

BENEFITS OF USING PHYSICAL EDUCATION MINUTES IN FOREIGN LANGUAGE LESSONS IN SECONDARY SCHOOLS

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Abstract

The article considers pedagogical practice as one of the necessary components of the process of becoming a future teacher. The essence of the concept of "physical training" as a way to study the educational process at school based on the direct participation of trainees in it is revealed. The article highlights and describes some types of physical training at the lessons of pedagogical practice, describes in detail the organization, goals and tasks of each type of pedagogical practice.

Keywords: Physical training, lesson, exercises, teacher, mentor, educator, methodical training, professional training, student.

« ПОЛЬЗЫ ИСПОЛЬЗОВАНИЯ ФИЗКУЛЬТМИНУТКИ НА УРОКАХ ОБУЧЕНИЯ ИНОСТРАННОГО ЯЗЫКА В СРЕДНЫХ ШКОЛАХ »

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Аннотация:

В статье рассмотрена педагогическая практика как одна из необходимых составляющих процесса становления будущего учителя. Раскрыта суть понятия «физкультминутки» как способа изучения учебно-воспитательного процесса в школе на основе непосредственного участия в нем практикантов. В статье выделены и охарактеризованы некоторые виды физкультминутки на уроках педагогической практики, детально описаны организация, цели и задания каждого вида педагогической практики.

Ключевые слова: физкультминутка, урок, упражнения, педагог, наставник, воспитатель, методическая подготовка, профессиональная подготовка, студент.

“O’RTA TA’LIM MAKTEBLARIDA CHET TIL DARSLARIDA JISMONIY TARBIYA DAQIQLARIDAN FOYDALANISHNING FOYDALARI”

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Annotatsiya

Maqolada bo'lajak pedagoglarni pedagogik amaliyot kelajakdagi o'qituvchi bo'lish jarayonining zaruriy qismlaridan biri sifatida ko'rib chiqiladi. "fizkult daqiqa" tushunchasining mohiyati unda o'quvchilarning bevosita ishtirokida maktabdagi o'quv jarayonini o'rganish usuli sifatida namoyon bo'ladi. Maqolada pedagogik amaliyotning tetiklashtiruvchi mashqlar turlari qisman yoritilgan va tavsiflangan, har bir pedagog o'quv mashg'ulotlarini tashkil etilishi, maqsadi va vazifalari batafsil bayon qilingan.

Kalit so'zlar: : fizkultdaqiqa, dars, mashq, pedagog, ustoz, tarbiyachi, pedagogik amaliyot, metodik tayyorgarlik, kasbiy tayyorgarlik, talaba.

As research and practice have shown, physical education breaks in general education lessons have a beneficial effect on the restoration of mental capacity, prevent the growth of fatigue, improve the emotional mood of students, and relieve static loads. Physical education breaks are held in the classroom under the guidance of a teacher or physical education teacher and should not exceed 1-2 minutes. It is most appropriate to hold them when students show the first signs of fatigue: decreased activity, impaired attention, etc. The start time of the physical education break is determined by the teacher conducting the lesson.

The role of physical education minutes in the lesson; It is known that children quickly get tired during lessons, since they are in a static position for a long time. Physical education minutes help prevent and relieve mental fatigue. Physical education minutes are held 12-20 minutes from the beginning of the lesson. Sometimes it is advisable to hold physical education minutes twice per lesson (at the beginning of the school year and on the last days of the quarter during the last lessons, especially at the end of the week). Duration 2-3 minutes.

Benefits of physical education breaks at school; Younger children, due to their inquisitiveness and excess energy, are often not ready to process the flow of information that falls on them during lessons. Parents, on the other hand, demand that teachers increase the academic workload and comprehensive development of their children. The result is distractibility of schoolchildren, poor assimilation of material, and often physical deviations associated with weakened posture and deterioration of vision. Physical education breaks during lessons will help improve the perception of material and at the same time prevent children from becoming overtired. Their task is to prevent excessive fatigue in children.

