



## METHODICAL DEVELOPMENT OF EXTRACURRICULAR ACTIVITIES IN PHYSICAL EDUCATION AND SPORTS

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### Annotation

Physical education and sports extracurricular activities are an important aspect of a student's all-round development, physical education and sports training are of great importance in providing physical and mental health to a person and in the process of studying at higher educational institutions. It is about the study of the influence of physical culture on the process of personality formation and the choice of the type of professional activity and similar information.

**Keywords:** education, sports, needs, extracurricular activities, methodical.

Extracurricular activities in physical education and sports are an important aspect of a student's comprehensive development. They offer opportunities to improve and develop specific skills, improve fitness and health, and provide a platform for socializing and team building. Methodological development of extracurricular activities in physical education and sports is important for the quality of the offered activities and maximum benefit to students. The following measures can be taken for quality development and implementation of extracurricular activities in physical education and sports:

1. **Assessment of needs:** The first step in the development of extracurricular activities is to assess the needs and interests of students. What areas are they interested in? What skills and abilities do they want to develop? This assessment can be done through surveys, consultations or focus groups.
2. **Goal Setting:** Once the needs and interests of the students are identified, the goals of the extracurricular activities program can be determined. These goals should be specific, measurable and achievable. They should also be consistent with the overall goals and objectives of the physical education curriculum.
3. **Planning:** A well-structured plan is needed to implement the extracurricular activities program. This plan should outline the activities, timeline, resources needed, and personnel involved. It should also consider any security measures that should be implemented.





4. **Staff training:** Staff involved in the implementation of the extracurricular program should be adequately trained. They must have the necessary skills and knowledge to provide quality education and supervision to students.
5. **Implementation:** The implementation of the program of extracurricular activities should be well coordinated, activities should be carried out according to the plan. Students must be kept safe and activities organized to encourage learning, development and enjoyment.
6. **Evaluation:** The success of the extracurricular activities program should be evaluated regularly. Evaluation should focus on achievement of stated objectives, level of participation, and satisfaction of students and staff participating in the program. Physical education and sports activities are of great importance in providing a person with physical and mental health. There are several ways to perform these high activities, but the most commonly practiced methods in the world are to develop sports and physical education through documented methods, variations, or types of exercise. Methodical development helps to achieve freedom of training, response to ideas and goals. Basically, methodical development is important for modern methods of sports and training, physical education and performance of sports functions for young people. These methods lead students to develop interest in sports, give a good experience to the individual, develop regardless of external circumstances, and believe in heaven and wind.

In order to study the influence of physical culture on the process of personality formation and the choice of a professional activity in the process of studying in higher educational institutions, it is necessary to take into account the permanent and temporary conditions that impose the task of improving the physical condition and health of a person. The second includes considering the importance and role of physical education.

Physical culture and sports are very important for human health, development and general condition. From a young age, parents, teachers and the media - radio and television - inspire and insist on the unique benefits of physical activity for their children and encourage children to actively participate in sports. It is at this age that sports are usually conducted under the supervision of experienced coaches and specialists who monitor the correct and harmonious development of the growing organism. At school age, this role is mainly performed by school physical education teachers. By the age of 16, a person's self-awareness is sufficiently formed. From this moment, the playful nature of playing sports turns into a serious and full awareness of physical education and all the useful and joyful things that sports bring to a person. The positive aspect is that sport contributes to the development of interpersonal skills,





eliminates complexes and freedom; physical activity, active movement has a very beneficial effect on success in mental work, which will not be superfluous for pupils and students. At the same time, there is a need to independently assess their physical capabilities and, accordingly, correctly calculate their strength. The subject of physical education taught in colleges forms another layer in the general physical condition of a person, health, physical fitness and physical maturity. Physical education, first of all, is the prevention of various diseases, and first of all, hypertension and cardiovascular diseases. Such diseases, which are often observed by technical specialists, require long-term treatment. But, unfortunately, this does not always lead to recovery. This is a huge influence that prevents them. Increases during exercise. This indicates that the ability to perform large tasks within a certain period of time is increasing. When the muscles are at rest, the heart rate decreases as the work capacity increases. A person begins to work more, but is less tired. Rest and, above all, sleep make full use of the body. The professional activity of our students means physical work, which means that such a person should have good physical shape and perfect health. And you can achieve all of these by regularly doing sports and physical education.

At this stage in society's development, the importance of physical fitness in relation to the need for an efficient workforce is becoming increasingly important. In addition, practicing physical culture and sports not only gives a person a sense of physical maturity, but also gives him strength and shapes his spirit. Raises the level of moral qualities of a person, which is necessary for today's society. Physical culture is of great importance in the process of forming a person, when it is influenced from different sides, it forms moral qualities, spirit and affects the physical condition, stimulates a new approach to life and work, new achievements in life and work - this is makes a secret.

To make a conscious conclusion about the importance of physical culture and sports, a person must understand its role in life. And if he understands it in order, not too late, it is a very good way to start a healthy lifestyle.

Sports and physical culture is not only a healthy lifestyle - it is usually a normal and healthy life, which opens more and more new opportunities for the realization of strengths and talents. A wise person enters this path so that his life will be productive and bring joy to himself and others. The progressive rhythm of life requires more physical activity and fitness. All the burdens that are shouldered throughout life require higher physical fitness to be achieved through physical education.

The main opportunities for methodological development are:

- training in a short time in a vital way;





- strictly distinguish goals and ideas from technical exposed goals;
- teaching students self-study, safety, general manners;
- learning to perform large-scale exercises from turnstiles and sports manuals;
- learning to walk, walk by hand and draw and move up;
- learning the skills and skills of flying and picking, foot and hand crops;
- organization of priority question-and-answer interviews with teachers and public figures.

The methods of methodical development that work properly are based on the training that should be done to the individual. This kind of invincible training is easy for the students, but it gives the right to have a better experience. Methodical development training is always individualized and trial by nature, because these methods are registered and work properly by those who have many years of experience. Accordingly, it is useful at all stages to listen to the conduct of physical education and sports training and to visualize your directions and ideas for additional exercises.

In conclusion, it can be said that methodical development of extracurricular activities in physical education and sports is important for the comprehensive development of students. By following the above steps, schools can develop and deliver quality programs that provide opportunities for students to improve their physical fitness, communication, and skills and abilities in sports and physical activity.

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