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The Role of Family Traditions in Sport Education of School Children



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Umirbek S. Dzhusupov¹, Akmaral U. Issayeva*

¹*Rural School 6, Khantagy village, Kazakhstan*

**M.Auezov South Kazakhstan State University, Shymkent city, Kazakhstan*

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ABSTRACT

Sports education of schoolchildren is formed not only by the school but also by family traditions. In rural areas, the love of work and sports in children is formed from an early age. The main forming factors are the personal example of parents, joint physical education, and passion for national sports. Examples of family dynasties in sports and physical education are of educational importance. On the other hand, physical education is an alternative to physically passive pastime with computer games or a mobile phone, which helps to improve the General condition of students. Compact living in rural areas, national way of life and traditions, active position of school teachers help to involve all segments of the population in the process of sports education of schoolchildren. As a result of the increase in physical activity of schoolchildren, the overall incidence of adolescents has significantly decreased.



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INTRODUCTION

Ethnos, thinking about their future, cares about the modernization of public consciousness of the younger generation. The most important task of school physical education is the education of healthy young people who have fully mastered the skills and abilities defined by the curriculum of physical culture. At present, the training at school, the preparation of lessons at home increases the load on the child's body, which devote free time to computer games or hang with a mobile phone [10]. In addition, due to the mass introduction into everyday life of a variety of electrical electronic products in recent years: TVs, mobile space communications and radiotelephone, personal computers, there was a problem of electromagnetic safety [9]. Today, according to [4] technogenic electromagnetic fields play an etiological role in the emergence of mental, oncological, ophthalmic, cardiovascular and many other diseases, exerting a dangerous impact on the physiological and genetic functions of the body. It is proved that the use of a laptop associated with Wi-Fi at a distance closer than 60 cm leads to serious dysfunction of the body [5]. Studies by Redmayne, *et al.* [6] showed that the use of mobile and wireless phones lead to reactive changes in older children. The reaction was lower in the problems of visual recognition, episodic memory and identification. In additional research analysis, some data were obtained on the gender impact on the average reaction time, where a decrease in reactive activity was found in girls who use both types of phones more statistically. According to Sudan, *et al.* [8] for children, wireless devices are more serious because they have thinner skull bones and the nervous system is more sensitive. Children move less, resulting in a shortage of muscle activity. Insufficient motor activity of schoolchildren in everyday life adversely affect their health. Large statistical and mental stress at school, no additional physical activity, sedentary lifestyle, poor nutrition, lead to the fact that the majority of students is deteriorating eyesight, the activity of the cardiovascular and respiratory systems, disturbed metabolism, reduces the body's resistance to various diseases, which leads to deterioration of their health.

In modern conditions, an important task of the family and the school in the work to strengthen the health of children, is to instill in students a strong interest in physical exercises at school and at home [3]. In this regard, it is necessary to use all forms of physical education at school, as well as independent exercise at home to improve motor activity, health promotion, School age is considered the most favorable for learning a variety of motor skills. Basic physical abilities and functionality can be effectively improved at this age. The directed

use of means of physical culture in education of children of school age provides the solution of the following tasks:

- Educational tasks-formation and improvement of vital motor skills; formation of necessary knowledge in the field of physical culture and sports,
- Health-improving tasks-ensuring optimal for each age and gender development of physical qualities and abilities; increasing the body's resistance to adverse effects of the external environment; improving overall health and hygiene skills [1].
- Upbringing tasks-education needs and skills to engage in physical exercise, consciously apply them for active recreation, training, improving performance and health; education of personal qualities (aesthetic, moral, volitional, etc.), promoting the development of mental processes.

The system of mandatory interrelated forms of organization of physical education of students are:

- Physical education lessons;
- Sports and recreation activities in the school mode;
- Required to form school extracurricular sports activities;
- By choice of students: extracurricular sports and mass work.

The organizer of extra-curricular and extra-curricular educational work with children is responsible for extra-curricular sports and recreational work. He must participate in the organization of the team of physical culture and in its work, involving all the teachers of the school. It also promotes physical education and sports among students, parents and teachers. Teacher of physical education is designed to provide ongoing assistance in conducting sports activities in the neighborhood, organizational and methodological assistance to teachers of extended day groups, are widely using the physical asset in the school. In practice, the work should be carried out internal control by the Directorate of the state of physical education of students. It must meet the following requirements:

- Be comprehensive-cover all important aspects of the educational process;
- Objective-based on a large number of carefully collected facts;
- Effective-able to achieve positive changes in the work.

One of the conditions for the formation of a healthy lifestyle is a competent approach to its promotion. It is important to stimulate young people's interest in a healthy lifestyle, including through family traditions. In solving the problems of involvement in active physical education of children and young people, special attention should be paid to children's leisure activities with their parents. After all, traditions assume multiple repetition of some actions, and, therefore, stability. On the other hand, family traditions give a sense of unity with your family, bring together, and strengthen feelings. The family, being the heiress and guardian of traditions, most of all brings up children with their way of life, understanding the need not only to store but also to multiply what has got from previous generations. For complete harmony in the family, it is necessary to establish family traditions related to physical culture and sports. It is established that in most families with no family traditions, the generation indifferent to sports grows up [2]. Recently, a lot of attention is paid to the education of children in the family: books, articles in newspapers and magazines, lectures, movies, radio and television give parents advice, order, inform and warn how to make the education of the child more joyful through movements. A special place is occupied by gender issues of physical education and sports [7]. It is proved that outdoor games and exercise have a significant impact on the normal growth and development of the child, the development of all organs and tissues and if these classes are held in the fresh air – and then harden the body.

