

Structural presentation of physical education and sports in Georgian schools.

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Introduction

The assignment deals with the content of physical education and sports in Georgian schools. The direction of the assignment is specified in classes 1-6 and also 7-12 classes. The current situation of the subject and the practical recommendations are analyzed.

Basic text

Physical Education in Georgian Schools is presented as Physical Education in classes 1-6 / and Sport / in classes 7-12. Tasks for first stage studies: Getting to know and become accustomed to healthy lifestyles, developing and stimulating independent motor activities, mastering technically simple physical exercises, learning and performing complex multi-tasking exercises, developing the right driving skills. Basic training tasks: Improving health and improving physical development, Organizing and promoting independent sports activity, Special physical training in selected sports to improve sports techniques and tactics, Studying and improving movement techniques in the chosen sports, Practice of exercise training and trauma hygiene, Self-assessment of physical training, Self-control and security control rules.

Middle-class assignments: a healthy lifestyle, stimulating independent sports activity and a creative approach to and after the lesson, desire for physical improvement; improvement of technology and tactics in the chosen sport; determination of the functions of students in playing sports; psychological preparation of students and the development of training analysis results; mass motivation development participation in the competitive process of students.

Main part. From the 2019-2020 year in Georgia, it was decided: that in the secondary schools, 3 classes of sport and physical education would be held during the week, it should be noted that the private schools optionally take daily lessons in the subject. Regarding the increase hours of exercise, it has to be said that many problems have been resolved with regard to childhood diseases: scoliosis, virtual autism and more, with the following criteria: propagating healthy living as well as showing young talent in sports.

The main directions are: Physical fitness and sports schools:

1. Physical Education Form of School Students.
2. Requirements for physical education in school-age children.
3. Main Distinctive Exercises in Grades 1-6.
4. Basic Types of Education Methods in Grades 7-12.
5. The method of strength development during the school year.
6. Speed development method during the school year.
7. The method of endurance development during the school period.
8. Tasks of the lesson of physical education and sports.

9. Software requirements for the lesson of physical education and sports
10. The structure of the physical education lesson in school.
11. New requirements for physical education lesson in school.
12. Fundamentals of teacher leadership.
13. Preparing the lesson.
14. Tools to regulate the load in physical education lessons.
15. Ways to help those involved.
16. Methods and means of aesthetic education in the lessons of physical education and sports.
17. Methods and means of moral education in the lessons of physical education and sports.
18. Teaching control of students' physical fitness.
19. Homework.
20. Extracurricular forms of work.

Analysis of the contents of this item allows you to highlight several blocks:

- 1) These are the areas related to the teaching method. The development of physical qualities, social and moral education /3, 4, 5,6,7,16,17/, improvement in sports specialty.
- 2) Regulatory requirements in the field of physical education of school-age children: these are the fundamental provisions of the physical education system, the programmatic provisions physical education lesson, pedagogical control of the level of physical fitness students / 2,9,11,18/.
- 3) Provisions related to the organization and conduct of the physical education lesson and Sports: tasks of Physical Education and Sports Lesson, program Requirements physical education and sports, the structure of the lesson of physical education and sports / 8,9,10,11,13,14/.
- 4) Pedagogical activity / 11, 12,13,15/.
- 5) Forms of physical education in school / 1, 19, 20/ homework, extracurricular activity, extracurricular forms of work.

Let's try to comment on the position in each of the blocks.

Block 1. Extensive physical culture system for many years allowed the country. However, over the past 20-30 years, the physical culture has been changed, which has had a negative impact on the industry as a whole/reduced funding, closure of the Academy of Physical Education and Sport 2007-2014, the study of the Research Institute of Physical Culture and Sport.

Block 2. It should be noted that the requirements for the level of fitness should be rely on objective research material. Comprehensive research in this has not been held for many years.

Block 3. Lesson of physical education and sports-specialized specialized several years as our schools hold classes in sports / 7-12 classes.

Block 4. In our deep conviction, the following Paradigm should prevail in school: teacher, student, and book. However, in practice, often everything turns out the other way round. As a result, the negative impact on the quality of education and on the formation of the moral image of the younger generation.

Block 5. The last few years of the Ministry of Education and Sport, federations by type municipal authorities have stepped up their work in the field of physical culture and sports since school-age children. Various complex competitions are held as disposable nature, and spread out for a longer period of time. Municipalities have appointed physical education and sports instructors who form and prepare teams for various competitions.

Conclusion

Physical education and sports at school should draw on research with attracting the best specialists, first of all the professors of the university Georgia's physical education and sports. It is important to quickly address the personnel issue of the training of highly qualified specialists need government funding as soon as possible Faculty of Education and Sports of Georgia / at least 200 per year 6 regions, with a minimum of 50 seats. The construction of new schools and playgrounds for physical education and sports, restoration of the system of sports schools on the balance of the state and business.

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Summary

The work discusses the content of physical education and sports in Georgian schools. Work orientation in classis from 1-6 and grades 7-12 is specified. The actual situation of the subject is analyzed and practical recommendations are provided.

Keywords: Sports, physical education, highly qualified specialists, funding, construction

ფიზიკური აღზრდისა და სპორტის სტრუქტურული პრეზენტაცია საქართველოს
სკოლებში

დავით კარანგოზაშვილი, ტრისტან გულბიანი, ნინო კარანგოზაშვილი
რეზიუმე

ნაშრომში განხილულია ფიზიკური აღზრდის და სპორტის შინაარსი საქართველოს სკოლებში. კონკრეტიზირებულია მუშაობის მიმართულება 1-6 და 7-12 კლასებში. გაანალიზებულია საგნის ფაქტობრივი მდგომარეობა და მუცემულია პრაქტიკული რეკომენდაციები.

საკვანძო სიტყვები: სპორტი, ფიზიკური აღზრდა, მაღალკვალიფიციური სპეციალისტები, დაფინანსება, მშენებლობა.

Давид Карангозашвили, Тристан Гулбиани, Нино Карангозашвили

Структурная презентация физического воспитания и спорта в грузинских школах

Резюме

В работе обсуждается содержание физического воспитания и спорта в грузинских школах. Рабочая ориентация в 1-6 и 7-12 классах уточняется. Фактическая ситуация предмета проанализирована и даны практические рекомендации.

Ключевые слова: спорт, физкультура, высококвалифицированные специалисты, финансирование, строительство.