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EFFICIENCY OF ORGANIZING PUBLIC SPORTS EVENTS IN EDUCATIONAL INSTITUTIONS

Аннотация

В данной статье рассматриваются теоретические и практические аспекты организации массовых спортивных мероприятий в школе. В исследовании обосновывается необходимость учета возрастных особенностей, психофизиологического состояния и уровня физической подготовленности учащихся при проведении спортивных мероприятий. Отмечается, что массовые спортивные мероприятия способствуют повышению физической активности детей, развитию двигательных навыков и формированию интереса к здоровому образу жизни. В статье представлен обобщённый алгоритм проведения спортивных мероприятий, включающий подготовительный, организационный, этап реализации и заключительный этапы. Особое внимание уделяется роли педагога в организации соревнований, использованию игровых технологий и соблюдению правил безопасности. Результаты исследования показывают, что массовые спортивные мероприятия играют важную роль в физическом развитии школьников, формировании их социальной активности и позитивного отношения к занятиям физической культурой и спортом.

Ключевые слова: массовые спортивные мероприятия, школьный спорт, физическое воспитание, здоровый образ жизни, спортивные соревнования, игровые технологии, двигательная активность, спортивные праздники, туристические слёты, здоровье учащихся.

Annotation

Mazkur maqolada maktablarda ommaviy sport tadbirlarini tashkil etishning nazariy va amaliy jihatlari tahlil qilingan. Tadqiqotda sport tadbirlarini o'tkazishda o'quvchilarning yosh xususiyatlari, psixofiziologik holati hamda jismoniy tayyorgarlik darajasini hisobga olish zarurligi asoslab berilgan. Ommaviy sport tadbirlari orqali bolalarda jismoniy faollikni oshirish, harakat ko'nikmalarini rivojlantirish, sog'lom turmush tarziga bo'lgan qiziqishni shakllantirish muhim ahamiyatga ega ekanligi ko'rsatib o'tilgan. Maqolada sport tadbirlarini o'tkazishning umumlashtirilgan algoritmi ishlab chiqilib, tayyorgarlik, tashkiliy, amalga oshirish va yakuniy bosqichlardan iborat ekani yoritilgan. Shuningdek, sport bayramlari, sog'lomlashtirish kunlari, turistik yig'inlar va sport musobaqalarini tashkil etish jarayonida pedagogning roli, o'yin texnologiyalaridan foydalanish hamda xavfsizlik qoidalariga rioya qilish muhimligi ta'kidlangan. Tadqiqot natijalari maktab o'quvchilarining jismoniy rivojlanishini ta'minlash, ularning ijtimoiy faolligi va sog'lom turmush tarziga bo'lgan munosabatini shakllantirishda ommaviy sport tadbirlarining muhim o'rin tutishini ko'rsatadi.

Kalit so'zlar: ommaviy sport tadbirlari, maktab sporti, jismoniy tarbiya, sog'lom turmush tarzi, sport musobaqalari, o'yin texnologiyalari, jismoniy faollik, sport bayramlari, turistik yig'inlar, o'quvchilar salomatligi.

This article examines the theoretical and practical aspects of organizing mass sports events at school. The study highlights the importance of considering students' age characteristics, psychophysiological condition, and level of physical fitness when conducting sports activities. Mass sports events play an important role in increasing children's physical activity, developing motor skills, and fostering interest in a healthy lifestyle. The article proposes a generalized algorithm for conducting sports events, which includes preparatory, organizational, implementation, and final stages. Particular attention is paid to the role of the teacher in organizing competitions, the use of game technologies, and the observance of safety rules. The results of the study show that mass sports events are an effective means of promoting physical development among schoolchildren, enhancing their social activity, and forming a positive attitude toward physical education and sports.

Keywords: mass sports events, school sports, physical education, healthy lifestyle, sports competitions, game technologies, physical activity, sports festivals, tourist rallies, students' health.

Introduction. Sport is an organic part of physical culture and is a set of material and spiritual values that are created and used by society for playing physical activity of people, aimed at intensive specialized training for the subsequent maximum manifestation of abilities through competition in predetermined motor actions. Therefore, it is very important for the school to hold mass sports events for the full development of the child. Competing, the child shows his motor skills. At sports events, the child is liberated, shows his talents. The most important thing here is the emotional state. When organizing sports events, it is necessary to take into account the age period and characteristics of children, physical fitness. Mass sports events include different forms - these are competitions in the form of a fun relay race, a theatrical performance with a sports focus, tourist

rallies, Olympic lessons, a championship in sports games, and school game libraries.

