

PHYSICAL EDUCATION IMPROVEMENT IN THE PROCESS OF MODERN ORGANIZATION OF WORK

(Professional paper)

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Abstract

Modern physical education teaching, regardless of the pedagogical and psychological grounds it is based on, is considered to be an important factor in the dynamic process, with a strong tendency for both development of physical education functions and their improvement in progress with the society development in general. Physical education improvement in the process of modern organization of educational work is reflected in the new changes that are primarily related to working conditions and the overall organization of this course, which includes both quantitative and qualitative changes in all age groups ranging from preschool education. Legal requirements schools are required to follow the curriculum of adhering to the calendar adopted by the Ministry of Education. Through the work points to the evaluation, the sense of cultural work, the uniqueness of teaching content, to physical education, the tasks that are applicable to students and teachers with special emphasis on the development of physical and functional capabilities, as well as the ability of students to sports and technical education.

Keywords: *modern approach to teaching, evaluation of physical education, educational standards in physical education, physical education function, objectives of physical education, physical abilities, functional abilities, sports and technical education curricula, education programs*

Today's modern school pays special attention to physical education. Education standards relating to physical education reflect the anticipated level of student achievement. Evaluation of physical education degree is good organization of the teaching process and the maintenance of physical ability. Skill successful training program provided skills of physical education in the district called sport-technical education students. These two components of teaching physical education forms the basis of a broader and deeper sense of cultural work of physical education teachers.

Pedagogical sense is reflected in the efforts of teachers to students, through training, gain some knowledge about physical education, and thus realize its value, meaning and significance. This process takes place

through the equal application of several groups of various forms of motor activity in different fields.

The curriculum is unique for all students, performed by a single curriculum, students are provided the same common basis of elemental motor (physical) education. To enable the students to the process of physical education emerge and develop more initiative and independence, to express their preferences, meet their needs and interests. In addition to the compulsory school physical education classes and organized extracurricular activities.

There is a growing importance of the education process in which students through practice contribute to the creation of awareness about the value of exercise, both for the individual and society as a whole.

The modern form of physical education for students, in addition to broad and rational information about physical exercise, according to the educational requirements must be based on a certain emotional level in teaching. Physical education has a real capacity to be reasonably based on the teaching process components such as up-bringing, education and emotionality.

Physical education is increasingly oriented towards contemporary accepted goal of physical education in our country, and that is:

The goal of physical education is to satisfy basic social requirements of students in the physical culture, establishment of proper perception and attitude towards physical education and continual encouraging students to incorporate it into everyday life and culture of life in general.

Defined goal of physical education is most successful can reach proper execution of tasks of physical education. At the same time, so defined goal of physical education, talks about its broader foundation that can not rely solely on the skills and practical-boots. From this definition it can be concluded that physical activity are important and cultural role.

In physical education, but not just for him, given the number of important tasks of physical education, including: "The tasks of physical and health education to the students:

- Learn about the importance and essence of physical and health education;
- Encourage harmony and physical development of proper posture;
- Develop a culture of health and for the effective preservation of health, increasing the body's resistance to the harmful effects of modern life and work, as well as other adverse effects of environmental protection;
- Adopt a motor fund of knowledge, skills and habits necessary for the efficient-term to meet the needs of development and maintenance of health, the round off this free time solving everyday motor tasks;
- Stimulate and activate latent capabilities and exceptional talent for versatile motor development and training in sports and dance.

"The essence of the task is appropriate physical education physical education structure consisting of processes:

- the development of physical and functional abilities of students;- Training and development of sport and technical skills;
- Habit forming in physical training;
- Knowledge of the value of physical exercise in the biological, psychological and social field.

Implementation of the physical education tasks means education of students through the process of physical education, where teaching methods are the key to a more or less successful work. We can say that the process of physical education of students is the capacity of student whose multidimensionality consists of the following values:

- Physical and functional abilities,
- Sports and technical expertise
- Knowledge of the Oblates of Physical Education,
- In understanding the value of physical exercise and physical training.

An important issue in relation to physical education in this complex system of education more successfully realized under conditions of limiting factors, such as the small number of hours or limiting material and technical conditions, as well as some details of the case relating to the need to make efforts for the consistent implementation of physical education program and the need for advocacy in the approach to the concept that the time allocated for training and development of physical abilities more efficient and rational use.

To achieve success in work there are still some reservations, especially when it comes to organization of individual lessons and classes in certain cycles that taken as a whole.

Maintaining and developing physical skills in the didactic-methodical form of motor training (technology trends) must devote full attention. Processes must be based on efficiency and rationality with respect to the basic pedagogical principles and methodical form of work.

A necessary part of this process and make efforts directed to instructing students for independent practice. Students need to bring appropriate training programs that are practiced at the time outside the regular classroom and extra curricular activities mandatory.

Preparedness of students for independent practice can not be successful if the process does not contain promotion of exercises by the physical education teacher, who is responsible for student's training.

In parallel, substantially modernized curricula, improved material, personnel, and other conditions. Today, almost no school that does not have at least the minimum requirements for the program of physical education. Synthetic taken, physical education has evolved over the past decades scope of the subject and began to live as an educational area, in the true sense of the word. Physical education classes, of course, retains its original function and its commitment to build a wider base for permanent inclusion of students in a variety of physical education.

In such circumstances, of course, the school also had to change his attitude toward physical education and that in this respect the obligation to accept far greater. Under the provisions of the curriculum of schools, among other things, shall:

- To ensure that all conditions - weather, material, human and otherwise, to fully and competently conduct classes and all other forms of physical education;
- Regularly and comprehensively monitors and analyzes the status and results achieved in the educational field and in it regularly inform all stakeholders
- students, parents, educational authorities and

relevant others. and along with them take the necessary measures to improve and further improvement of the activity;

- For students to ailing health, reduced physical ability with physical deformities and others. provide special physical education, and through that, the maximum contribution that certain deficiencies or, at least, mitigate;- That the students particularly gifted in sports and creativity and other creative activities in physical education provide all necessary conditions and enable them and their preferences more fully realized;

- To form a special task, advisory and other bodies (committees, councils) Through which the school cooperated with the community, especially with organizations of physical education, health and other institutions. and thereby consolidate efforts to improve the general physical education and physical education in schools - in particular.

Educational standards are designed and description of the expected range of the education system at a certain stage of education to monitor and evaluate its effectiveness. Using modern standards we can get information on whether the measures taken in the education system produce the expected effects. Thus applied standards will contribute to better planning in this subject and will contribute to the training of skills, knowledge about physical exercise and physical education, physical training and evaluation of physical education of the students.

Consistently and responsibly perform these duties, the basic requirement is that physical education is becoming truly integral part of a unified system of education in it, lodged with other forms of education, providing the overall harmonious development of the physical and spiritual forces students.

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