

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.

Reference list:

1. Allakayeva L.M. Pedagogical foundations of the formation of the culture of health of schoolchildren: Abstract on the applicant uch. step. Cand. ped. Sciences, N.Novgorod, 2009. 22 P.
2. Baeva I.A. Psychological safety in education. SPb. : Soyuz Publishing House, 2007. -271 p.
3. Stolyarova E.P. Integration of control types in the process of studying sports and pedagogical disciplines / E.P. Stolyarova, G.I. Khozyainov // Theory and practice of physical culture. – 2008. – №9. – P.61–62
4. Electronic resource: <http://zautra.by>

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

A. Misyura

Francisk Skorina Gomel State University, Gomel, Belarus

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].

To ensure pupils' rest after lessons in an operating mode of group certain time should be given to the organizations of sports and improving activity. It consists of holding such actions as sports hour indoors and in the open air, sports minutes on occupations, walks, indoor games [3, p.34].

The level of pupils' knowledge in the questions of a healthy lifestyle and the condition of their physical development depends on the efficiency of doing sports and improving activity.

The purpose of the research is the assessment of knowledge in physical culture and a healthy lifestyle of the pupils visiting day-care centers at high school No. 59 in Gomel for improvement of sports and health promotion work.

Material and methods. Seventy-nine school students, visiting day-care centers, took part in the questioning. The questionnaire consisted of 10 questions and defined the knowledge of physical exercises, their influence on an organism, the ways of formation of a correct posture, types of sports equipment, the choice of sport and a ball, exercises for formation of power abilities, a concept of pulling up in hanging and other questions.

The tasks were made in an illustrated form with the choice of one or several necessary possible answers. The maximum quantity of the correct answers equaled 15. The fragment of the questionnaire is presented in figure 1.



Figure 1 – The questionnaire on sports knowledge

Findings and their discussion. The assessment of pupils' knowledge was distributed on levels according to an integrated 10-mark scale of assessment of pupils' educational achievements.

Six pupils got high level of answers (more than 90%). Level above an average was reached by 36 pupils (45, 6%), the average level of knowledge - 31 students (39, 2%), below average (satisfactory) – 6 pupils (7, 6%). The general level of knowledge was 68, 6%.

Most school students have perfectly coped with the question about sports choice (soccer, volleyball, handball, basketball) and the ball corresponding to this kind of sport. They have also correctly specified the daytime, during which it is better to do exercises, and have noted an excess subject from sports accessories. A number of mistakes were made in the question about the choice of the subject relating to shuttle run, understanding of exercise – pulling up in

hanging. Not all pupils unmistakably gave the preference to the occupations, promoting formation of a correct posture.

The children attending the additional sports sections, developing classes or groups on interests (drawing, a vocal, rhythmic, choreography) were revealed from 79 questioned pupils. The results of their answers were compared with the pupils who do not attend any classes and are presented in table 1.

Table 1 – Level of pupils’ knowledge in physical culture

Level of knowledge	Level of pupils’ knowledge who aren't visiting the sports sections	Level of pupils’ knowledge visiting sports sections	Level of pupils’ knowledge visiting developing sections
High	2 (6,45%)	4 (12,1%)	0
Above average	12 (38,7%)	16 (48,5%)	10 (52,6%)
Average	16 (51,6%)	10 (30,3%)	7 (36,8%)
Below average	1(3,23%)	3 (9,0%)	2 (10,5%)

It is visible from the table that the high level and the level above average was reached by twice more pupils visiting sports sections.

Conclusion. It is appropriate to draw a conclusion that visiting sports sections assumes the increase of knowledge level in physical culture and promotes the maintenance of pupils’ physical shape.

The children’s awareness in the knowledge of physical culture is a question of constant attention. The time of stay in day-care centers can be used for having classes to increase the level of knowledge of this sort.

It is expedient to diversify forms of holding sports and improving occupations, to increase the level of physical culture knowledge and pupils’ motivation to maintaining a healthy lifestyle and also to create such system of knowledge, by means of which pupils will be truly able to make the day regimen, the motive mode, to follow hygienic rules and be regularly engaged in physical exercises [2, p.32].

Reference list:

1. Elyutin, Yu.V. A technique and the organization of sports and improving occupations with younger school students in day-care centers of comprehensive school: dis. ... Cand. of Ped. Sciences: 13.00.04/ Yu.V. Elyutin. – M., 1998. – 148 p.
2. Bezborodkin, P.V. Formation of knowledge at pupils of initial classes at physical education classes: dis. ... Cand. of Ped. Sciences: 13.00.04/ P.V. Bezborodkin. – St. Petersburg, 2000. – 238 p.
3. Osipenko, E.V. Contents and orientation of sports and improving occupations with younger school students in day-care centers: abstract dis. ... Cand. of Ped. Sciences: 13.00.04/ E.V. Osipenko. – Smolensk, 2013. – 22 p.
4. Educational standard of the subject "Physical Culture and Health" I-XI cl. [Electronic resource]: resolution of the Ministry of Education of the Republic of Belarus, 5/29/2009, No. 32. – Mode of access: http://www.sporteducation.by/img/file/normativka/obr_z_standart_fizra_2009.pdf. – Date of access: 30.10.2018.