

O HATS IN PHYSICAL EDUCATION LESSONS

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Note: This article is devoted to the analysis of injuries in physical education classes.

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Compatibility these are to be Despite the precautions taken by most teachers, coaches, and educators, injuries during physical education classes, training sessions, and sports competitions are still rare. In the general structure of childhood injuries, this type ranks fourth after household, street and school injuries.

Based on relevance, **the task of this article** was to investigate and analyze injuries in physical education classes.

STATISTICS OF CHILDREN INJURED IN PHYSICAL EDUCATION CLASSES

Among different age groups, the highest percentage of cases is children aged 12-14 years, followed by elementary school students (7-11 years old), and 15-16-year-olds in third place. . teens. Boys are twice as likely to be injured during physical education classes than girls.

These sad statistics mean that not only physical education teachers and trainers, but also school administration, medical staff, and parents of students should solve targeted work on preventing sports injuries among schoolchildren. talks about the most important task.

In order for the fight against injuries to be successful, teachers, trainers, teachers should have a clear idea of the level of risk of each type of injury included in the



physical education curriculum, and be aware of the reasons that can lead to dangerous consequences. should take management.

CAUSES OF DISTURBANCE IN PHYSICAL EDUCATION LESSONS.

With the variety of these reasons, it is possible to distinguish those that often lead to injuries. These are insufficient medical control over the health and physical fitness of students, violations of discipline and established rules during training and competitions, unsatisfactory conditions of workplaces, incorrect use of equipment by persons handling equipment. or use of incorrect anthropometric data, lack of strict control. Inconvenient for training or competitions, sanitary-hygienic and meteorological conditions that do not match the physical fitness of children, violation of the methodology of training, training, competitions and, finally, control of insufficient skills; teacher (coach). The origin of traumatism is polymorphic and, as a rule, includes combined causes, therefore, a comprehensive , competent analysis of each case allows to identify and eliminate their sources.

Now back to the statistics; According to the Research Institute of Traumatology, 55.1% of injuries received by students were in gymnastics, 23% in athletics, skiing and skating, 8.2% in sports games, 13% in other types of injuries, 7% damage.

GYMNASTICS AS THE MOST DANGEROUS TYPE OF PROGRAM MATERIAL

Thus, as can be seen from the above data, the highest percentage of injuries among schoolchildren was recorded in gymnastics, which is the most traumatic type of curriculum. Among the most common specific causes of children's injuries during this type of exercise are the unsatisfactory condition of sports equipment, the use of mats with poor quality or damaged coating, their incorrect laying, poor organization of the lesson (absence of a teacher or coach) is included. when students perform exercises on the equipment, their accumulation in one of the shells, the teacher's failure to control the performance of the exercises by the children), improper methods of conducting lessons (forced loads, lack of full insurance , lack of self-insurance). technique). A very common cause of injury is the excitement and high self-esteem of students, which is mainly characteristic of boys aged 10-14, and therefore they require special attention from the teacher.



One of the causes of injuries can be insufficient lighting of the gym. Natural and artificial lighting in the gym should meet the relevant regulatory requirements. Horizontal light should be at least 30 lux, vertical - at least 100 lux. Dirty lamps cause a decrease in light, so they should be cleaned at least once a month. Lighting control should provide the ability to partially turn off the lighting devices. The hall should also have emergency lighting, the horizontal illumination of which should not be less than 0.5 lux. Safety plugs must be installed in all sockets in the hall.

The walls of the hall, painted in light and warm colors, increase the light flow of reflection. The color of sports equipment is also important. Students were afraid to perform wide-amplitude exercises on uneven height fences, afraid of losing balance, even though the fences were in place, and performed the exercise confidently only after the frame of the fences was painted black. At the same time, they lost the sense of psychological danger and gained confidence in the invulnerability of the projectile support. Based on this, it is necessary to create a psychologically based, purposeful, convenient color scheme for motor activity in physical education classes. (During athletics, skiing and skating, mainly the lower limbs, often the articular ligament apparatus of the knee joint and especially the meniscus are injured. Sharp blows, falls, individual muscle fibers and rupture of the entire muscle is possible, tearing of the bone plate in the muscles of the attachment site.

The causes of such injuries are mainly the unsatisfactory condition of the training grounds, the lack of special barriers, the installation of the finish line near any obstacles (walls, doors, trees, fences, etc.) is considered Exercises in the hall with a slippery floor, as well as in unfavorable weather conditions on a poorly cleaned site, lead to injuries. As you know, not every school has a dedicated running track surface, but it should be a constant consideration in training areas.

PREVENTION OF EXCESSIVE DUST INJURIES.

