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## AN INTEGRATED APPROACH TO THE MOTOR FITNESS OF SCHOOLCHILDREN BY MEANS OF ATHLETICS

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### ABSTRACT

*This article examines the means and methods of athletics in the format of increasing the motor fitness of schoolchildren, and creating conditions for further dynamics of physical qualities. The results of the research carried out within the framework of the experimental technique are presented.*

**KEYWORDS:** *Athletics, Physical Fitness, Physical Education, School Children.*

### INTRODUCTION

Today, one of the top priority tasks of the state is the popularization of a healthy lifestyle, the upbringing of harmoniously developed, physically healthy children, therefore it is so important to provide such upbringing, starting from early childhood.

At present, the level of development of the motor qualities of modern schoolchildren does not meet the requirements, and is at a rather low level, and this cannot but cause alarm. One of the main tasks of physical education is the development and improvement of students' motor fitness [2].

In the field of physical culture and sports, every day the process of developing, considering, and also introducing into the practice of physical culture and health-improving work of various methods, theories, and proposals, which in turn will contribute to the development of physical abilities and improve the health of the young generation, is going on more and more intensively.

Therefore, today, in the physical education of children, the task of an integrated approach to the effective improvement of the motor fitness of adolescents through the use of various means and methods of the physical education system becomes especially urgent. [1]

One of the most effective means is athletics, which occupies a worthy place in the system of physical education of young people. Due to the huge number of different athletics exercises,

athletics is affordable, makes it possible for children to train at any time of the year and everywhere. Exercises in running, jumping, throwing are dynamic, accessible, natural and emotional.

Under the condition of well-organized athletics classes in combination with other means of physical education, athletics exercises can contribute to strengthening the health of schoolchildren, educating morale-volitional, moral qualities, the formation of important skills and abilities, the harmonious development of physical qualities and maintaining high performance.

Purpose of the research: to develop and test empirically a methodology for improving the motor fitness of schoolchildren by means of athletics.

In accordance with the purpose of our research, we have identified the following tasks:

1. To reveal the peculiarities of physical development and motor qualities of children of middle school age and to select the most objective methods adequate to the goals of this experiment.
2. To develop a methodology of purposeful influence on the motor fitness of middle-level schoolchildren based on the use of a system of exercises for the development of basic physical qualities.
3. To study the dynamics of the development of motor readiness of schoolchildren of 13 years old.
4. Experimentally introduce, check and substantiate the effectiveness of the methodology developed by us.

Research methods: theoretical analysis of the literature on the research problem; observation; diagnostic research; motor fitness testing; pedagogical experiment; methods of mathematical statistics.

For the diagnostics of the test subjects' motor readiness, and the experimental substantiation of the proposed by us methodology on the dynamics of the development of physical qualities, in the pedagogical experiment we used tests that characterize the manifestation of these qualities.

During the experiment, 2 groups were formed: control and experimental, consisting of 10 boys each.

Testing of 7th grade schoolchildren was carried out to determine the level of physical fitness. In order to form an experimental group, we made a sample of 10 young athletes.

In the pilot study, we used the following control exercises:

- Running 30 meters (from a high start);
- Shuttle runs 3x10 meters;
- 6 minutes run (m);
- Sitting forward bend (cm);
- Long jump from the spot;
- Pulling up on a high bar (number of times).

The purpose of testing 7th grade subjects was to determine the initial level of motor fitness of schoolchildren and its dynamics in the process of purposeful training influence.

The complex developed and proposed by us was proposed and included in the educational and training process of young athletes from the experimental group, with the condition of its implementation three times a week.

At the final stage of our pedagogical experiment, we determined the effectiveness of the methodology we used and carried out diagnostics of indicators of the physical qualities of adolescents, summed up the results of the pedagogical experiment and described the results.

We identified and compared the data obtained from the results of the experiment on the physical indicators of grade 7 students who do not attend section classes and schoolchildren involved in the athletics section.

The results of the research of the final testing of the physical qualities of young athletes showed that the level of physical qualities reached the maximum values. As a result of the final pedagogical testing, in the EG the greatest shift in high-speed and high-speed power types is observed.

The increase in the indices of young athletes from the EG is connected with the fact that at the age of 13, speed-strength qualities develop. It is necessary to use such means as dynamic explosive exercises. According to a special method of directed influence on the complex development of speed-strength qualities, we proposed a multiple repetition of such exercises with maximum and near maximum intensity. As a result, the speed of the exercise increased.

The results of the dynamics of the physical abilities of the experimental group are presented in accordance with the table.

Dynamics of the level of development of physical abilities (EG) Levels	First stage	Final stage
tall	19%	58%
middle	41%	35%
low	39%	7%

Regular educational training sessions in the track and field athletics section according to a certain method have a sufficiently high effect for the development and improvement of motor readiness, therefore, positive dynamics was recorded in the EG.

4. A purposeful and systematic educational and training process contributes to the favorable development and improvement of the level of physical qualities.

The pedagogical experiment we modeled in the structure of training sessions in athletics, and passed approbation in the framework of the study, as well as the final results obtained, allow us to assert that the success of the development of students' physical qualities is determined by the targeted selection of means and methods adequate to the age of students.

Thus, the results obtained indicate the undoubted effectiveness of the developed technique.

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