of a healthy lifestyle, organization of physical culture and health work with the population: proceedings of the international conference. science.- pract. conference, March 29-30, 2005, Vitebsk / UO " Vit. region center of physical education. population" – Vitebsk: VSTU, 2005. –P. 97-99.