Having conducted numerous studies in this area, scientists have proven that physical education breaks have a positive effect on brain processes. They not only activate the respiratory and cardiovascular systems, but also increase the blood supply to organs. The performance of the nervous system also improves.

The exercises chosen by the teacher will depend on which muscles the children need to relax. Physical education minutes can be supplemented with soft music or a multimedia presentation. Teachers pay special attention to muscles that are not yet strong, which experience additional stress during the educational process. Most often, they choose simple exercises that relieve hand fatigue and relax the eyes. But the full list of exercises is much wider.

It includes: - exercises to relieve general stress; - gymnastics for hearing; - exercises aimed at maintaining posture; - breathing exercises. Physical minutes not only have a positive effect on the body, they allow the child to relax from heavy mental activity and contribute to harmonious physical development. Physical minutes are held in a fun and simple form. For this, they are accompanied by rhymes, which allows you to simultaneously train your memory. After game exercises, children's mood improves, they perceive new material better.

It is better if the health-saving technology is tied to some one theme: animals, transport, popular heroes. Moreover, light exercises can carry additional information, be connected with counting, geometric figures.

Simple physical exercises in a playful form develop children's motor skills, contribute to the development of the need for strengthening health and independent physical activity. The whole set of exercises contributes to the development of volitional qualities.

Schooling is a serious burden for a child. Children move little, sit still for a long time, develop hypodynamia and static tension in their muscles increases. With each year of study, the need to process an increasing volume of visual information increases, and as a result, the student's visual apparatus experiences constant overstrain. All this creates the prerequisites for the development of health problems in children - posture and vision disorders, high blood pressure, accumulation of excess weight, an increased risk of cardiovascular and respiratory diseases, and metabolic disorders. For primary school students, in order to prevent fatigue, posture and vision disorders, it is recommended to take physical education breaks and eye exercises, and for senior students - minutes of psycho-emotional relaxation. Scientists have found that two physical education lessons at school compensate for only 11% of the necessary physical activity. At the same time, the need for movement in students aged 7-10 should be 4 hours per day, and 18 to 24 hours per week. Increasing the volume of physical activity by organizing and holding extracurricular physical education and health events can solve the problem of hypodynamia at an early age. Physical education minutes or physical education breaks during lessons provide active rest for students, switch attention from one type of activity to another, help eliminate stagnation in organs and systems, improve metabolic processes, and contribute to increasing the attention and activity of children at the next stage of the lesson;

It is best to systematize physical education minutes:

1. Health and hygiene They can be done both standing and sitting: straighten your shoulders, arch your back, stretch, turn your head, "dangle your legs". During lessons, you can do eye exercises: without turning your head, look to the right, left, up, down. Children can follow the movement of the teacher's hand with their eyes.

2. Dancing They are usually performed to the music of popular children's songs. All movements are voluntary, everyone dances as best they can. They are performed to music, but are distinguished by a more precise execution of the elements.

3. Physical education and sports This is traditional gymnastics, which is performed strictly to the count, with a uniform alternation of inhalations and exhalations. Each exercise is designed to strengthen certain muscle groups. This can include running, jumping, squats, walking in place.

4. Imitative Depends on the imagination and creativity of the teacher. You can imitate the movements and sounds of cars, trains, animals, the movements of frogs, monkeys, grasshoppers, bees. These physical education minutes help children switch off and lift their spirits.

5. Motor-speech Children collectively read short funny poems and simultaneously perform various movements, as if staging them. Basic requirements for compiling a set of physical minutes Exercises should cover large muscle groups and relieve static tension caused by prolonged sitting at a desk. These can be stretching, bending, turning, squatting, jumping, running in place. Movement of the hands: clenching, unclenching, rotating.

Exercises should be simple, interesting, accessible to children, if possible related to the content of the lessons, and be of a playful nature. The complex should consist of one or two exercises, repeated 4-6 times.

