

Organizing a Physical Education Class in a Secondary School Features

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Abstract: Currently, physical education is an integral part of the educational process in schools, unfortunately, it is not fully implemented, and in some places it is not at all. Of this the reasons can be different: from the teacher's little knowledge, he is careless about his subject from the attitude, to the absence of a specialist at all, etc. Effective in every school the issue of holding a physical education class seems urgent.

Keywords: physical education, high school age, physical education program Physical education and sports are an independent type of human activity, which is part of the development of society the importance, is very different.

Physical education is healthy, physically fit, socially active and morally stable aimed at forming the young generation. Physical education as an educational discipline plays an important social role and is highly qualified helps to train specialists. General physical education is the ability of a person in any field of social activity expands, increases its endurance, efficiency, various negative of the body increases resistance to factors. Physical activity helps to develop a number of mental qualities and helps to improve, especially endurance, courage, determination. It is in the school that the foundations of physical education are created for the younger generation. It's all physical implemented by the education system: physical education classes, extracurricular activities, extracurricular activities in health care, that is, physical culture of the student in this process formative knowledge and habits are formed.

The main form of training is physical education classes, which are aimed at students knowledge and practical skills necessary for mastering life actions is to give; flexibility, strength, speed, endurance and other physical qualities development assistance; supporting children's health and physical development, as well as improving physical and mental activity; sharing interest and various entertainment develop the habit of regular self-employment with exercises; To contribute to the well-rounded development of the student's personality. A lot depends on the quality of the lesson, up to the state of health of the students. And that's why to carefully and conscientiously prepare for it, especially its organization and need to be implemented. Physical education lesson as a special type of teacher's activity it imposes great responsibility on the teacher and requires special attention. Forming a school in modern conditions is multi-functional literacy of students and ensuring social adaptation, their learning, knowledge, choice of professional work, personality has competent skills in the fields of formation, value orientations and meaning-creativity occurs on the basis of being. This training aims to fulfill the chosen life path information that clearly expresses one's potential abilities, means and methods of improvement to direct the development of a competent person capable of life and self-determination in the world predetermines.

The main goal of school education is to train children in various types of value activities: education, perception, communication, professional and work choice, personal self-development, value orientations, to form as a competent person by entering through the search for the meaning of life is considered Training from these positions is not only a certain amount of knowledge and certain skills and the process of mastering the system of abilities, but also the process of mastering

competencies is also considered as "Physical education" students with their health and physical fitness to treat with care, one's physical and psychological qualities as a whole formation, creative in organizing a healthy lifestyle from means of physical education intended to form permanent motives and needs for use. Study material in the process of learning, students learn physical culture as a social phenomenon, biological, psychological and social unity, legislation and laws of formation and its psychosomatic they will have a complete idea of how to improve their features.

Physical culture is not important in the life of society, nor in its spiritual life. Physical the real field of study in culture is the dynamics of the medium in which improving the physical essence of a person, developing motor skills and physical related to the formation of qualities, his physical ability to work, spiritual - determined by the formation of a person's mental development, character and unique culture. A spiritually rich person has a mutual understanding and response to relations with other nations based on the ability to listen to oneself and find the necessary urgent decisions in oneself creates. In other words, be patient. Spiritual health is a person's and basic personal characteristics and social consciousness that ensure the resilience of the entire society is considered a difficult combination.

The practical usefulness of physical (physical) work for teenagers is not only physical qualities improving and strengthening health, studying physical exercises and physical effects, but also to safely improve mental processes and moral qualities, understanding and thinking, creative approach and independence.

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