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USE OF HEALTH-SHAPING TECHNOLOGY IN TRADITIONAL KARATE

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Annotation

The article considers the developed conceptual model of pedagogical health-saving technology based on the use of elements of traditional karate in a physical education lesson for younger students. This technology involved the development of the content and methods of organizing the activities of younger students.

Keywords: sports-oriented physical education, health-forming technology, traditional karate, physical education lesson.

Introduction

One of the important and priority scientific areas of research in the field of physical education of schoolchildren is the search for and justification of innovative technologies and methods built on sports-oriented forms of organization of physical and sports education, the expanded use of non-traditional means of physical culture and sports in the holistic process of child development [1, 2].

The conversion penetration of elements of sports culture into physical culture, according to the concept of D. Y. Turdimuradov, creates objective conditions for the intensification of the psychophysical training of children and adolescents [3, 4, 5]. At the same time, the orientation towards the formation of physical education as a complex of actualized values of physical culture, adequate to the interests, inclinations, needs, potential opportunities for improving schoolchildren in one or another type of sports or physical culture activity, has a special methodological meaning [6, 7].

According to scientists and practitioners, at present there is a significant decrease in children's interest in physical exercises, and in general, there is a decrease in motor activity in first graders (on average by 50% compared to preschoolers) [8, 9]. The main negative points are: conservatism and authoritarianism of physical culture lessons, uniformity of physical exercises used, low motor density of lessons in general in the conditions of using various physical exercises aimed at developing



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physical qualities and motor-coordinating abilities, lack of the necessary training effect, classifications of children by typological groups, taking into account the level of development of physical qualities [10, 11].

Analysis of the results of studies conducted in the city of Termez allowed us to assume the possibility of modernizing the physical education of first grade students based on the inclusion in the content of the lesson (in the variable part of the program) of traditional karate tools, which are distinguished by a large arsenal of emotional, interesting and accessible movements and movements for both boys and girls. and for girls [12, 13]. This will not only significantly increase the overall motor experience, but will also have an effective impact on physical and mental health, on the development of speed and speed-strength qualities and motor-coordination abilities [15, 16, 17].

For this purpose, the author has developed a conceptual model of pedagogical health-forming technology based on the use of elements of traditional karate in a physical education lesson for younger students.

This technology involved the development of the content and methods of organizing the activities of younger students. Implementing the pedagogical health-forming technology of physical education of younger schoolchildren, we proceeded from the following methodological assumptions:

- innovative technology is considered by us as a qualitative systemic and dynamic process based on the general cultural development of the student; as a factor in optimizing the mode of the school day; as an integral part of the entire educational process of an educational institution, defining its cultural space, performing educational, educational and developing (health) functions;
- the content of innovative technology is represented by interrelated organizational and methodological components, which we consider as pedagogical conditions for the effective use of this innovation;
- the main goal of health-forming technology is the formation of physical culture of the personality of a junior schoolchild [18, 19].

In the experimental program, the processes of recovery, education, upbringing are inseparable from each other, since the technology used is based on the idea of not only education, but also the strengthening of psychophysical health, the development of the moral, aesthetic consciousness of the child, instilling the skills of a culture of behavior, increasing the effectiveness of social interaction, through which is the socialization of thinking, the formation of personality [20].



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Organizational measures within the framework of the pedagogical experiment include: scheduling lessons taking into account the time of the end of the school day, rationalizing the use of lesson time in order to include a variant component in volume, conducting training sessions by a teacher who knows the methodology of traditional karate; purchase of a special uniform (kimono), control of the hygienic condition of the gym (floor surface, wet cleaning immediately before the lesson, proper air temperature).

The methodological measures within the framework of the pedagogical experiment include: the development of a curriculum for the physical education of younger students using elements of traditional karate, limiting the volume and intensity of training loads according to the age and physical condition of the subjects, determining the content of the variable component (selection of traditional karate techniques that are acceptable for studying and training at primary school age), development of a system for assessing technical readiness.

Thus, the logic of the research made it possible to conduct a pedagogical experiment, the purpose of which was to test the effectiveness of the content of sportsized physical education classes with students of the 1st grade using traditional karate.

Conclusions

1. A significant change in the goal-setting of the physical education of children and an appeal to such an unconventional sport as karate ensure the harmonization of the bodily (physical) and spiritual (cultural) and act as a motivational component of muscle and emotional satisfaction, the development of psychomotor skills and functional capabilities, personality education and essential improving the health resources of younger schoolchildren.
2. The developed conceptual model of the health-forming technology of physical education is based on the principles of sportization of the educational process and active health formation. The educational minimum is achieved through the development of the basic component: the basic knowledge of athletics, gymnastics, outdoor games. The variable component, built on the basis of elements of traditional karate, mainly solves the problem of increasing the motivation and interest of children in physical education.
3. The organizational component of health-forming technology is provided by the following pedagogical conditions:
 - transferring physical education lessons to the final part of the curriculum;



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- involvement in the lessons of a teacher who knows the methodology of traditional karate;
- obligatory use of the regional component (10% of the lesson);
- simultaneous solution of similar tasks of the basic and variable parts of the lesson.

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