

As for young females: in the exercise of abdominal crunches per 30 sec. the number of times accomplished exceeds the point 5 of the midterm assessment, it can be noted that female students exceed the standard of this exercise per minute in the test of SSFC of RB. As far as test in standing long jumps is concerned, the results of female students are below-standard and correspond to 3 points according to the midterm assessment. It can be also noted that the female students' results in push up exercise are as well as they showed during the midterm assessment, also their results considerably below the standard of SSFC of RB. The results of the test on flexibility considerably exceed the point of 5. As for two leg squats, the results correspond to 5 points according to the results of midterm assessment, and there is no such standard in SSFC of RB (2).

**Conclusion.** In general, good level of fitness among 1<sup>st</sup>-year students of Faculty of Social Pedagogy and Psychology of Masherov Vitebsk State University can be observed, however, at the same time special attention should be paid to the development of speed-power characteristics in further organization of studying classes of physical education in higher education establishments.

Reference list:

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## **A ROLE OF PHYSICAL CULTURE IS IN EDUCATIONAL AND UNEDUCATIONAL ACTIVITY OF SCHOOLCHILDREN**

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According to the survey within the framework of the program of development of the UNO and administrative support of Department of Education of the Republic of Belarus, 75,2% of schoolchildren "surfe in the Internet", 47,1% - " go out with friends", 33,4% - do sports, 57% - "play computer games", 14,6% - "read books", 6% - "play the game machines", 5,9% - "go to discos and evening-parties" [4]. Similar issues are of great concerned in the nearby states, particularly in Russia [1,2,3]

Based on our own practical work experience and experience of communicating with schoolchildren, the result of the survey attracted. . However, this research was conducted on the basis of metropolitan schools, eur attention and the results obtained may differ radically from other regions.

Therefore, we decided do study of this problem in Vitebsk.

The purpose of the research was to study the attitude of schoolchildren to the lessons of physical culture and health, as well as their interests outside the school.

**Material and methods.** The study was conducted with secondary and high school students in the city of Vitebsk from September 1 to October 30, 2018.

In total, 540 students of secondary and high schools of various schools of Vitebsk took part in this work.

The main research methods were questioning, survey, and interview.

**Findings and their discussion.** The results of the interview, survey, and questionnaire revealed some points that either interfere with the classes of physical culture and health, or make it difficult to assimilate new information and thus reduce the productivity of the lesson.

The main obstacle for students is a large number of people who are simultaneously present in the gym - 61.88%, a high noise level during classes - 53.17%, classmates - 18.82%. A large number of students in the gym is the main obstacle for learning information and the desire to be involved in a lesson. It is also difficult for the teacher to give new information to students when there are three classes in the gym or even four classes at a time. The noise of the whistle does not stop, and instead of explaining the new material, or practicing the already learned exercises, the teacher have to spend a lot of time on regiment children, which leads to a decrease of interest in the subject and decreases the learning of useful information.

It also turned out that students do not like the warm-up at the beginning of the lesson - 46.4%, the atmosphere of rivalry - 39.3%.

Students would like to see new sports activities in class - 56.9% of respondents. Often these activities are not included in the curriculum. For example, students show great interest in weight-lifting, arm-wrestling, street workout, calisthenics (working with their own weight), fitness, and aerobics.

I would like to notice that children are often well-informed in a particular sport, and if they like this kind, of sport they independently look for information about it and can tell a lot. But on the other hand, students are often poorly physically developed and their knowledge can not be transferred to practice.

According to a survey among children involved in sports sections, 22.8%, but they are divided into students who systematically practice in sections with coaches, and children who, for example, visit the pool once a month and work without a coach.

In addition, schoolchildren prefer “going out with friends” in their free time - 41.8%, “surfing the Internet” - 9.8%, “taking a break from studying” - 15.7%.

**Conclusion.** Thus, an analysis of literary sources, a survey and interviews with schoolchildren indicate that approximately the same number of students living in large cities and regional centers are interested in sports. Overcrowding in gymnasiums due to the simultaneous presence of several classes leads to a negative attitude of students towards physical education. However, students are attracted to modern areas of exercise, and if certain conditions are created, they would be happy to attend sections on these sports.

Vitebsk schoolchildren, according to the survey, spend much less time surfing on the Internet than their peers from other regions. The results of our research differ significantly from those of other authors who express the idea that modern teenagers are “captured by the Internet” and therefore do not play sports [1,4]. In our case, schoolchildren, in their spare time, are mostly left by themselves and not involved in any activities, apart from the use of low alcohol beverages and smoking.

Therefore, at present, it is an urgent task for schools to involve schoolchildren in organized physical exercise, providing all the necessary conditions for it.

Leisure time should be considered as a sphere of activity, and its organization as a means of improving the personality.

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## **SPORTS KNOWLEDGE IN THE SYSTEM OF PHYSICAL CULTURE FORMATION OF PUPILS' IDENTITY IN DAY-CARE CENTERS**

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The formation of health culture and healthy, physically active, pupils' lifestyle is carried out at the first step of the general secondary education. The subject "Physical Culture and Health" provides studying not only the above-named question, but also the formation of physical culture of pupils' identity and their improvement taking into account age features during school hours [4, p.3].

The development of physical culture knowledge, acquaintance with the motive mode, the idea of physical development, readiness and its indicators and others are referred to the educational problems of this subject.

Day-care center, being the form of pupils' organization after hours, besides the subject "Physical Culture and Health", also has considerable opportunities for the solution of educational tasks.

The main tasks of activity in day-care center in institutions of education are the following: preservation and maintenance of pupils' health in nonlearning time, their all-round physical development and, therefore, assimilation of bases of sports knowledge and knowledge of a healthy lifestyle that in turn, makes a certain impact on physical culture formation of the child's identity [1, p.21].