

New school model - Physical education lesson in primary classes

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Introduction

Creation and establishment of a modern education system has been one of the most important issues in Georgia for many years. Currently active work is under way in the Georgian educational system for the introduction of modern teaching model in schools. The main objective of the planned reform is "Bringing a new school model and establishment thereof within the country's educational institutions".

The main priority of this program is the creation of a personality-oriented educational environment that will equip the pupils with the knowledge and skills necessary for the reality of the 21st century. This novelty will concern I-IV classes, where it has already been tested in a pilot mode and has improved the assessment tools of pupils' academic achievements. At the next stage, the current situation at target schools (50 schools) will be assessed and development-oriented changes will be introduced. Assessment process of research culture in target schools has already started. Preparation of tests will be carried out in the same schools in the near future. The goal of the assessment of subject-related academic achievements, which take place annually, is to measure progress and identify the needs in order to provide proper assistance. Unfortunately, the program does not include such an important discipline as physical education of schoolchildren. Physical education and sport are integral parts of the school pedagogical process. It is a prerequisite for ensuring comprehensive harmonious development of employable and healthy generation. At the primary level of education, children acquire basic motor skills, which will help them to actively participate in various sports at elementary and secondary levels¹.

This article serves the purpose of teaching the abovementioned discipline and defining its role in the new school model. In this work, we intend to explain the basic principles and methods, introduction of which is necessary in primary classes in order to ensure effective teaching of the subject of physical education.

Basic text

Basic principles of teaching physical education at the primary level:

Physical education at the primary level aims to develop the character and personal qualities of schoolchildren, to cultivate strength, self-discipline, willpower. The subject of physical education should be: safe, open, universal, honest, affordable, simple, creative, individual, cheerful.

¹National Education Plan (NEP).

The goals of the elementary level physical education lesson:

- Bringing up a physically and morally healthy next generation;
- Understanding the importance of a healthy lifestyle;
- Mastering the technique of performing simple physical exercises and acquiring correct movement skills;
- Involvement of pupils in physical activities and this way to promote their physical development;
- Mastering movements and developing physical qualities;
- Raising interest in physical exercise and nurturing love towards it;
- Study of general training complexes and application thereof;
- Establishment of principles of fairness, equality, independence and freedom among pupils;
- Fight against harmful habits;
- Study of personal and public hygiene, aesthetic development;
- Nurturing feelings of humanity and tolerance;
- Establishment of a sense of friendship, support, cooperation/collectivity;
- Understanding and adherence to safety and first aid rules.

Particularities of conducting a physical education lesson

The main purpose of Primary School physical education lesson is, that during its course the pupils cheerful, enjoys and is actively be engaged in the teaching process. At primary level it is impossible to develop creative and physical activity in schoolchildren, if the teaching process lacks emotionality. Therefore, priority should be given to games and competitions between groups. Cheerful competition, even accompanied by simple incentives, stimulates engagement of every pupil in the process. At the same time, the pupils should have the most safe and comfortable exercising environment, and to be given the opportunity to demonstrate their capabilities. Pupils should feel free and independent; they should not be under such control, when they feel fear for making mistakes. It is important that under the influence of physical education lessons pupils gradually develop a sense of responsibility, respect for classmates and teachers, etc.

During the course of the lesson, various activities and games require pupils to follow certain rules. However, at the primary level the rules should be simplified as much as possible. Thus their performance shall not negatively affect the child's psyche. On the contrary, this will help a pupil properly perceive the significance of victory and failure.

A teacher of physical education at primary level

In the School of the Future, the utmost importance is given to the school teachers of the elementary level, who have relevant qualifications and professional skills to be able to fulfil new duties. Namely, the teachers should be able to define in advance the methods and means in order to provide special study materials to the elementary school pupils.

This will serve not only the educational purposes, but also will develop necessary skills of pupils, ensure their comprehensive evolution, forming of mentality, intellectual development, and refining of verbal skill. In this process the teacher's personal example is of particular importance. Namely, the teacher should be well organized and orderly, love his/her work, have high culture of behavior, self-restraint, be demanding and demonstrate respect to the child. In addition, in the process of correct physical education, along with the pedagogical methods and the teacher, the content of the material also has great importance.

The method of teaching with simplified games

In the School of Future, at the elementary level of physical education, together with the general pedagogical methods we offer to actively use the method of simplified games.

