

TEACHER'S SPECIAL KNOWLEDGE AND THEIR ROLE IN CHILDREN'S PHYSICAL EDUCATION

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ANNOTATION

The publication reveals the meaning and methods of formation of special knowledge in the process of preparing teachers for work on physical education of children of preschool and primary school age. According to the results of a survey conducted among teachers of higher educational institutions of Ukraine, special knowledge is divided by importance. The results of the survey showed that the knowledge about the means, methods and forms of physical education of children, which are the basis of the physical education system, is of decisive importance in the physical education of children of the specified age.

Keywords: teacher; physical education; special knowledge; children of preschool and primary school age

СПЕЦИАЛЬНЫЕ ЗНАНИЯ УЧИТЕЛЯ И ИХ РОЛЬ В ФИЗИЧЕСКОМ ВОСПИТАНИИ ДЕТЕЙ

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АННОТАЦИЯ:

В публикации раскрываются смысл и методы формирования специальных знаний в процессе подготовки педагогов к работе по физическому воспитанию детей дошкольного и младшего школьного возраста. По результатам опроса, проведенного среди преподавателей высших учебных заведений Украины, специальные знания разделены по важности. Результаты опроса показали, что знания о средствах, методах и формах физического воспитания детей, которые составляют основу системы физического воспитания, имеют решающее значение в физическом воспитании детей указанного возраста.

Ключевые слова: учитель; физическая культура; специальные знания; дети дошкольного и младшего школьного возраста

O'QITUVCHINING MAXSUS BILIMI VA ULARNING BOLALAR JISMONIY TARBIYASIDAGI O'RNI.

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ANNATATSIYA

Nashr o'qituvchilarni maktabgacha va boshlang'ich maktab yoshidagi bolalarning jismoniy tarbiyasi bo'yicha ishlashga tayyorlash jarayonida maxsus bilimlarni shakllantirishning mazmuni va usullarini ochib beradi. Ukraina oliy o'quv yurtlari o'qituvchilari o'rtasida o'tkazilgan so'rov natijalariga ko'ra, maxsus bilimlar ahamiyatiga qarab ajratilgan. So'rov natijalari shuni ko'rsatdiki, jismoniy tarbiya tizimining asosi bo'lgan bolalar jismoniy tarbiya vositalari, usullari va shakllari to'g'risidagi bilimlar ko'rsatilgan yoshdagi bolalarni jismoniy tarbiyalashda hal qiluvchi ahamiyatga ega.

Kalit so'zlar: o'qituvchi; jismoniy ta'lim-tarbiya; maxsus bilim; maktabgacha va boshlang'ich maktab yoshidagi bolalar

"If you can't explain something to a 6-year-old, you don't understand it yourself" **Albert Einstein**
Significance: Educating future teachers at a new level in terms of quality is the most important priority of modern society. Modernization of the educational system puts before higher education the task of fundamentally improving the professional training and upbringing of future specialists.

This directs the science of pedagogy to solving the tasks of creating conditions that reveal the creative potential of young people, creating ample opportunities for their self-realization, training a new generation of teachers, and the need to raise their professional and general cultural level. draws attention.

The analysis of psychological-pedagogical literature showed that the topic of preparing a teacher for physical education, health care and strengthening has been in the constant attention of scientists of different eras since ancient philosophers (Aristotle, Socrates, Hippocrates, I. Kant, etc.) was

The analysis of scientific sources shows that in the theory and methodology of physical education, unfortunately, the issue of formation of the readiness of future teachers to work in children's physical education is not studied at an appropriate level, causing certain difficulties in further activities. when the foundation of a professional, valuable attitude to one's own health is laid with preschoolers and schoolchildren. The above prompts us to delve deeper into this matter.

The object of research is professional training of a teacher to work on children's physical education.

The subject of research is the theoretical and methodological basis of training teachers to work on physical education in preschool and general educational institutions.

The purpose of the research is to determine the system of special knowledge necessary for the teacher in the work of physical education in preschool and general educational institutions and to determine promising ways of their formation.

