



Physical Education Activities in Sports Schools

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ABSTRACT

In this article, the description, structure, and stages of the work of children's sports schools are described in detail. Sports schools specializing in the preparation of Olympic reserves for children and teenagers are separate or equipped with a sports base and highly qualified coaches-teachers. organization under schools is justified.

Keywords:

Children's sports school, sports training, preparatory and initial and other training groups, highly qualified trainers-teachers, training, study groups and sports to a defined level of skill, The head of the department of educational affairs (deputy director), the chief guide for the management and improvement of educational and methodical works, the methodologist, the guide-methodologist and the trainers-teachers

Children's and youth sports schools, as extracurricular educational institutions, set the goal of training athletes with high sports skills from among the students. At the same time, it solves the following tasks related to strengthening the health of students and all-round physical development, increasing their physical fitness and achieving high sports skills. They are:

- a) training young athletes with high skills, creating a basis for strengthening students' comprehensive physical fitness and health;
- b) to ensure training of public walkers and sports referees;
- v) is to establish support in the form of incentives for students to engage in physical exercises and sports in general education schools, academic-lyceums, vocational colleges, gymnasiums.

These tasks are specified for sports schools in different types of educational groups, depending on the year of education, taking into account educational programs and sports training, community guides, community sports

referees (judges) are prepared from the employees of educational institutions, and general education schools the school plays the role of a methodical center for the physical culture teams and helps to organize mass-sports and wellness activities of general education schools outside the classroom.

Sports schools for children and teenagers based on the instructions of the physical education and sports committees of the Republic of Public Education, trade unions, general education schools, urban and rural citizens' gatherings, residences, home administrations, sports bases, sports facilities, water bodies and other offices and organizations. is organized under

The main condition for opening a sports school is that the organization aiming to open a school for conducting training sessions must have its own base or a rented sports base, offices and buildings for auxiliary facilities, as well as management, coaching and teaching personnel, and financial support..

Sports schools include preparatory and elementary and other training groups. With this, it is possible to create excellent educational sports teams, taking into account the necessary conditions for schools to achieve high performance in sports activities.

Sports schools specializing in the training of Olympic reserves for children and teenagers can be organized separately or under sports schools for children and teenagers who have achieved high performance in the training of qualified athletes, provided with a sports base and highly qualified coaches.

In addition to the tasks to be solved in sports schools, sports schools specializing in Olympic reserves have a specific goal - to prepare highly qualified athletes for the national teams of the country in one or another type of sport.

The specified tasks are the main indicator of the activity of the sports schools, the Olympic reserves, which are related to the Olympic reserves. Such schools can be opened for one or more mixed sports.

In the sports schools specializing in the training of the Olympic reserve of children's sports schools, elementary, preparatory, training groups and groups with a certain level of skill in sports are organized. Schools are managed only by a highly educated specialist (or bachelor's degree, master's degree) with rich experience working with children.

The director is responsible for organizing all the work in the school. In addition to the director of the school, the following job positions in these educational institutions are completed with the head of the department of educational affairs (deputy director), the chief guide for managing and improving educational and methodological work, the methodologist, the guide-methodologist, and the staff of teachers.

Their activities are managed by the school's "Council of Pedagogues" consisting of a parent committee, a representative of the educational enterprise responsible for organizing the school, or a trade union representative of the organization organizing the school.

If the school is designed to organize educational and training sessions for several types of sports, the "Coaches' Council" for sports also functions as part of the Pedagogical Council.

Leaders are elected in study groups. They are united in the council of sarkors (chiefs, captains). It is a self-governing body with councils (chief, captain), participates in the organization and holding of intra-school competitions, holidays and parties, publishes a wall newspaper, and monitors the maintenance of discipline in the school.

Medical supervision - medical physical training dispensaries, in the absence of them, is carried out in the medical supervision department of the polyclinic of the region. A medical control card of the prescribed form is filled out for each student of the school and kept in the school's medical officer's room or in the medical physical education dispensary (regional polyclinics).

Organizational and business documents of children's sports schools include:

- 1) organizational, educational, mass, sports, educational, propaganda work of the founding organization, improvement of workers' skills, providing medical assistance to students, work with parents and general education schools, including financial and economic activities and academic year issues, approved, prospective and annual work plans;
- 2) the tariff list of trainers and school workers approved by the higher organization, salary tables;
- 3) a book of registration of documents and letters sent to and issued to organizations, factories and others from outside;
- 4) school physical culture and sports history and sports record book;
- 5) minutes of sports skill levels (razryadi) and community sports referees, participating, held events and competitions, notebooks for keeping their reports;
- 6) lists of schoolchildren by general, sports and educational groups, their personal cards (enrollment application, photo, personal cards, doctor's inspection card);
- 7) personal files of school employees;

8) orders, minutes of the pedagogic board, work books, trust deeds and other documents are kept.

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