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**ІННОВАЦІЙНІ ТЕХНОЛОГІЇ
В СИСТЕМІ ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ
ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ**

ТЕЗИ ДОПОВІДЕЙ
VI МІЖНАРОДНОЇ НАУКОВО-МЕТОДИЧНОЇ КОНФЕРЕНЦІЇ
(Україна, Суми, 18–19 квітня 2019 року)

Суми
Сумський державний університет
2019

*Рекомендовано до видання
вченою радою Медичного інституту
Сумського державного університету
(протокол № 8 від 22 квітня 2019 року)*

I-66 **Інноваційні** технології в системі підвищення кваліфікації фахівців фізичного виховання і спорту : тези доповідей VI Міжнародної науково-методичної конференції, м. Суми, 18–19 квітня 2019 р. – Суми : Сумський державний університет, 2019. – 263 с.

У матеріалах тез доповідей розглядаються результати теоретичної та експериментальної роботи в галузі фізичної культури і спорту, висвітлюються аспекти підвищення якості освіти в системі фізичного виховання і спорту закладів вищої освіти.

Збірник розрахований на здобувачів вищої освіти різних спеціальностей, вчителів і викладачів фізичного виховання, тренерів і спортсменів, магістрантів, аспірантів.

УДК 37.091.214.18:796:005.591.6(063)

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THE BASIS FOR THE DIVERSIFIED DEVELOPMENT OF THE CHILD IS PHYSICAL DEVELOPMENT

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Introduction. At an early age, the child gets the basic skills for the formation of a healthy lifestyle, which is the best time for developing the right habits, allowing improving and saving health, led to positive results.

Purpose: to determine theoretical and methodical principles of the diversified development of children.

Presentation of the research material. One of the best ways of physical development and health of children is swimming. Swimming is one of the most useful types of exercise, it helps children to improve their health, their nervous system, develop muscles and joints. Therefore, the sooner a child can be taught to swim, the sooner the positive influence of swimming on the development of the whole child's body can be seen.

First of all, children's swimming is aimed at improving the child's health and, solve the main problem—providing of the full physical development of children, the coach set a goal to optimally increase the degree of health of the pupils, regarding the pool as one of the main health procedures for a growing child. In the process of swimming involves a complex of skills that require constant development and improvement. Among the basic skills of the swimmer icon, highlight the following: breath holding, diving, floating, sliding, hand work, foot work, and proper breathing.

After frequent repetitions of various exercises, a set of skills develops into a full swimming skill [1].

Methods of teaching swimming are divided into three groups: visual, verbal and practical.

Visual methods create a clear picture of the subject being studied. They are implemented in practice by demonstrating different swimming methods and various exercises (this requires a good demonstrator who is fluent in these movements or actions), and showing photographs, drawings, posters, toys, etc.

Verbal methods include explanations, stories, comparisons, comments, instructions, orders, commands, counting, analysis (for older preschool age). In working with children, verbal methods should be understandable and accessible for children. Practical methods are the methods of exercises, the study of movements in general and in parts, competitive methods and methods of self-control.

In this hierarchy of swimming teaching methods, the game method takes the highest place. Games, as a rule, should contain the elements of swimming that are previously learned by children and various preparing exercises for swimming. In training should be used simple and accessible techniques, varied in form, purpose.

Mastering various movements occurs by repeating them repeatedly. The number of repetitions should increase gradually. Given that the repetition of movements is a monotonous activity and tires children, in one-lesson coaches must offer them to perform a variety of exercises.

Familiarization with the new educational material on land is important, because the time spent by children in the water is limited, and the aquatic environment excites them extremely, as a result, they are unfocused and they poorly understand the new material. But the abuse of a large number of exercises on land lead to decrease in attention. Therefore, it is advisable to offer children on the ground 2–3 exercises and then practice with them in the water.

What innovative technologies can be used outside the pool:

– morning gymnastics is a system of specially selected physical exercises and scientifically developed methodological guides aimed at solving problems of physical development and health of a child [2];

- elements of yoga in the classroom for physical education of children of preschool age (children's yoga is different in that all exercises are performed like a game);

- the use of musical - rhythmic exercises in teaching swimming to preschoolers. Rhythm refers to the wellness types of gymnastics and includes simple exercises according to the technique (general development, dance), performed with emotional - rhythmic music. Systematic rhythm exercises increase the physical activity of children, form the ability to coordinate movements with the tempo and rhythm of music, provide an opportunity to express their individual characteristics in movements, help them orient themselves in space;

- performing general developmental exercises with various subjects: gymnastic sticks, hoops, balls, ropes;

- funk - aerobics - for this type of training is characterized by a special technique of movements: spring walking, looser plastic arms, focuses on the dance and emotional movement. In pre-school children's swimming lessons, in addition to standard sports equipment, modular equipment is used. Modular equipment attracts children's attention. They create an emotional background for the occupation and arouse interest in them, a desire to overcome the arising difficulties and enjoy it.

For this purpose, a significant number of various exercises on the modules are used, which make it possible to correctly feel the position of the head, hands, and movement in the hip joint.

Especially important in teaching swimming is water exercises. Children do not always immediately understand the right technique of a new movement. Therefore, it must be demonstrated many times during several trainings.

It is best way to show the exercises immediately before performing them, making all movements correctly, clearly, easily without pressure. The demonstrating must be explanation accessible to children. Story, conversation, explanation, observation stimulate mastery of movements.

The trainer also often uses in his work such methods in teaching preschool children to swimming as: aqua aerobics, hydro aerobics, hydro plastic, figure swimming, and synchronized swimming.

Water aerobics is a new popular form of exercise for those who can and cannot swim. One of its features is the exercise in horizontal and vertical positions of the body in deep and shallow water.

By hydro aerobics, we mean performing various exercises in water with music with elements of swimming, gymnastics and choreography.

Hydroplasty allows children to perform movements in the water more slowly, smoothly and rhythmically.

Figure swimming is a complex, which consist of choreography using acrobatic and gymnastic combinations for building various figures in water.

Synchronized swimming – one of the varieties of swimming, which includes elements of rhythmic gymnastics, choreography and swimming, developing flexibility, forming the correct posture.

Conclusions. The directions of innovative swimming education technologies show that the amount of physical activity and their future increase help to get self-confidence and develop the swimming skills of children.

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Наукове видання

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Відповідальний за випуск В. М. Сергієнко
Комп'ютерне верстання Н. О. Долгової

Стиль та орфографія авторів збережені.

Формат 60×84/16. Ум.-друк. арк. 15,35. Обл.-вид. арк. 14,72.

Видавець і виготовлювач
Сумський державний університет,
вул. Римського-Корсакова, 2, м. Суми, 40007
Свідоцтво суб'єкта видавничої справи ДК № 3062 від 17.12.2007.