



## Sports and Mass Events at the School

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**ABSTRACT**

Extra-curricular sports and health-improving work becomes an integral part of the pedagogical process aimed at educating a comprehensively physically and spiritually developed personality. This is facilitated by the organization and holding of mass sports events.

**Keywords:**

Sports and physical culture events, junior school age, middle school age, adolescence, start program, events.

Now the health of the population, especially young people, leaves much to be desired, and the dynamics of the development of health indicators is unfavorable. Two school physical education lessons a week do not allow students to fully develop the need for regular physical education. Extra-curricular sports and health-improving work becomes an integral part of the pedagogical process aimed at educating a comprehensively physically and spiritually developed personality. This is facilitated by the organization and holding of mass sports events. The tasks solved in the process of extracurricular work are diverse:

- ☑ promotion of health promotion, hardening and versatile physical development of schoolchildren;
- ☑ educating them in the spirit of patriotism, collectivism and friendship, developing high moral and strong-willed qualities, improving discipline and organization;
- ☑ wide development of certain sports at school and improvement of sports and technical results of students;
- ☑ Summing up the results of educational and training work, performing sports classification, identifying the interests of children in certain

sports, attracting students to systematic physical exercises, promoting and popularizing sports.

The role of the school in the physical education of the younger generation is great and invaluable. Children pass through it, and how strong, healthy, strong-willed the graduates of our school enter into life depends on how the teacher can instill a lasting love for physical culture and sports.

A well-thought-out system of extracurricular activities greatly contributes to physical education and the development of sports among rural schoolchildren.

In order to achieve mass coverage of students with extracurricular activities, a variety of forms of organization are used: sports competitions, physical culture holidays, classes in sports sections, etc. During these events, special attention is paid to compliance with the educational material studied in the classroom so that the combination of educational and extracurricular activities contributes to the improvement motor skills of children, promoted health, instilled in students a love for systematic physical education and sports. When

conducting sports events, the characteristics of students must be taken into account.

Primary school age (grades 1–4) is characterized by sufficient development of the cardiovascular and respiratory systems. This allows you to carry out events with a significant intensity of action. However, despite the great mobility, children quickly get tired, their attention is unstable. Therefore, short breaks are taken during the events for rest. Schoolchildren at this age have subject-figurative thinking. Based on this, competitions, relay races, holidays are organized based on the plots of fairy tales. Since the coordination of movements in children is not yet perfect, the activities carried out include actions that require the manifestation of accuracy of movements, a sense of time and space.

Weak development of the muscular system (especially the abdominals and back) does not allow the use of exercises with active martial arts, with carrying and transferring heavy objects to each other. At the same time, short-term power stresses (tug of war) are not contraindicated. Children at this age begin to actively form the skills of social behavior, interest in joint actions, the ability to fight for their place and general order in the team. However, the children still have a poorly developed ability for mental analysis, despite the fact that many of them already know how to take their actions responsibly, hide feelings, and show a sense of camaraderie.

Middle school age (grades V-VI) is characterized by the growing resistance of the body to the manifestation of physical effort. Functionality increases, uneconomical movements that require the expenditure of strength disappear, which allows children to participate in events with high intensity and relative duration of motor actions. At this age, the bone-ligamentous apparatus becomes stronger, the muscular system continues to develop, the volitional sphere is formed and strengthened, such qualities as courage, independence, determination and initiative are more clearly manifested. At the same time, children do not always correctly understand the relationship between independence and discipline, activity and endurance, courage and caution. In this

regard, it is necessary to avoid excessive excitement and tension.

Adolescence (VII-IX classes) is characterized by intensive development and restructuring of the whole organism. In physical exercises, many features of this transitional age are reflected, which is characterized by the transformation of a boy into a young man, a girl into a girl. The skeletal system (especially the tubular bones) is growing intensively, children are noticeably gaining in height. The cardiovascular system adapts well to long-term motor actions of a continuous nature. By the age of 14–15, the development of the motor analyzer ends, which contributes to the improvement of coordination, accuracy and economy of movements. Physiological restructuring of the body complicates the activity of the nervous system, which is often expressed in violation of balance, exacerbation of feelings of pride. Therefore, it is necessary to show tact and endurance, combining these qualities with exactingness.

For high school students (X-X1 classes) I widely use exercises of a military-applied nature, sports games (volleyball, football, etc.), all game forms of a plot-conflict nature without contact and with contact of rivals.

Knowledge of the features of the physical development of children allows us to conduct sports events at a high pedagogical level.

Methods of preparation and holding of sports and physical culture events

Conducting school competitions and holidays must begin in the second half of September, when students adapt to academic workloads.

The preparation and holding of sports competitions provides for a whole range of activities.