In accordance with the purpose of the scientific work, the following **research methods were used** : theoretical: systematic analysis of special scientific literature on the training of future teachers; observation - observation of the educational process; praximetric: study of educational documents, programs and results of student activities; Quantitative and qualitative analysis, mathematical statistics methods were used at the stage of summarizing the obtained results.

The object and subject of the research determined the need to solve the following **problem** : **to study the opinions of pedagogic specialists with a scientific degree and academic title about special knowledge and their role in the process of formation of graduates of a higher pedagogical institute.** educational institutions for physical education and wellness with children of preschool and primary school age.

In order to study the opinions of experts on the content and organization of the process of training teachers in physical education of preschool and elementary school students, we conducted a survey among professors and teachers of higher educational institutions of Ukraine. we spent

The survey of experts was carried out in accordance with the topic "Theory and practice of training teachers for physical education of students" of the thematic plan of research works of UzDJTSU.

In general, an interview was held with 42 teachers of higher educational institutions of Uzbekistan who have a scientific degree and a scientific title.

We did not choose this composition of respondents by chance. Teachers of higher educational institutions should be the most competent in the issues of professional training of future preschool and primary education teachers in physical education. After all, the level of professional skills and awareness in this regard, the quality of training of highly qualified employees of educational institutions depends on them.

Questionnaire questions refer to the knowledge that a teacher should have in order to organize effective physical education for children of preschool and primary school age. Respondents had to determine the level of importance of individual knowledge required by a specialist in physical education and health activities with children. The questionnaire was developed taking into account the generally accepted requirements.

A five-point rating system was proposed. Each of the listed knowledge was rated from 1 to 5 points, where 5 points are the most important and 1 point is the least important.

The results of the survey of teachers with academic degrees and scientific titles were of particular importance to us, because their answers were reflected in the ranking of the most important knowledge that received the highest points. The smallest sum of points corresponded to the knowledge that, according to the respondents, the pre-school worker and the primary school teacher are unimportant in the activities of children's physical education.

The survey made it possible to establish a hierarchical rating of special knowledge necessary for a teacher for high-quality training in physical education of children of preschool and primary school age.

SPECIAL KNOWLEDGE RATING

1. Means, methods and forms of physical education of children.
2. Psychological-pedagogical characteristics of children, methods of improving their physical qualities (endurance, flexibility, dexterity, speed, strength).
3. Fundamentals of movement training (physical exercises).
4. Methods and means of forming a healthy lifestyle.
5. The effect of physical exercises on the activity of individual organs and systems.
6. The principles of building the physical education process (consciousness and activity, appearance, presence, individualization, systematicity, strength, development).
7. Methods of improvement, rehabilitation and recreation of children.
8. Hygienic basics of children's physical education and sports equipment of the educational institution.
9. Program-normative foundations of the national physical education system.
10. Use of information technologies in physical education.

Among the proposed knowledge, the respondents who have a scientific degree and a scientific title put theoretical information about the means, methods and forms of physical education of children, which are the basis of the physical education system, in the first place. And this is not surprising, because with their help, the teacher comprehensively solves such tasks: forming a well-rounded personality; mastering the basics of personal physical culture of children (knowledge, needs, motives, movement, physical education, fitness and the ability to perform sports activities); achieving an optimal level of health, physical development and motor qualities; education of moral and voluntary qualities of a person; formation of values related to a healthy lifestyle and health culture; to cultivate the habit of regular exercise and sports. As for the forms of physical education, removing any of them from the organizational structure of the physical education process leads to a decrease in its effectiveness.

The respondents of this category received theoretical information on the basis of the methodology for improving the psychological-pedagogical characteristics and physical qualities (endurance, flexibility, dexterity, speed, strength) of children of preschool and primary school age. . This knowledge, of course, is very important for the teacher, moreover, they are closely related. On the one hand, a specialist with knowledge about the psychological and pedagogical characteristics of children will be able to choose the most effective means for the development of certain physical qualities. On the other hand, when performing physical education tasks, the specialist should take into account the psychophysiological, age and gender characteristics of children.

For a specialist in preschool and primary school education, knowledge about the psychological characteristics of children is important in his pedagogical work. The teacher must have a deep knowledge of the characteristics of the child's psyche. This is manifested in the need to enter

the inner world of a person, which requires the specialist to know the laws of mental development of the child, the characteristics of his temperament, character and abilities.

