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The Importance Of Sports Games In The Physical Education System

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ABSTRACT

In the article physical upbringing sports games in the system place and importance about word Sports games features, sports from sports games in training of those involved health improve tasks solution to do and to them sports propaganda their work take to go issues cover received.

Keywords:

physical education, sports, sports games, physical education exercises, active games, physical activity, tool.

Human perfect to develop sports games in support efficiency, first of all, their to oneself typical characteristics, and secondly, their participation enough people to the body deep diverse impact, physical adjectives develop and vital tool skills develop with explained; thirdly, various aged people for readiness and readiness (physical activity level wide on a scale order is imposed - insignificant, for health improvement directed from training the most high level sports level physical and spiritual to stress); fourth, emotional charge with, this on the ground everyone is equal - "both old and young"; fifthly, sports games are unique landscape, so for them other sports with by comparison It won't be.

At school start sports games in the classroom elements physical upbringing in their classes open games teaching in the process Sports games are studied. straight away Learning begins in grade 5. Physical upbringing 3 games per program includes - basketball, football, handball ball, of them one optional is studied. Eighth from class starting to the program Volleyball is also included. Sports

games general and professional education in institutions physical upbringing in the field wide demonstration Read. in their work this basketball, volleyball, handball ball, football, from school outside in work, physical education, sports and on vacation and above saying from the above outside table tennis, badminton and others Sports games almost all sports according to athletes general physical preparation, physical qualities develop and the motor experience of athletes in enrichment effective tool as wide is applied. Sports games main features from that consists of external from games different as, they not only muscles main groups, but in general man for necessary was other many qualities, such as agility, endurance, speed skill and physical strength They develop. Every a sports game known indicators performance improves. Physical from virtues outside, physical not happened qualities logic, available to the situation fast attitude to develop contribution addictive, that is briefly in other words, a person mental develops. port games non-standard or to the situation related

physical These are exercises. exercises "motor movements" in execution structure, direction and power in advance unplanned, but rather a sporting activity various at points to the surface coming to situations "related " with described. Engine tasks own on time and correct solution to do nerve system extrapolation to do, from sensitivity central nerve to the system incoming clear information, nervous of processes high mobility, motor apparatus and him/her supportive autonomous systems relevant readiness with related.

All sports games mixture at speed fast forces with separated stands. Acyclic actions advantage does. Purposeful of actions clear execution big importance has. In sports muscles activity mainly is dynamic. However, the force technique using muscles noticeable, but short term static stresses It develops. It is used in sports games. attraction made athletes strong to prepare serious requirements puts. In sports games cyclical of actions power variable. The game known at points it is large, submaximal and maximum to be possible. Often game during athlete's activity short time during is suspended (rules) break, ball loss, one minute break and others), of power decrease and short term stops with recovery processes reinforcement They need. nerve system of processes high mobility with separated standing qualified in athletes more intensive accordingly appearance will be. Sports games to the body's anaerobic capacity big requirements If the game very high at a pace continue enough if (for example, hockey), anaerobic under the circumstances working body systems far continue enough cannot withstand stress. This rules attitude with the players to replace permission In these sports high to the results achieve for anaerobic ability with one Aerobic development is also necessary. Sports games variable power their work to perform for speed, strength, agility and special patience to develop help gives. A lot in quantity training downloads general endurance also requires development does. Sports games with motor skills of those involved are diverse. Their complexity that is, an athlete on the field fast movement on time the ball receiving, passing and other game technique to play In sports games, other sports like, tool skill automation

demand How much is this? high if so, the athlete activity so much effective will be. Separately game techniques and even complicated of actions structural parts are also automated to be But the game while playing usual actions ineffective become while remaining such situations to the surface comes. Then athletes stereotypical activity created to the conditions appropriate change need. This conscious accordingly and automatic accordingly done increaseable extrapolation through is achieved. With this together, athletes new movement forms providing new conditional reflexive compounds harvest they do. So in sports games stereotypical actions easily change need. This tool activity manager nervous of processes high mobility with Sports games nervous system of processes mobility improves. This indirectly from the indicators one conditional reflex motor reactions hidden time is a contraction. With this together, right the answer to choose demand to do complicated reactions hidden time abbreviated. Hidden reaction general of time shrinkage (by 5–20%) mainly the answer to choose departing of time contraction as a result happened It will be. Nerve in the system of processes mobility not only movement composition and pace fast change for, maybe breath to take and blood rotation organs also relevant in the activity changes done increase for This is necessary. bodies their own functions quickly increasing going power with increasing and decreasing quickly recovery need. Play activity fast, agreed and clear actions flame does. This for players and of the ball on the field location (view) and to hear organs by), as well as own of the body status and vestibular and motorized from analyzers come outgoing muscles status about own on time and clear information Sports games support movement to the devices clear requirements puts. Players exercises " explosive " muscle strength, " jumping " endurance, acceleration speed, velocity endurance to provide The players need special strength training skeleton of the children hypertrophy with together comes. But this hypertrophy their speed features not to reduce need.

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