- creation of the organizing committee;
- development of “Regulations on the competition”;
- drawing up the program of the competition;
- scenario development (time, place, site marking, inventory preparation, etc.);
- distribution of duties among the members of the organizing committee;
- preparation and posting of announcements and other information;

- holding meetings with physical organizers or team captains and familiarizing them with the competition program;
- team training (taking into account, using various forms of training);
- selection and approval of the panel of judges from among students, teachers;
- meeting of the panel of judges together with representatives of the organizing committee;
- preparation of diplomas, diplomas, prizes, souvenirs, gifts, etc.;
- determination of the composition of the jury, honored guests and their timely notification;
- training of the presenter and judge-informer;
- training of members of the propaganda commission (photographer, television, etc.);

- checking the material part;
- selection and recording of musical accompaniment;
- design of competition venues (flags, fences, banners, etc.);
- holding competitions;
- design of an information stand;
- Summing up and compiling a report on the competition.

**Sports and physical culture events at school**

Dates	Events	Start program
September	1. Tourism competitions 2. Holiday dedicated to the beginning of the school year	Orienteering, overcoming an obstacle course, competitions V-XI classes. Athletics relay race I-XI classes
October	Autumn cross "Golden autumn"	II Cl - 500 m; III Kl - 800 m; IV Cl -1000 m; V-VI class - 1500m; VII class - 2000m; VIII - XI class - 2000m (dev.); VIII-XI class-3000m (boys)
November	1. Mobile game "Sniper" 2. Volleyball	III - VI classes VIII-XI classes
December	1. School championship in gymnastics. 2. "Open Day": competition "Mom, dad, I am a sports family"	I-VII classes (dev.) - pulling up on a low crossbar from hanging lying; VII-XI cl. (dev.) - lifting the body lying on the back, hands behind the head; II-XI class. (small, young men) - pull-ups on a high crossbar, gymnastic obstacle course. V classes
January	1. Pioneerball 2. Fun starts	VII-VIII grades I-IV classes
February	1. School championship in cross-country skiing 2. Holiday dedicated to the Defender of the Fatherland Day "Come on, guys!"	II-IV class - 1 km; V-VII cells - 2 km; VIII-IX cells - 3 km; X-XI cells-3 km. (girls), 5 km. (young) Mass starts in military applied sports (grades IX-XI)
March	1. A holiday dedicated to the International Day "Come on, girls!" 2. Basketball	Exercises with objects, elements of modern dances, games, relay races VIII-IX grades
April	1. Health Day 2. High jump school championship	I-XI classes V-XI grades
May	1. Athletics competitions 2. School football championship	Running: I-III class. - 30 m; IV-IX class. - 60 m; X-XI cells-100 m; IV-XI cells - long jump with a run; IV-IX class - throwing the ball (150 g.); X-XI class - throwing a grenade (500-700)

	3. Holiday dedicated to the end of the school year	V–XI classes Mass starts in various sports. relay races
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### **Traditional track and field relay race dedicated to the beginning of the school year.**

The track and field relay race, which is traditionally held at the beginning of each academic year, is very popular among students of all ages of our school. Such a relay race requires the most careful preparation, as it passes along the main street of the village. The preparation of the panel of judges and the organizing committee begins at the end of August. The school administration, teachers, students, heads of enterprises of the village and private entrepreneurs are involved in the relay race. From the first days of school, students have been preparing teams for this relay race. The marking of the stages is carried out 1 day before the start, so that the students get acquainted with their distance. Teams are formed from each class, from the first to the eleventh, mixed, consisting of 10 people (5 girls + 5 boys). Offset and races are held in parallel. Applications, certified by a doctor and class teachers, are submitted the day before the start of the competition to the chief judge.

The relay traditionally consists of 10 stages. On the appointed day, the teams, together with the class teachers, gather for the grand opening of the competition. At the opening parade, the anthem is played and the national flag of Russia is hoisted. Participants are welcomed by representatives of the administration of the village, schools, heads of enterprises. The judging panel is introduced. At the end of the solemn part, the participants are bred in stages, and the start of the relay race is given. The route of the stages is arranged so that the finish of the last stage coincides with the start line. This allows spectators to observe the progress of the competition throughout the distance. At the closing parade, the results of the relay race are announced, and the sponsors of the competition carry out the awarding of the winners and all participants. Such a relay race at the beginning of the school year gives a charge of vivacity and good mood, is a good tool for rallying the school team.

Open Day.

The most popular in our school on the "Open Doors Day" were the competition "Mom, Dad, I am a sports family" and volleyball (basketball) competitions between teams of children, parents, teachers.

Preparations for the "Open Doors Day" begin a month before the appointed date. At a meeting of the council of the physical education team, an organizing committee is selected, which includes:

- head teacher for educational work, chairman of the council of the physical education team,
- Representative of the parent committee, physical education teacher.

The Organizing Committee develops the program of competitions, conducts propaganda work. In 10-15 days, a colorfully designed position is posted on school stands, and announcements about the date, time and place of the competition throughout the village. Various public and private organizations are involved in the competition to provide sponsorship. When preparing the competition "Mom, Dad, I am a sports family", the age of the child is determined, and a program of competitions is drawn up in accordance with age characteristics.

The opening of the holiday begins with the formation of teams of participants, on which they themselves present the name and motto of their family team. Then the composition of the jury is called, whose members are representatives of the school administration, parents, students. The competition program and the grading system for each competition are announced. The points received by the teams are immediately placed on the information board so that the participants and spectators can directly see the result of each competition.

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