The third stage was occupied by information about the basics of teaching motor movements. It is important for the teacher to know the exact sequence of training movements at all stages of the physical education process. This is a pragmatic choice, because the main educational goals of physical education of children of the specified age groups are: practical learning of open and folk games by students; elements of sports games, elements of individual sports; general development, the basics of gymnastics, acrobatics, athletics, combat and other exercises - and this cannot be taught if you do not have the appropriate and correct knowledge.

The fourth and fifth places were taken by knowledge about the formation of a healthy lifestyle and knowledge about the effect of physical exercises on the functioning of individual organs and systems. And this is not surprising, because "any profession, regardless of specific tasks, tools and forms of organization, should contribute to the promotion and maintenance of health, or at least not harm it." This shows that the respondents understand the importance of the effect of physical activity on the child's body, because it is impossible to achieve a positive effect on the child's development without having detailed information about the child's body and the characteristics of its organs and systems. school students.

Each age group has certain anatomical, physiological, mental and social characteristics. For a teacher involved in the physical education of children of preschool and primary school age, it is very important to know age characteristics and the laws of personality development. After all, only under the condition of perfect possession of them, he can correctly take into account the impact of the load on the children's body, use only exercises that have a positive effect on the growth and development of their body.

The sixth place was taken by the knowledge of the principles of building the physical education process (consciousness and activity, appearance, presence, individualization, systematicity, strength, development). Such a result is undoubtedly determined in advance by the fact that the principles have a theoretical character and are the basis for guiding the process of physical education of children and accelerating the way to achieving the desired result.

The concern is that the knowledge of rehabilitation, rehabilitation and recreation methods for children of preschool and primary school age is only in the seventh grade. In our opinion, this is related to the opinion of the respondents that these tasks are the competence of physical rehabilitation therapists or medical professionals. But we do not agree with this judgment and believe that in the process of physical education, it is possible to answer all questions regarding the health, fitness and recreation of the young generation. We believe that every educational institution should have a specialist in "physical rehabilitation and recreation" who can develop individual rehabilitation and recreation programs for students who need such rehabilitation. But since this, unfortunately, does not exist yet, this task falls on the shoulders of teachers who work with children.

The eighth stage is occupied by the knowledge of the hygienic basics of children's physical education and the sports equipment of the educational institution. Of course, knowledge of hygiene standards and equipment is important, but they are helpful.

Theoretical information of the program-normative basis of the national physical education system and knowledge about the use of information technologies in physical education occupied

the last - ninth and tenth stages, respectively. We agree with the opinion of the respondents about the role of knowledge of state requirements for physical education, training programs, classification of national sports, tests and standards of physical fitness assessment in the professional training of a future specialist. For teachers involved in the physical education of children, they are less important than those listed above. However, significant progress in the development of physical culture can be achieved only if information on state documents and materials is used. We see the reason for this situation in the fact that state requirements, educational programs, classification of national sports, tests and standards for assessing the physical fitness of the population are constantly changing and improving, which is a positive thing on the one hand. on the other hand, it confuses the law. .

As for knowledge in the field of information technology, this result is predetermined by the fact that the respondents have only the basics of this knowledge in the field of physical education, and few of them use it in their pedagogical activities. But, of course, modern times require the teacher to use modern technical tools, master information technologies and use them effectively in his professional activities. On the one hand, this attitude of the respondents to the latest technologies can be explained by the fact that they do not understand the importance of these innovations for the modernization of the educational process. On the other hand, no matter how annoying, not all educational institutions have made the qualitative transition to a new technical, technological and informational system.

The analysis of the results of the survey allowed us to identify specific knowledge in accordance with future educational activities and develop ways to improve them (Table 1).