This method is widely used in numerous types of sport, and it is actively used at the elementary level. The main principle of this method is to teach movement skills by simple, merry games.

flexibility, agility, coordination, as well as audio and visual reactions, and spatial orientation. Games that help in developing these skills should be the main components of the lessons at elementary level. In addition, for the optimal physical activity at this stage of development, it is even more effective to deliver the lesson in the form of a game in a way that children feel and perceive themselves as fully engaged in the process of physical education.

When using this method, the following factors should be taken into consideration:

- the game should be planned in a way that it is attainable for all pupils;
- it should be the best way to entertain the pupils;
- children love to compete with each other, therefore, the game should be entertaining and competitive;
- to make the pupils feel safe, lessons should be held in the appropriate environment;
- the school should have sports facilities and equipment;
- pupils should be allowed to play freely (with simple rules), within their capacity;
- merry, cheerful atmosphere should be created during the lesson;
- all pupils should be given enough time for the game;
- games should include basic elements of gymnastics and athletics, with this emphasis on various motor and sporting activities- football, volleyball, basketball, handball, etc.)
- physical abilities should be tested in a gameful, entertaining way.

Conclusion

Below we list the main conditions for ensuring modernized teaching of physical education at the elementary level in the School of Future:

1. Modern sports infrastructure at schools;
2. Teaching method oriented on the development of student identity and thinking;

3. The content of the lesson oriented on the development of physical and moral qualities, and necessary skills of a student;
4. A teacher equipped with relevant professional knowledge.

References:

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Summary

The main priority of the above-mentioned project is to create a youth-oriented educational environment, that will equip the pupils with knowledge and movement skills necessary for the reality of the 21st century.

In the School of Future at the primary level, to provide new teaching of the subject of physical education the following conditions must be met:

Modern school sports infrastructure, the content of the lesson oriented on the development of mental and physical qualities of pupils, and a teacher equipped with relevant professional knowledge.

Key words: New school, Physical education of pupils, acquiring motor skills, Harmonious development of pupils, Bringing up a physically and morally healthy generation, School sports infrastructure, primary level physical education teacher.

Новая школьная модель - урок физкультуры в начальных классах

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Резюме

Основным приоритетом данного проекта является создание среды образования ориентированной на молодежь, которая передаст ученикам знания и моторные навыки необходимые в 21 веке.

В Школе Будущего, на начальном уровне, для обеспечения нового стиля обучения физической культуры, необходимы следующие условия: современная спортивная инфраструктура в школе, содержание урока ориентированное на развитие физических и моральных качеств учеников, и учитель обладающий соответствующими профессиональными знаниями.

Ключевые слова: новая школа, физическое воспитание учащихся, приобретение двигательных навыков, гармоничное развитие учащихся, воспитание физически и нравственно здорового поколения, школьная спортивная инфраструктура, учитель физкультуры начального уровня.

ახალი სასკოლო მოდელი - ფიზიკური აღზრდის გაკვეთილი დაწყებით კლასებში მანუჩარ დვალი, მერაბ მეტრეველი რეზიუმე

ამ პროექტის მთავარი პრიორიტეტია ახალგაზრდებზე ორიენტირებული ისეთი საგანმანათლებლო გარემოს შექმნა, რომელიც სტუდენტებს გადასცემს 21-ე საუკუნეში აუცილებელ ცოდნასა და მამოძრავებელ უნარებს.

მომავლის სკოლაში, საწყის დონეზე, ფიზიკური აღზრდის სწავლების ახალი სტილის უზრუნველსაყოფად, აუცილებელია შემდეგი პირობები: სკოლაში თანამედროვე სპორტული ინფრასტრუქტურა, გაკვეთილის შინაარსი, რომელიც მიმართულია მოსწავლეთა ფიზიკური და მორალური თვისებების განვითარებაზე, ასევე შესაბამისი პროფესიული ცოდნის მქონე მასწავლებელი.

საკვანძო სიტყვები: ახალი სკოლა, მოსწავლეთა ფიზიკური აღზრდა, მამოძრავებელი სიახლეების შექმნა, მოსწავლეთა ჰარმონიული განვითარება, ფიზიკურად და მორალურად ჯანმრთელი თაობის აღზრდა, სასკოლო სპორტული ინფრასტრუქტურა, დაწყებითი საფეხურის ფიზიკური აღზრდის მასწავლებელი.