METHODOLOGY

At sports education of schoolchildren methods of strictly regulated exercise, methods of training in motor actions were used: the integral method, the dismembered-constructive method, the method of conjugate influence; methods with standard loadings: standard exercise, standard-continuous exercise, standard-interval exercise, variable exercise. The solution of educational, upbringing and health problems is the main method for the game, the essence of which is the organization of motor activity of children in the form of a game.

Besides such pedagogical methods as methods of verbal influence were used: didactic story, description, explanation, conversation, analysis, lecture, instruction, comments and remarks,

orders, commands and instructions; methods of visual influence or providing visibility: direct visibility, indirect visibility, urgent information.

RESULTS AND DISCUSSION

To study the role of family traditions in the sports education of students consider the experience of one of the rural schools in the South of Kazakhstan. Khantagy village with a population of 6,300 people located in the Turkestan region. The peculiarity of the Kazakh upbringing is that children from an early age are accustomed to work and help their parents at home. It should be noted that in rural areas pastime with a mobile phone is considered pampering. Boys are attracted to such types of physical activities such as digging the ground, chopping wood, stoking furnaces, rubbish removal, livestock management, etc. Girls perform feasible housework as cleaning, cooking, sewing, etc. Free time many families devote to sports and physical education. It is known that joint activities of parents with children bring the following positive results:

- Arouse parents 'interest in the level of children "motor maturity" and contributes to the development of children's motor skills in accordance with their age and abilities;
- Deepen the relationship between parents and children;
- Provide an opportunity to exercise for a short period of time, not only the child but also an adult: the parent shows the child certain exercises and performs most of them with him;
- Allow us to spend the free time that the mother or father devotes to the child, serve mutual enrichment, promotes comprehensive development.

It is possible to note several family dynasties, where family traditions of sports and physical education have become decisive factors in the sports education of the younger generation. After all, it is in childhood that the foundations of the future health of an adult are laid and, most importantly, the foundations are not only biological but also psychological. Only by educating the child to constantly take care of his health, instilling in him a useful habit to regularly perform physical exercises, developing a sense of discomfort arising from the lack of proper physical activity, it can be expected that in the future he will remain faithful to the needs for movements brought up in childhood. So the head of the family Duysenbiev– the prize-winner of Republican competitions among young men in volleyball (in 1965 year), a

judge of the Republican category. His son is a teacher of physical education in a multi-profile College, has the first category in volleyball and football. The representative of another family dynasty Abdigazyuly J. is an Honored coach of Kazakhstan has prepared the world champion for national sport – togyzkumalak Temirbaev G., the champion of Kazakhstan among juniors Zhandarbekov S., the winner of the Republican competitions E. Torebekov. His pupils - Toitalyeva R., Kerimbekova A., Nabieva M. Omirbay B., Amangeldi N., Baltabay A., Ormoldaeva L. became winners of Republican competitions. His grandson Abdigazyuly J. twice became the champion of Kazakhstan among juniors and the winner of the international competitions on togyzkumalak.

The teaching staff of the rural school №6 conducts a lot of explanatory work among pupils and parents to promote a healthy lifestyle and physical education. The "Health Hall" was opened, where expositions dedicated to the honored coach and master of sports of Kazakhstan Abishev K. Meetings with famous athletes – graduates of the school are regularly organized. So Ashirbaev R. - winner of the IV games of the peoples of the USSR, four-time champion of the Republic of Tajikistan in Boxing, told the students about his sports career and the need for regular physical education. Was organized and held competitions in several sports in honor Duysenbiev B. O.

An important role in the promotion of healthy lifestyles and physical education is provided by school graduates engaged in business activities. Thanks to the businessmen Dinasilov M., Otegenov A., Bipenov J., E. Usenbay renovated basketball court, a Boxing hall, donated tracksuits school team, organized a team at the national equestrian sport -kokpar, a small racetrack. Due to the fact that for rural students caring for livestock is a daily housework, the maintenance of the racetrack was not a big difficulty. Moreover, participation in equestrian competitions and receiving prizes became a pride for school students. All issues related to the organization and conduct of sports events are discussed at the local Council of village elders.

The ongoing educational work has captured all segments of the population. On the one hand, physical education of schoolchildren is carried out by school teachers, on the other hand, the compactness of the settlement and national traditions have allowed to involve the local population in this process. The result is that the proportion of appeals to children's clinics for health reasons has significantly decreased in the village of Khantagy, and the academic performance in general education has increased.

CONCLUSION

Thus, not only school but also family traditions in many respects define the attitude of children to physical exercises, their interest in sports, activity and initiative. This is facilitated by close emotional communication of children and adults in different situations, naturally arising their joint activities (discussing the success of the country's sports life, experiences when watching TV sports, illustrations in books on sports topics, etc.). Personal example of parents, joint physical training, healthy lifestyle-the main components of the success of physical education in the family. It is parents who form children's value attitude to health and the need for systematic physical activity. In market conditions, the role of physical culture and sports in meeting the needs of people to improve, in the formation of a healthy lifestyle, self-assertion and self-realization of the individual as an important social value.

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