Regarding competitive aerobic dance, we have analyzed its development trends and future directions. With the continuous improvement of competitive aerobic dance levels and the increasing frequency of international exchanges, artistic innovation and technical difficulty enhancement will become key to future development. Therefore, in teaching and training, we should focus on cultivating students' innovative consciousness and practical abilities, encouraging them to dare to challenge themselves and pursue excellence.

**Conclusion.** In summary, aerobic dance teaching and training is a systematic and complex task that requires teachers to continuously explore and innovate in teaching practice. Through scientific teaching methods and effective training means, we can stimulate students' interest and enthusiasm in learning, improve their physical fitness and expressive abilities, and lay a solid foundation for their comprehensive development. At the same time, we should also pay attention to students' physical and mental health and the cultivation of lifelong sports awareness, providing them with diversified sports options and personalized teaching services.

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## SAFETY RULES IN PHYSICAL EDUCATION LESSONS

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Keywords. Physical education, school safety, high school students.

The Party and the government attach great importance to sports work, strengthening the nation's physical fitness and improving public health, which is also the mission of sports [1].

Safety, as an important part of physical culture and sports, occupies a very important place. However, with the rapid development of the sports industry, accidents often occur in schools. Currently, society is paying more and more attention to sports safety. Sports safety is an important part of physical education. Often, accidents in schoolchildren are caused by poor physical development, limited abilities, and poor knowledge of the rules of safe behavior during physical exercises [2].

This study may improve the understanding of physical education teaching safety, increase students' sports safety awareness, and improve their protective capabilities, thereby preventing or reducing the occurrence of physical education teaching safety-related accidents.

The goal is to study the causes of injuries in physical education lessons.

**Material and methods.** We conducted a survey of 40 physical education teachers and 112 secondary school students. Research methods: review and analysis of literature, questionnaires and mathematical statistics.

**Findings and their discussion.** In terms of safety awareness, the average score of students is 4.5, which indicates that students have awareness of safety in sports. In the option "importance of sports safety," 92% of students mostly select "very important," indicating that sports-conscious students place a high value on safety.

Student safety behavior influences teaching. The average student safety behavior score is 3, indicating that students now rarely engage in activities that pose a risk of accidents.

A survey of physical education teachers showed that more than 60% of teachers are engaged in the methodologically correct selection of educational materials, the choice of teaching methods and means, checking students' clothing, emphasizing the importance of safety, explaining issues that should be paid attention to, and conducting the preparatory part (warm-up) well. Physical education teachers are responsible for cleaning, guiding students to relax, quickly regain physical strength, and prevent sports injuries.

60% of physical education teachers "frequently checked" the stadium and sports equipment before class. 30% of respondents "checked sometimes." 10% said they "never checked" the stadium or equipment before class.

**Conclusion.** To ensure the safety of schoolchildren, physical education teachers must prevent sports accidents. Site and equipment safety checks mainly include leveling, stability of equipment, extent of damage, etc. The condition of sports facilities and equipment is still unsatisfactory. Schools should strengthen monitoring of equipment and promptly update and repair it. Schools should also increase the intensity of investment in government institutions to ensure the smooth operation of government institutions in the field of education.

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## STUDY ON THE EFFECT OF UPPER LIMB STRENGTH TRAINING ON BASKETBALL PLAYERS' SHOOTING ACCURACY

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Key words: strength, strength training, basketball, throwing the ball in basketball.

Basketball is a high-intensity team sport, and shooting is one of theimportant skills that determines the outcome of the game. The accuracy of shooting not only depends on the technical level of the athlete, but is also affected by many factors, among which the role of strength training has received increasing attention. Strength training, especially the targeted enhancement of upper limb strength, is believed to significantly improve the stability and accuracy of shooting. Therefore, exploring the relationship between strength training and basketball shooting performance has important theoretical and practical significance for optimizing basketball training programs and improving the competitive level of athletes [1].

In recent years, research on strength training has gradually increased, and scholars at home and abroad have explored the impact of strength training on basketball players' performance from different perspectives. In China, research focuses on the implementation effect of strength training and its combination with shooting technology. Many scientific research results show that upper limb strength training can effectively improve shooting accuracy. At the same time, related foreign research pays more attention to the comprehensive impact of strength training on sports performance and explores the interaction between strength, technology and psychological factors [2].

Although there have been some preliminary research results, there is still a lack of systematic research on the relationship between strength training and shooting performance. Specifically, the design of personalized training programs, the evaluation of long-term effects, and the impact of psychological factors need to be further explored. Therefore, this article aims to review relevant research results at home and abroad, analyze the specific impact of strength training on basketball shooting performance, explore the shortcomings of current research, and look forward to future research directions, in order to provide a theoretical basis and practical guidance for the scientific and systematic basketball training [3].

Purpose of the research: Explore the relationship between upper limb strength and shooting accuracy: By analyzing the effects of upper limb strength training on basketball players' shooting skills and shooting accuracy, clarify the correlation between the two.