

SPORTS AT SCHOOL

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Physical education and sports are useful and necessary for people of any age. From a variety of types of exercise, you can choose those that are best suited for preschoolers, schoolchildren, young and old people. And the sooner you start to engage in physical culture and sports, the more benefits they will bring. You just need to remember that this benefit will depend on how classes and training are conducted. The most important rule is that classes should be carried out systematically, and not from time to time. And the second, no less important rule is compulsory medical supervision.

In our country, especially serious attention is paid to the physical education of young people in universities, technical schools, schools. Millions of children, adolescents, boys and girls are engaged in various sports clubs and schools, receive sports categories and fight to set new records.

In recent years, our youth has updated more than 200 all-Union youth records. Serious achievements were brought by the early sports specialization of children and adolescents, which is now becoming more widespread.

Properly conducted and well-organized physical education should help physical development. The alternation of mental and physical work, gymnastics, games and other physical education activities with classes at school and preparing lessons, that is, a correct daily routine, contributes to highly productive work.

The day of every Soviet person - adult and child - should begin with morning hygienic exercises. The purpose of morning exercises is to bring the body into a vigorous state after sleep, to mobilize it for the upcoming activities during the day (more about hygienic gymnastics).

Games play an important role in the upbringing of children of all ages. AM Gorky said: "Play is the path of children to the knowledge of the world in which they live and which they are called to change."

Play is preparing a child for work, and it is gradually being replaced by work. Therefore, it is as necessary to direct the student's play as it is to lead his whole life. At school age, he already understands a lot, learns even more, but he cannot always cope with this flow of knowledge on his own. It is necessary to help the student to allocate his time so that school activities, socially useful work, and recreation - sports, games, entertainment - are given a certain place in the daily routine.

The pleasure that children experience while playing has a great positive effect on them. First of all, the hygienic value of games is important. A joyful mood always predetermines physiological changes in the child's body - the metabolism increases, the activity of respiration and blood circulation increases. Strong emotional arousal greatly affects the nervous system.

Active fun games cause increased activity of the higher parts of the brain associated with intellect and will.

These features of children's play make them a powerful educational tool. We must provide children with the opportunity to play fun, not only for their health, but also for their mental and moral (and, of course, physical) development.

Exercise and play can only benefit children if they do it regularly (usually outdoors) and if parents and caregivers make sure that the exercise is appropriate for the strength and age of the child.

For children 7-8 years old, physical exercises and outdoor games, which strengthen the muscles of the back, abdomen and chest, are especially useful. It is extremely important that the child learns to breathe through the nose through exercise and play. Very useful for little schoolchildren are games and exercises with balls, a hoop, a jump rope, as well as "tagging", playing "classes", "hide and seek", etc.

Lifting and carrying large loads, pulling up on hands, power games are not recommended. A large force load leads to premature growth arrest and cardiac disorders.

For children 9-10 years old, strength exercises can be allowed, but short-term - games with various tugs, "cock fighting" (for boys), etc. Skiing with adults can be especially recommended. It is possible to allow classes on the so-called gymnastic towns (swings with ladders, ropes and climbing poles). Classes on gymnastic apparatus - uneven bars, rings, a crossbar - should not be allowed without the special supervision of a physical education teacher.

In adolescents 12-15 years old, the body is already growing rapidly in length. At this time, as a rule, there is a deterioration in the coordination of movements (angularity and awkwardness of adolescents). Gymnastics, sports and games will help to weaken these phenomena, reduce the time of this period. You should be especially attentive to the reaction of the adolescent's body when exercising associated with long running, wrestling, gymnastics (on apparatus) and in games with great physical activity (football, basketball).