



STRUCTURE OF THE PHYSICAL EDUCATION LESSON IN PRIMARY GRADES AND METHODOLOGY OF ITS CONDUCT

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Abstract: *Many primary school teachers are also educators of boarding schools and extended day groups. In their work, a lot of space is reserved for physical health activities.*

Key words: *elementary school, student, physical education, training.*

The primary school teacher's work is characterized by the fact that he alone teaches students several subjects, which allows him to combine physical education with other general subjects. allows for a stronger connection. For example, in physical education classes, he conducts action games that include materials on the Russian language and mathematics. Acquaintance of children with the basics of natural science during excursions and walks, etc. Many primary school teachers are also educators of boarding schools and extended day groups. In their work, a lot of space is reserved for physical health activities. This, in turn, allows for a holistic approach to the organization of educational work in training sessions and extended day groups, and helps to more fully understand the characteristics and habits of children's psychology. In the process of teacher training, it is important to ensure the continuity of learning theoretical materials on physical education for all physical education teachers.

For example, theoretical information on the subject of "Physical Education Method and Theory" is presented to third-grade physical education teachers, taking into account their previous knowledge of the subject of "Physical Education". It also includes anatomy, youth physiology and psychology, hygiene of children of junior school age. This will allow future teachers to learn the main driving skills and skills formation issues at the current scientific level. Such interrelationship of sciences awakens teachers to work with special literature, includes them in gonistic activities. It is desirable to involve teachers of 2nd and 3rd physical education teachers to carry out course work on the problems of physical education of students. It is necessary to give the right to teachers who are engaged in the regular study of the problems of their choice and to complete the diploma work on these topics only with the content of their group. A special course or a special seminar is organized in order to further study the issues of organizing physical education classes in elementary school physical education teachers, extended-day and full-day boarding schools, small collectivized rural schools. recommended. The practical part of the program teaches



the fundamentals of driving influence and for the successful formation of professional skills in the eyes of reality, teachers are recommended to perform, for example, the following tasks. Recording and conducting body shaping exercises, upper back, front legs, body exercises, jumping exercises with the training group. It is important to know the correct use of this terminology, the "mirror" image, to know how to take one's place to lead the group. Terminological dictation writing (teachers write down the exercises shown by the teacher or those in the picture). Describe the lower and upper sports mechanics of throwing a ball. In this case, teachers must show ways to correct common mistakes. Accumulating at least five games with general development exercises and elements of training in high and long jump, throwing, etc. without equipment.

After studying the topic "Physical education and sports at work and leisure time", independently create a complex of exercises to organize a physical minute with teachers (mental labor employees). In the lessons, great attention should be paid to the method of teaching children, to the organization of lessons, to the method of increasing their maturity, introducing the norm into a new form, etc. Physical education teachers carry out a series of independent tasks, collecting appropriate exercises to identify the main mistakes and to warn and correct them. Physical education aims to study program materials for the class, to attend a full lesson in school, in a study group, to participate in the pedagogical assessment of the lesson, to independently perform the following tasks. Analyzing the curriculum for physical education for primary school students, reviewing and compiling special literature on the topic of extracurricular activities: a) Educational materials on physical education for each year-round schedule for the class; b) a set of exercises with subjects for elementary school students (adults, flags, jump rope, hoops, gymnastic sticks, small and large balls). Development and conduct of extracurricular personnel in physical education, games (by choice) in athletics with and without musical accompaniment, drawing up a lesson outline for gymnastics, outdoor and indoor physical education o to show the specific nature of the exercise, to justify the choice of physical education tools and the method of their use in such conditions.

In the process of continuous practice, physical education teachers visit the school once a week, they hold discussions and games with young schoolchildren on physical education, and prepare materials for working with parents. In physical education teachers, teachers together with the teacher and the physical activists of the class or school organize an out-of-class physical health event. In physical



education teachers, teachers prepare summaries and conduct physical education lessons, participate in the development of extracurricular activities on the topic of physical education. They organize wellness events in the school's agenda (organized gymnastics breaks before classes, physical moments and pauses). They help as referees in the organization of general school events on physical education. Teachers must fulfill the requirements specified in the program of the "Physical Education Theory and Method" course, and the acquired knowledge and skills are used in pedagogical practice at school. In physical education teachers, teachers organize physical education activities for students outside the classroom and school. They draw up thematic plans of lessons (for a quarter or a year), conduct sports activities or action games in groups during the extended or full school day, prepare scripts for extracurricular sports events. During this period, the knowledge of the teachers on the "theory and method of physical education" course is deepened, their skills are improved. A future teacher must know how to organize independent physical education and health activities during the pedagogical practice and must be able to implement them. It is necessary to acquire active skills of students' activities, using various forms and methods during physical health activities.

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