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FORMATION OF SPIRITUAL AND MORAL VALUES OF PUPILS IN PHYSICAL EDUCATION LESSONS

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ABSTRACT

The article shows the role of the teacher in the process of forming the spiritual and moral values of adolescents at physical education lessons. Physical education lessons have a huge educational potential. To realize this potential, it is necessary that the teacher be ready to organize educational work in general and specifically work on the formation of spiritual and moral values. At the same time, for adolescent students, this work is of particular importance. In pedagogical work on the development of the spiritual potential of adolescents, teachers, as organizers of physical activity, need to rely on the most effective methodological forms, techniques and principles of educational influence.

KEYWORDS: *Physical Education Teacher, Spiritual And Moral Values, Adolescents.*

INTRODUCTION

Physical education lessons have a huge educational potential. In this regard, the problem of developing pedagogical conditions for the formation of spiritual and moral values of students is urgent for educational practice. Among students at all levels of education in an educational school, this problem is of paramount importance, but for adolescent students it acquires special significance. This determined the choice of the topic of our research, dedicated to the choice of pedagogical conditions for the formation of spiritual and moral values of adolescents by means of physical culture.

The development of pedagogical conditions for the formation of spiritual and moral values of adolescents contains the solution of the following tasks:

- training of physical education teachers, psychologists, parents of adolescents to work together on the formation of spiritual and moral values at physical education lessons;

- the obligation of cooperation between adults and children in the process of joint activities based on the observance of the principles of consistency and systematicity.

Among the main conditions for the formation of spiritual and moral values of adolescents, we single out the organization of work with school teachers to improve the effectiveness of educational work with students and, in particular, to form their spiritual and moral values. Let us dwell on the content of the educational work of a physical education teacher with adolescent students.

In physical education lessons, the teacher designs the creation of such an environment for his students, which has the most favorable effect on them, on their mental development, manages the emerging relationships and from him

1. The development of the personality of children and their ability to enter the surrounding society with peaceful, moral, tolerant attitudes largely depend.

1. In the process of organizing work with teachers, we relied on the golden rule formed by K.D. Ushinsky, who argued that in upbringing everything should be based on the personality of the educator, because the upbringing force is poured out only from the living source of the human personality. Only personality can act on the definition of personality, only character can form character [1].

Based on the foregoing, as a methodological basis, we focused on a personal-active approach, which involves overcoming psychological obstacles, the manifestation of cognitive professional activity, as well as a timely competent analysis of our own activities and finding effective solutions to the identified problems on its basis.

The content of work in this direction included the provision of pedagogical, psychological and informational assistance to teachers.

The main forms of work with physical education teachers were:

1. Individual consultations on acquaintance with the individual characteristics of adolescents and the development of a unified strategy for instilling spiritual and moral values in them.

2. Seminars, workshops, trainings. The topics of the workshops and trainings varied, but the following aroused particular interest:

All healthy people love life.

Happiness is like health, when you don't notice it, it means that it exists.

After reading the quotes, students are asked questions that invite reflection on a given topic: "Which of these sayings did you like the most?" After discussing each of the sayings with the students, you can ask the children to give various examples from the lives of different people, confirming the truth of these sayings. At the final stage of work with quotations, teenagers are asked to come up with their own statement about health.

The use of quotations teaches adolescents to listen to the thoughts of others, to look for what is useful for themselves in them, to find confirmation of their thoughts, to draw their own conclusions and generalizations.

Particular attention in the work carried out was paid to the culture of communication. Communication training provides ample opportunities for social adaptation of adolescents, the

formation of their communication skills. In turn, communicative competence presupposes the willingness and ability to build contacts at different psychological distances - both distant and close; therefore we consider it useful to work in pairs, small groups.

A physical education teacher must be able to lucidly tell students about the sports achievements of athletes, and, above all, outstanding athletes of their republic, territory, region. You need to talk about their fighting spirit, the desire of each athlete to be better, etc.

The series of lessons we have developed is aimed at developing adolescents' ability to comprehend their own actions, the desire for moral self-esteem, and the need for ethical reflection.

We have traced the psychological and pedagogical possibilities of the formation of speech culture. The development of communication skills involves the disclosure of a person's abilities in different communication situations to actively carry out speech activities, that is, the ability to speak and listen to others. So, for example, the development of communicative skills of schoolchildren is facilitated by their appeal in the classroom to quotes and sayings of Spiritual teachers, philosophers, thinkers and writers. The use of quotes in the classroom helps adolescents to understand and feel the involvement of each person in a particular spiritual and moral problem they are discussing. So, for example, when talking with adolescents about health, you can acquaint them with the following quotes:

In a healthy body healthy mind. Health can never lose its value in the eyes of a person, because it is bad to live without health in both contentment and luxury.

Spiritual qualities, as in the game the individual characteristics and relationships of adolescents are very clearly manifested. Play should not be an end in itself. This is a way of interaction between students specially organized by the teacher. The educational value of games in this study was determined by the extent to which they contributed to the moral development of adolescent students and the creation of favorable conditions for acquiring moral experience. Therefore, in the experimental work, mainly role-playing games with moral were used.

It is worth noting that in role-playing games, its participants model social and moral relations and, depending on the conditions and circumstances, improvise, not obeying strict rules: The arbitrary drawing of situations allows students to feel and act as the people whose roles they play. In role-playing games, adolescents initiate relationships and construct relationships in accordance with their own initiative, interests and characteristics of their partners. This teaches them to take into account the interests of others and take them into account in models of activity and communication.

Summing up the description of our experience in the upbringing of the spiritual and moral qualities of adolescents in physical culture lessons, we want to emphasize the consistent nature of this work. Diagnostic results compared to primary

The level of spiritual and moral education in the experimental group, on average, increased by twelve percent. The number of mutual elections has increased, which also testifies to the positive social dynamics in the team, its cohesion. Thus, the use of methodological techniques of indirect influence on schoolchildren during physical education lessons is also an effective means of contributing to the development of the spiritual and moral potential of adolescent students.

Thus, it is necessary to organize special work on the preparation of a physical education teacher for the organization of educational work with schoolchildren. Moreover, we believe that it is necessary to pay increased attention to this aspect already at the stage of professional training of teachers in a university environment.

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