Relevance. In modern life, the acceleration of the rhythm, progress in science and technology makes a physical culture specialist look for new effective means and methods in raising a healthy and energetic, harmoniously developed generation. As well as increased physical activity - the biological need of children, they need it for normal growth and development. Therefore, the task is to carry out this work unobtrusively, to give children the opportunity to relax, change the type of activity and make a smooth transition from the class-lesson system to active, meaningful types of recreation: competitions and games, holidays. Children need play at any time of their lives. And we need an adult, experienced person who can be interested in a game that is not a computer game, but develops accuracy, mobility, dexterity, and an eye. The



teacher needs to be able to offer a game that educates the ability to analyze, develops endurance, tempers the warmth and soul of the child. Games teach children to patiently endure the pain of falls and bruises, require ingenuity, resourcefulness, develop a lot of skills and abilities.

In mass sports events, the teacher draws the attention of the children to the content and form of the event. Monitors the accuracy of the implementation of the rules that correspond to the form and content of the events. During the performance of motor actions, he monitors the dosage of physical activity, makes brief instructions, maintains and regulates the emotionally positive mood and relationship of the players, teaches them to act deftly and swiftly in the created game situation, provide comradely support, achieve a common goal while experiencing joy.

Properly organized sports events should have a beneficial effect on the growth, development and strengthening of the bone and ligament apparatus, the muscular system, and on the formation of the correct posture of children and adolescents. In the course of events, outdoor games are of great importance, involving various large and small muscles of the body in a diverse, predominantly dynamic, work.

Depending on the goal and objectives, sports events contribute to the development of motor qualities, the formation of universal educational actions, such as the will to win, the ability to plan activities while participating in competitions, communicative development, a sense of mutual assistance, and a friendly attitude.

Purpose: description of the generalized algorithm for conducting mass sports events at school, taking into account the age of students and their psychophysiological characteristics.

Description of the value orientations of the content of mass sports events

The value of life is the recognition of human life as the greatest value, which is realized in a careful attitude towards other people and towards nature.

The value of nature is based on the universal value of life, on the awareness of oneself as part of the natural world, part of living and inanimate nature. Love for nature is a careful attitude towards it as a habitat and human survival, as well as experiencing a sense of beauty, harmony, its perfection, preserving and increasing its wealth.

The value of a person as a rational being striving for goodness and self-improvement, the importance and necessity of maintaining a healthy lifestyle in the unity of its components: physical, mental and socio-moral health.

The value of goodness is the focus of the child on the development and preservation of life, through compassion and mercy as a manifestation of the highest human ability of love.

The value of truth is the value of scientific knowledge as part of the culture of mankind, reason, understanding the essence of being, the universe.

The value of the family as the first and most significant social and educational environment for the development of the child, ensuring the continuity of the cultural traditions of the peoples of Russia from generation to generation and thus the viability of Russian society.

The value of labor and creativity as a natural condition of human life, a state of normal human existence.

The value of freedom as the freedom of a child to choose his thoughts and actions of a way of life, but freedom, naturally limited by the norms, rules, laws of society, of which the child is always a member in all social essence.

Mass sports events include: sports competitions, holidays, health days, championships, tournaments, tourist rallies and trips, etc.

Preparations begin long before the event itself. These periods can be conditionally divided into several stages.

1. Preparatory.
2. Organizational
3. Stage of implementation.
4. Final stage.

At each stage, different activities are carried out. The total number, duration and content of the stages of activities depends on the scale and capabilities of the material and technical base.

Preparatory stage. The preparatory stage begins with the planning of events for the year. The document is approved by the school administration. The plan is drawn up at the beginning of the school year, taking into account the age of students and school traditions, the availability and condition of the school's sports facilities, sports equipment and weather phenomena in the region. It should be in line with the work plan of city and regional events.



Once approved, the plan is posted on a bulletin board for students to review and discuss implementation in class. Preparing for individual sporting events at school is a serious matter and no detail should be left out. Therefore, more attention is paid to the design and determination of the venue in the hall or on the sports ground, park, depending on the scale of the event. Demonstration of a billboard about holding a future event, which provides a brief description of the content and provisions for the event. Determination of the form of holding, the number of participants, the selection of equipment according to age. At the preparatory stage, it is important to prepare event judges who know the safety rules. These may be teachers or students of choice, attending school sports clubs, or participating in many competitions at a higher level.

Together with the referee team, prepare forms for referee protocols and select a scoring system. In the preparation of events, it is important to think over the form, the emblem for the participants in accordance with the content.

Organizational stage. The number of participants at this stage depends on the scale of the event and the venue. For example, a day of health or a tourist rally with access to the park, forest, then all representatives of the administration and class teachers who take part, parents, as well as physical education teachers participate.

When organizing a sports event or competition, it does not require a large number of participants, it can be a physical education teacher, a class teacher or parents.