Table 1. Special knowledge and ways of its formation in accordance with future pedagogical activities

Pedagogical activity	Knowledge	Ways of forming special knowledge
Head of class, science teacher, head teacher, school director, district (city, region) education department inspector, organizer of sports and wellness activities at the summer resort, public organization, volunteer at competitions	How to use resuscitation methods during drowning, exercise, and provide pre-medical (medical) care for injuries sustained while hiking.	Practical training covers water rescue techniques, transporting a drowning person, extricating a person from a seizure, swimming with a victim, first aid for various types of injuries and accidents. To know the instructions and rules of conduct when working in the positions of director and head teacher.
Head of the class, teacher of the extended day group, head teacher of the school, school director, inspector of the district (city, region) department of education	How to coordinate with the school's pedagogical council the procedure for conducting forms of extracurricular physical education and health activities during the school day.	Develop options for a plan for conducting extracurricular physical education and wellness activities in the seminar class. In the practical lesson, implement different plan options to determine the time duration of individual forms of training

Class leader, science teacher, extended day group tutor, school head teacher, school director, district (city, region) inspector of education department	How to conduct an interview with students about the daily routine at school, the routine of performing gymnastics before classes, moving breaks and physical education minutes (active pauses).	Develop conversations for children. Independent development of a set of exercises for physical education classes. Try the complexes created in the practical lesson .
Class leader, science teacher, extended day group teacher, school head teacher, school director	How to do it: gymnastics before class, active breaks, minutes of physical education in the classroom (active breaks), physical exercises in extracurricular groups, physical exercises during recess.	Independent development of gymnastic complexes for physical education classes. Try the complexes created in the practical lesson.
Class leader, extended day group teacher, school head teacher, school director	How to organize and conduct extracurricular and extracurricular recreational and sports events: competition, sports festival at the beginning of the school year, "Winter Games", "Navroz Games" sports night, "Spring o "yinlari" sports holiday. the end of the academic year and the results of sports activities of classes and schools.	Mode of education and upbringing in the classroom. Conducting competitions with younger students, sports holidays at the beginning of the school year, Winter Games, "Navroz fun" sports night, sports holiday dedicated to the end of the school year, and results of sports events.
Head of class, science teacher, head teacher, school director, district (city, region) education department inspector, organizer of sports and wellness activities at the summer resort, public organization, volunteer at competitions	Sports competitions among schoolchildren in different types of sports, competitions in classes and sports sections, friendly meetings of school teams, participation in city (district) sports competitions and sports competitions, tourist rally and direction how to organize and conduct competitions, communication with coaches. Youth sports school, sports clubs.	Educational practice, physical culture teacher during the educational practice, sports and athletics among schoolchildren in various sports, competitions in classes and sports sections, friendly meetings of school teams, city (district) to help organize and conduct participation in sports and athletics competitions. communication with coaches of sports competitions and competitions, tourist rally and orienteering competitions, youth sports school, sports clubs.
Class leader, school head teacher, school director, district (city, region) inspector of education department	How to organize parents' participation in sports events, "Health, Physical Education and Sports Days", "Mom, Dad, Me Sports Family" and other events.	Mode of education and upbringing in the classroom. Conducting "Health, physical education and sports days", "Mom, dad, me sports family" and other events with children of junior classes.

Summarizing the above, we can conclude **that** the special knowledge necessary for specialists to conduct physical education and recreational activities with children of preschool and primary school age can be divided into three groups:

- The first group of special knowledge is characterized by thorough preparation and depth of assimilation. This group includes: means, methods and forms of physical education of children, which are the core of the physical education system, psychological-pedagogical characteristics of children of preschool and primary school age, as well as theoretical information about the basics of physical education. improvement of physical qualities (endurance, flexibility, dexterity, speed, strength), methodology of studying motor movements.

- the knowledge of the second group ensures the acquisition of specialists at the appropriate level. This group includes the following knowledge: formation of a healthy lifestyle; the effect of physical exercises on the activity of individual organs and systems; principles of building the physical education process (consciousness, activity, appearance, presence, individualization, systematicity, strength, development); methods of improvement, rehabilitation and recreation of children of preschool and primary school age.

- the third group - reference knowledge that specialists have the opportunity to obtain from additional specialized literature. This knowledge is dynamic. This group includes knowledge about the program-normative foundations of the national physical education system and knowledge about the use of information technologies in physical education.

of the research are related to revealing the effectiveness of the methodology of formation of special knowledge and their impact on the process of formation of readiness of graduates of higher pedagogical educational institutions for physical education and health work with children. preschool and primary school age.

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