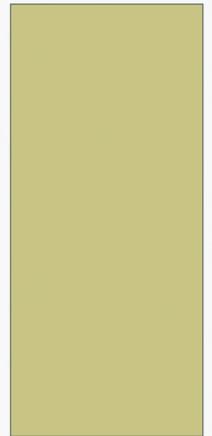


TOPIC 1.1.
CHARACTERISTICS OF THE
THEORY AND
METHODOLOGY OF
PHYSICAL EDUCATION AS
A SOCIAL PROBLEM



QUESTIONS OF THE LECTURE

1. Basic concepts of theory and methods of physical education.
2. The purpose and tasks of physical education of children.
3. Principles of the organization of the pedagogical process of physical education in a pre-school institution.

1. BASIC CONCEPTS OF THEORY AND METHODS OF PHYSICAL EDUCATION.

- **Physical culture** is a kind of common culture, one of the spheres of social activity of people for the development, improvement, maintenance and restoration of values in the sphere of the physical development of the personality through self-realization of his spiritual and physical abilities.

Physical culture is a kind of common culture, one of the spheres of social activity of people for development, improved physical culture of the individual is a stable personal quality that determines the care of a person to maintain and improve his physical condition.

The main indicators of a person's physical culture as properties and characteristics of an individual are:

- degree of mastery of various motor skills and skills;
- the level of knowledge about the body, the physical condition, the means of influencing it and the methods of applying them;
- willingness to help other people in recovery and

Motor activity is a natural need for movement, the satisfaction of which is a condition for the diversified development of man.

Physical fitness - the formation of vital motor skills and skills, the level of development of motor abilities and human performance.

Physical perfection is the highest level of a person's physical culture, the result of the realization of a social program of physical development.

Theory and methodology of physical education is a science that provides the necessary level of knowledge about rational ways, methods and methods of professional activity of a teacher of physical culture.

Physical exercises are movements or motor actions aimed at realizing the tasks of physical education.

Motor activity is a natural need for movement, the satisfaction of which is a condition for the diversified development of man. An important component of motor activity is physical exercise aimed at developing and physically improving people. Insufficiency of motor activity - hypodynamia - adversely affects the condition of all organs and systems of the body.

Physical training is a pedagogical process aimed at developing motor skills and developing the motor abilities of a person.

Physical fitness - the formation of vital motor

THE GOAL OF PHYSICAL EDUCATION

- **The goal of physical education** is the formation of physical culture of the individual
- **The specific goal of physical education of preschool children** is to promote the upbringing of a healthy, physically developed child who possesses motor skills and skills that are accessible to his age, knowledge of physical culture that has the ability to manage oneself.

TASKS OF PHYSICAL EDUCATION

Health tasks



-protection of life and strengthening of children's health, -improvement of body functions, increase of general activity and efficiency;

-increase the body's resistance to the influence of the external environment through hardening,
-strengthening of the musculoskeletal system,
-formation of correct posture,
-strengthening the muscles of the foot and lower leg in order to prevent flat feet,
-harmonious development of all muscle groups, development of physical abilities (coordination, speed, endurance), helping the child to master vital motor skills.

TASKS OF PHYSICAL EDUCATION

Educational tasks



- Education of the child's personality, material culture,
- Development and formation of the preschooler's self-awareness,
- Development of the ability to analyze and evaluate their own actions and actions,
- education of emotionally positive attitude to exercise,
- development of strong-willed qualities, development of the creative abilities of the child.

LITERATURE:

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