When organizing sports events, it is very important to design the venue, and you also need to take into account the age characteristics of children. For primary and secondary students, it is important what color the design is. Color affects a person's health and emotional state. It is better for younger children to use warm colors in the design, as well as when choosing inventory, for example, red is the color of energy, passions, but you really need to be careful with this color, it has an irritating, exciting effect on people. In this case, you need to turn to colors such as orange and yellow. Orange color causes joy, creates a feeling of well-being, stimulates mental capacity. Yellow color stimulates the ability to actively work the muscles. It is perceived by us as the sun - bright warming. The color is light, radiant, exciting. He seems to be

warm. It is the color of joy, cheerfulness, produces a "warm" impression. If you look through the yellow glass on a cloudy winter day, you will get a feeling of warmth, a feeling of joy. These two colors also need to be included when designing and choosing inventory. And also green color can be used without caution. Green color causes a feeling of freshness, calms, reduces blood pressure, aggressiveness, relieves fatigue, brings harmony to mood, and promotes healing. If you use such a range of warm tones of color, then the expected result will be positive and emotional. In middle school age, you can safely use cold tones of color, such as blue, cyan, purple. Blue, like green, is able to calm, relieve fatigue, and lower blood pressure. It gives a feeling of coolness and self-confidence, calmness. Blue also relieves stress and also creates a cooling effect. This color evokes states of serene peace. When considering the dark blue color, calming comes, reduces and regulates the pulse, pressure and respiratory rate. But the purple color should be used carefully, as the color causes a slight sadness, passivity, peace.

Color gives positive emotions and affects the physical health of the student. A physically healthy child perceives the content positively, regardless of the scale of the event. After registration in the organization of the event, the content plays an important role, according to the age of the child. Before the start of any event, the teacher, having thought through and weighed everything, draws up a script - a strict order of the upcoming place of gathering of participants, the start time, who says what and for whom the order of performances, who serves the competition (judges), when and what kind of music sounds.

The script should be prepared in duplicate: both short and detailed.

The assistant should have a short script, it is compiled without nuances and details in the shortest form.

For example:

1. Construction;
2. Report to the principal of the school;
3. Speeches, greetings;
4. Raising the flag, etc.

For mass events in the content, gaming technologies are used for any age, these are specially organized conditions according to certain rules. The main criterion for evaluating the day of health and sports is mass character.



Implementation stage. The holding stage is full of emotional notes of the event. Students set a goal and predicted results in a sporting event.

The timing of events depends on the content. For example, a health day can take anywhere from 2 to 4 hours depending on the age of the participants. A tourist rally can also take place in one day, and if conditions allow, two days. The championship in sports games depends on the number of teams from one day to five days. Sports holiday during the day: the initial link from 50 minutes to 2 hours, the middle and senior link from 1 hour to 3 hours. The content of the health day may include several parts - a theatrical part or amateur art from the participants. The second part of the sports relay race, tests at the stations, sports or outdoor games, as well as the surrender of sports standards. The content of tourist rallies includes a test from the safety school, passing the stages of the obstacle course, various distances, first aid, orienteering with the involvement of a life safety teacher and a geography teacher. The content of sports holidays is limited in time, it may include musical numbers with the involvement of theatrical, fairy-tale heroes. Heroes throughout the holiday help or create problems, thereby encouraging participants to find ways to solve and get out of the current situation. In the content of the events, the dosage of motor activity and safety precautions when performing tests at the stages of events should be observed.

Refereeing during the event is of great importance. In the methodological literature on extracurricular activities, it is often indicated that judging should be visual. With a transparent judging protocol, students show interest in the result, they strive to win, assessing the situation, and at the same time there are no disputes to refute the result of the competition.

The final stage. The final stage should be the most explosive, the positive result of the whole event depends on it. The result determines the mood with which the students will wait for a new meeting with the organizers and other participants. At this stage, you should see the result of achieving the goal of holding the event. An important and exciting part is the announcement of the result and the award. Rewarding needs to be planned in advance, to think over every detail. At the end of the event, the awards will be held in nominations with diplomas or winners. If medals are provided

for participation for each participant in the competition or only by awarding prizes. The award ceremony takes place under musical accompaniment or under the applause of the participants.

Conclusion. It is known that a healthy lifestyle, a positive attitude towards sports and physical education is laid in the school years. Sports-mass work, solves many important tasks. The success of their solution depends on the correct, clear planning and organization of methodological work in the school, in which the school administration, class teachers, the school health worker, parents, and the council of high school students take an active part. Consequently, sports events are activities that serve the interests of society, realizing educational, preparatory and communicative functions. This is most clearly expressed in childhood, since the sports and recreation activities of students take place outside school hours and are carried out through extracurricular forms of work, that is, purely on a voluntary basis of the teacher. An excellent form of recreation are mass sports events at the school. By participating in such mass events, students develop, demonstrate motor activity and their motor qualities. Motor activity has a beneficial effect on the emotional state of the child, brings up "strong immunity" to bad habits. Only the joint work of all levels of school management makes it possible to competently and expediently organize the mass sports work of the school aimed at improving the health of schoolchildren, introducing them to a healthy lifestyle.

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