

## Management of the Development of Physical Qualities of Schoolchildren at the Age of 14-15 Years on the Basis of Innovative Technologies (By The Example of Light and Athletics Exercise)

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**Annotation:** The teaching methodology in the article is mainly aimed at the formation and definition of understanding the basics of exercise technique and the educational significance of physical culture and health-improving clusters throughout the entire training period. The importance of regular sports and health-improving cluster, its benefits for a growing body and education of young people, goals and objectives are described in detail.

**Keywords:** training, walking, clustering, training, running, fitness track, athletics, mental development, hygiene, running.

Walking is the easiest of all sports. It does not need to spend a lot of energy, and the effect is quite high. Walking has a health-improving effect on the body, raises muscle tone, strengthens bone tissue, develops coordination of movements, and stimulates metabolism.

First of all, it stimulates the work of the heart muscle (myocardium). Doctors have proven that if a person walks every day, at least for an hour, the risk of this kind of disease is reduced by 70%. Walking promotes weight loss, has a beneficial effect on the nervous system. In addition, with it, lactic acid does not accumulate in the body.

Walking can be divided into two types: fast and calm. Calm is more suitable for older people, it just keeps the body in good shape. In addition, you can increase the time of classes up to two hours. Fast walking will put a load on the muscles, develop bone tissue. Combining two types of walking, you can adjust the load at will and well-being. Indeed, first of all, it is necessary to increase the tone, to cheer up and improve health.

Walking can be both an independent sport and a general developmental, preparatory exercise before practicing other sports. In this case, you need to spend less time on it.

This type of physical activity can be considered the safest type of motor activity. It is within the power of almost everyone - from a teenager to an elderly person. Now it has gained incredible popularity in European countries and America as a means to combat physical inactivity and its attendant problems. A few years ago, an Irish health organization launched the Health Path project, which aims to get as many of the population involved in walking as possible. Finland, Sweden, Denmark, Canada and Germany have already joined this project. In Germany, mass walks are organized on certain days, in which thousands of people participate.

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Other researchers are of the opinion that exercise reduces the electrical tension in the muscles. Some also believe that physical activity increases oxygen transport to the brain. In addition, during the performance of certain physical exercises, body temperature rises, causing a decrease in muscle tension and affecting certain neurotransmitters in the brain.

The reduction in the level of mental excitability and depression and the improvement in the general condition that come as a result of a physically active life will certainly have a positive effect on the performance of their professional duties by those whose work is mainly related to mental activity. For many students and knowledge workers, this primarily means that the time spent on physical education will never be wasted. On the contrary, even a 30-minute workout will increase mental faculties and make more efficient use of time. The inclusion of breaks to perform physical exercises (“industrial gymnastics”) in the work and study schedule of sedentary workers and students can increase labor productivity and academic performance.

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