The complex should be replaced at least once every two weeks. The content of the exercises should depend on the nature and conditions of the lesson. Thus, after written assignments, hand movements, clenching and unclenching of fingers, etc.

For example, in a math class, when counting objects, physical education minutes like these are good:
Physical education minutes!

Why are they needed?

Let's sit down as many times,

As many snowdrops as we have.

As many snowdrops as we have,

We'll jump up as many times.

The exercises are performed sitting and standing. The amplitude of the movements should be small so that the student performing them does not interfere with his comrades to the left and right. At the teacher's command, the person on duty in the class opens a vent or window, the students stop their classes and begin to perform the exercises. It is recommended to select a set of physical education minutes depending on the content of the educational load in a given lesson.

Each complex usually consists of 3-5 exercises, repeated 4-6 times. It includes simple, accessible exercises that do not require complex coordination of movements. They should cover large muscle groups - mainly those that are directly involved in maintaining a static posture during the lesson. In

physical education minute complexes, it is desirable to use exercises - stretching, bending the body, bending and half bending, half squats and squats with various arm movements.

Physical exercise to improve cerebral circulation

1. Starting position (SP) - sitting on a chair, 1-2 - smoothly tilt your head back, 3-4 - tilt your head forward, do not raise your shoulders. Repeat 4-6 times. Slow tempo.

2. Starting position; - sitting, hands on your waist. 1 - turn your head to the right, 2 - SP, 3 - turn your head to the left, 4 - SP. Repeat 6-8 times. Slow tempo.

3. Starting position; - standing or sitting, hands on your waist. 1 - swing your left arm over your right shoulder, turn your head to the left, 2 - SP, 3-4 - do the same with your right hand. Repeat 4-6 times. Slow tempo. Комплекс упражнений для младших школьников на уроках

с элементами письма:

1. Exercises to improve cerebral circulation

Starting position; - sitting, hands on the waist. 1 - turn the head to the right, 2 - Starting position; 3 - turn the head to the left, 4 - Starting position;

5 - smoothly tilt the head back, 6 - Starting position; 7 - tilt the head forward. Repeat 4-6 times. Slow tempo.

2. Exercises to relieve fatigue from the small muscles of the hand

Starting position; - sitting, arms raised up. 1 - clench your fists, 2 - unclench your hands. Repeat 6-8 times, then relax your hands down and shake your hands. Medium tempo.

3. Exercises to relieve fatigue from the muscles of the trunk

Starting position: - stand with legs apart, hands behind the head. 1 - sharply turn the pelvis to the right, 2 - sharply turn the pelvis to the left. During the turn, keep the shoulder girdle motionless. Repeat 4-6 times. Medium tempo.

4. Exercise for mobilizing attention

Starting position: - standing, arms along the body. 1 - right hand on the waist, 2 - left hand on the waist, 3 - right hand on the shoulder, left hand on the shoulder, 5 - right hand up, 6 - left hand up, 7-8 - clap hands above the head, 9 - lower left hand to the shoulder, 10 - right hand on the shoulder, 11 - left hand on the waist, 12 - right hand on the waist, 13-14 - clap hands on the hips. Repeat 4-6 times.

Tempo - 1 time slow, 2-3 times - medium, 4-5 - fast, 6 - slow.

A set of eye exercises

1. Blink quickly, close your eyes and sit quietly, slowly counting to 5. Repeat 4-5 times.

2. Close your eyes tightly (count to 3), open them, look into the distance (count to 5). Repeat 4-5 times.

3. Stretch your right arm forward. Follow with your eyes, without turning your head, the slow movements of the index finger of your outstretched arm to the left and right, up and down. Repeat 4-5 times.

4. Look at the index finger of your outstretched arm for a count of 1-4, then move your gaze into the distance for a count of 1-6. Repeat 4-5 times.

5. At an average pace, make 3-4 circular movements with your eyes to the right side, the same number to the left side. Relax your eye muscles, look into the distance for a count of 1-6. Repeat 1-2 times.

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