One of the conditions for the prevention of injuries during the "Ski training" section is the quality preparation of training places. On the training ground (if it is rectangular), two ski tracks are laid: the inner part is intended for beginner skiers, and the outer part is for trained ones. Even in autumn, it is cleaned of foreign objects (large stones, stumps, plugs, etc.), more or less significant irregularities of the soil are leveled, and the distance is measured. Special attention should be paid to the



preparation of places where schoolchildren are trained in descent and ascent: gentle slopes (their steepness should not exceed 15-20 °) cleared of trees and bushes. Make a smooth roll at the end of the slope. You can't use the places surrounded by the roadway, reservoir, swamp. If the land is flat, educational paths near the school should be artificially prepared; in this case, the irregularities of the ground are simulated using prefabricated wooden structures. In this case, it is necessary to make sure that there are no protruding nails, wire loops, etc. on the wooden shields. If the training is held in a park (forest), before each lesson, the teacher must carefully inspect the entire track, prepare the ski track and places to stop the sticks (if the snow is loose if any). The track should not cross highways and dirt roads, poorly frozen ponds and other obstacles that pose a danger to skiers. Hanging branches are removed on the path through the trees, footbridges are laid through the gutters, streams and snow are poured. The width of the road on the slopes should be at least 5 m. Signs will be installed at the turns along the road.

PREVENTING INJURIES WHILE PREPARING A RACK FOR SKATING.

Special attention should be paid to the preparation of the field. To fill it with high quality, you need to have special equipment: a hose, shovels (wooden and iron), scrapers, watering cans. The area for the future ice rink is being prepared since autumn. A 15X15 cm soil roll is poured around the perimeter of the site so that water does not flow. Backfilling begins after the soil freezes at least 5 cm: then pits do not form, they are easy to injure. Pre-compacted snow is poured with a sprayer until a crust of ice at least 6 cm thick is obtained. Ice is removed from the surface of the ice rink every day; large cracks are covered with snow and filled with water using sprinklers.

In order to avoid collisions and falls that can lead to injury, children who know how to skate well and who are just starting to master this skill should not be put on the ice at the same time, children should not be allowed to skate on a cross. - country skates. If the school skating rink is used for unorganized events in the evening, it is necessary to install lighting and organize a duty.

The most common sports injuries are upper and especially lower extremity injuries. It should be remembered that limb fractures can occur both with direct trauma and with the fall of a twisted arm or lower limb. Dislocations and cracks in the area of



small joints of the hand with a direct hit of the ball are rare. The main reason for their appearance is bad ground, slippery shoes.

Typical injuries for sports such as wrestling are dislocations of the wrist bones, bruises of the cervical and thoracic spine, and surgical neck fractures of the shoulder. The common cause of such damage is the mismatch of weight classes in training.

In connection with the increase in requirements for preventive measures to combat injuries in schools, it is necessary to focus the attention of teachers and coaches on the analysis of the causes of traumatic situations and their timely elimination. One of the forms of preventive work is conducting systematic interviews with schoolchildren and young athletes on the prevention of accidents. Children who are injured and who have not passed medical supervision after appropriate treatment may not participate in training, training, and competitions.

A very important part of injury prevention is teaching children self-belaying in the event of a fall, as most sports and household injuries are the result of falls.

Fall safety skills developed in childhood last a lifetime. Observations show that, as a rule, children who have not received preliminary training in the elements of self-insurance fall dangerously. But even after a short training, they develop stable skills. After the initial general physical training, it is recommended to teach schoolchildren self-insurance in case of falls. When simulating a fall from a height of growth, first of all, a soft surface is used - mats. The technique of performing all techniques should be brought to full automation. For first graders, it is appropriate to present the elements of safe descent in a playful way.

Systematic accounting and analysis of all cases of injuries in each school, youth and youth sports school in the prescribed form, the results of which must be discussed in the pedagogical councils.

Initial registration of injuries is done by a medical worker in a special journal that should be in every school. The following information is entered in the journal: victim's surname, first name and patronymic, his gender, age, category, time of injury, date (day and hour), nature of injury, place of accident, last name! the teacher who conducted the classes, information on familiarizing the victim with safety rules, a detailed description of the circumstances of the accident, its causes, a list of measures to eliminate the causes of the accident . the terms of execution, the names



of the executors, the mark of execution, the recorded time (hour, day, month, year) are indicated.

In conclusion, it should be noted that the clear organization of the work of a teacher, coach, compliance with the established rules and norms allows to completely eliminate the possibility of accidents in physical education classes and sports sections. A conscious attitude to the precise organization of work, mastering safe methods and methods of work is the key to the complete prevention of childhood injuries.

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