

PEDAGOGICAL CONDITIONS FOR THE FORMATION OF INTEREST IN PHYSICAL CULTURE AMONG SCHOOLCHILDREN

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ANNOTATION

This article discusses physical education and sports activities as auxiliary means in the formation of a person's personality. They influence the preparation of young people for high-performance work and the defense of the motherland, the improvement of intellectual work, the education of high moral qualities, form their aesthetic tastes, feelings, ideals, needs.

Keywords: Sport, physical culture, physical training, activity, goal formation, sports and wellness.

At this stage, it is difficult for a modern person to keep up with the requirements imposed by scientific and technological progress and cope with the flow of information that falls on him. This happens even in a narrow area of their professional activity, which largely applies to students in higher educational institutions. For most of them, work in the specialty is associated with a large decrease in physical activity and an increase in the role of attention, accuracy of movements, and speed of reaction.

With a combination of physical training of the body and increased nervous and emotional tension of the human body, provided that production is intensified and the rhythm of life is accelerated, which leads to rapid fatigue and errors in production, which are very serious if a person controls complex machinery, and also it leads to various diseases and early disability. One of the most important elements of human activity, including educational, is motivation.

At the same time, its specificity is expressed in a high level of personalization, which causes some difficulties in the course of organizing educational activities, since in the conditions of a classroom system to build classes and the entire system as a whole in such a way as to satisfy the motivational expectations of students of the whole class. Based on the opinion that motivation is a tool that allows achieving high results in the learning process, it is necessary to create favorable conditions and learning situations that allow students to strengthen their motivation to acquire and assimilate new knowledge, as well as ways to use it.

There are a number of factors that affect the physical condition of people. These are natural (heredity, climatic conditions, etc.) and socially determined factors (living conditions, human production activity, etc.). Human physical development is a socially controlled process. For example, if you organize sports events accordingly, where physical exercises, a certain work and rest regime, special nutrition will be used, then this will allow you to influence the indicators of health, physical health and training, changing them for the better; to carry out purposeful work to improve the regulatory functions of the nervous system, significantly increase the potential of the cardiovascular and respiratory systems.

Physical education and sports activities are auxiliary means in the formation of a person's personality. They influence the preparation of young people for high-performance work and the defense of the Motherland, the improvement of intellectual work, the education of high moral qualities, form their aesthetic tastes, feelings, ideals, needs. At the same time, it must be said

about the specific impact of physical education and sports activities on the personality and it is impossible to replace or compensate for them with anything else. But over the past decades, and especially over the years of stagnation in the field of physical education, negative trends have developed.

Unfortunately, the requirement of the main and leading role of the spiritual and moral principle in the education of young people by means of physical education and sports is formally fulfilled. And such negative trends are still being manifested. If a teacher, a coach, a sports club, sports hobbies of teenagers are put in the main goal, and at the same time they pursue private tasks of achieving high sports results and overprotect them, then negative consequences are possible that will manifest themselves in the form of indifference, private property psychology and acquisitiveness, speculation and parasitism, drunkenness and hooliganism, etc. Motivation is very important in the educational process and it plays an important role in it.

The motivation of learning is understood as the processes, methods and means of encouraging children to productive cognitive activity, to actively master the content of education. Only when taking into account the peculiarities of the student's motivation, the will and pedagogical interaction with him become effective. After all, there are different reasons behind the objectively identical actions of students. The sources of motivation for the same action can be completely different.

Many teachers are mistaken in the fact that, without realizing it, they think that if a child has come to school, then he should do everything that the teacher recommends. There are also teachers who rely on negative motivation. Then the desire to avoid various troubles prevails in the student's activity. For example, punishment by a teacher or parents, fear of getting a bad grade, etc. It is possible that some teachers do not pay due attention to the motivation of students due to ignorance of its specifics.

It is necessary to dwell on this issue in more detail. Gerasimova A.S. said that the methodological basis for studying the problem of educational motivation are the provisions of the activity theory about the psychological content, functions, mechanism of formation and functioning of motives. By the implementation of the activity approach, we understand the possibility and necessity of studying educational motives as a constituent element of the teaching activity that develops in the process of its implementation.

Thus, educational motivation is defined as a particular type of motivation included in the activity of teaching. A rather ambiguous concept is the concept of educational activity. There are usually three main interpretations of this term in both pedagogy and psychology:

1. Sometimes educational activity is considered synonymous with the concepts of learning, teaching, learning.
2. Educational activity in the "classical" Soviet psychology and pedagogy was defined as the leading type of activity in primary school age. It was a special form of social activity that manifested itself through cognitive and objective actions.

An effective mechanism for combining public and personal interests, as well as the formation of socially necessary private needs, is physical culture and sports activities, in which children are called upon in the process of physical education, but if it is specific and directs the individual to himself. Physical education can certainly and objectively be called a sphere of mass amateur

activity. It acts as the most important factor in the formation of an active life position, since the social activity that develops on its basis is transferred to other spheres of life.

In the form of an integral process of objectification and distribution in physical education, activity acts. Children do not separate these processes in physical culture and sports activities, as in other areas. In physical education classes, at the same time, the transformation of social experience into human qualities (objectification) and vice versa, the transformation of the essential forces of a person into an external result (objectification) can occur. It is precisely this quality of physical culture and sports activity as integrity and accessibility that make it a powerful tool for increasing the social activity of young people.

It is necessary to analyze the interest of children in physical education and sports as an integral manifestation of activity characteristic of the integral personality of the student. If a child selectively and positively addresses different aspects of learning, then we can talk about the interest of schoolchildren in physical education and sports. The interest of schoolchildren in physical education and sports is explained by the presence of a set of processes of the meanings of objectification in teaching and their emotional tone. It is the school age that is favorable for educating the need for physical improvement and acquires special significance when studying the attitude of schoolchildren to physical exercises. Physical education and upbringing plays a special role in the complex and multifactorial process of formation of individual human traits. It creates the basis of health for the development of other aspects of human culture, and also guarantees the internal productivity of educational and cognitive activity. This means that the formed need of a child for physical education and sports is one of the main tasks of physical education and education.

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