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THE INFLUENCE OF PARENTS ON THE FORMATION OF PHYSICAL EDUCATION IN SCHOOL- AGE CHILDREN

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Abstract: *The article reveals the role and influence of parents on the formation of physical education and a healthy lifestyle in school-age children*

Key words: *physical education, physical education, culture of family relationships, school, physical education teacher.*

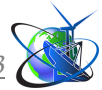
For thousands of years, there has been a moral and spiritual exhaustion of the citizens of Kazakhstan. The black trace stretches from the past and grows, affecting the most precious thing for every family - children. The problems of the family and the child require a lot of attention, since the problems of the child are, first of all, problems of the family, and then of the state, while they are inextricably linked and no state can, and in most cases should not, replace the family. The moral and mental degradation of a person and the lack of a legislative framework to ensure the protection of the interests of the family and the child entail very sad consequences for society as a whole.

The observed ecological state of the environment and the extremely low standard of living of the country's population have led to a decrease in the protective and adaptive capabilities of the child's body. Studies conducted in many cities of the country and rural schools have shown that only less than half of primary school students can be classified as practically healthy. The current situation requires urgent measures, including strengthening control over the health and physical development of schoolchildren. And now, more than ever, the role of parents is increasing. [2].

The progressive public must unite their efforts in solving such a serious problem and step by step help the family raise a child.

Physical education teachers cannot successfully solve all the problems that arise without the active and competent assistance of students' parents. Most parents show a keen interest in the school life of their children, but at the same time, many do not realize the importance of proper routine and rest for children, being in the fresh air, and doing physical exercise. The correct orientation of parents in matters of physical education of schoolchildren in the family is the first task of a physical education teacher.

Unfortunately, many (if not the most) parents have little to no idea about the physical fitness of their children, which certainly does not help the teacher's job. The need for special conversations to help parents understand the role of an active and healthy lifestyle in the child's fate is an obvious fact for physical education teachers of any grade.



Now it is in primary school that the most significant changes are taking place, the revision of educational values and academic disciplines, the creation of a new generation of textbooks, technologically advanced workbooks, computer and video programs. There is a pedagogical development of psychological and cultural concepts, a search for ways of specialized, gymnastic or pragmatic organization of the school, forms of interested participation in the affairs of the school, family, and public. [1]

As you know, the main channel for introducing everyone to physical education and one of the most important components of the system of human upbringing in society is physical education. Physical education as one of the types of education is an educational process characterized by all the common features inherent in the pedagogical process.

Physical education is a long-term process that extends to all subsequent periods of ontogenesis (individual development) of the individual after birth. The content and forms of this process naturally change in different periods depending on the patterns of age development of students, the dynamics of living conditions and activities, as well as the logic of the unfolding of the process itself. At the first multi-year stage, this is mainly a general basic course of physical education for the younger generation, conducted in preschool institutions and schools, in the family, in physical education, sports and other organizations.

Physical education is the process of teaching motor actions and nurturing the physical qualities inherent to a person, guaranteeing the directed development of abilities based on them.

In the process of physical education, not only problems that are limited to the peculiarities of individual education are solved, but also general tasks pursued in the social system of education as a whole. [3]

Mastering the process of human upbringing is accompanied by mental and physical education with the main goal of forming a general human culture.

The most important component of a person's general culture is, or at least should be, physical culture. Physical culture of a person's personality is becoming increasingly popular as a concept and relevance as a phenomenon. This concept and phenomenon is largely determined by a person's physical education education.

Physical education is the process or result of acquiring knowledge, skills and abilities associated with the use of special means and methods of directed physical development of a person, as well as acquiring the ability to convey what has been learned to others.

The experience of the physical education movement in the country and in the world shows that only education and sophistication in any field of activity will determine progress. In this sense, the sphere of physical education is no exception. Attempts to resolve issues of the physical health of the nation through one-time, ill-founded campaigns have not brought and will not bring the desired result. Only physical education of the nation can count on the conscious physical, general and professional health of the population, and therefore on leading world positions in the 21st century in all spheres of human activity.

The culture of family relations and physical culture represent an inextricable



unity, links of one chain. Joint physical education and sports strengthen the forces of “internal attraction” and increase the “trust potential” of the family. Physical education and sports are an area that liberates parents and children, reduces their communication deficits, and instills immunity against bad habits.

Physical education and sports play a very significant, but, unfortunately, often underestimated role in the stabilization and harmonization of the family.

Joint family physical education classes open up enormous opportunities for increasing the educational potential of the family and improving the relationship between parents and children.

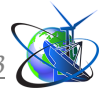
Physical education and sports liberate parents and children and increase the “trust potential” of the family. At the same time, natural differences in outlook on life due to age disappear and become invisible.

Children often experience a lack of communication with their parents. Physical education and sports are the area where, firstly, this deficit is reduced for mutual benefit. Secondly, it is here that parents (especially the father, whose traditional authority in the modern family has been shaken) will always be a model for the child. By drawing the “heir” or “heiress” into the world of physical education, parents “instill” in him immunity against nicotine, alcohol and other bad habits, arousing a valuable reaction that will lead to the appearance of healthy grandchildren in the future.

An invigorating walk or jog, a country hike or a “ski landing” are the best opportunities for “all family leisure.” Often a wife who complains about the lack of attention from her husband and the lack of time to communicate with the children says: “...Well, you go for a run, while I cook lunch for you.” But it’s better to do it differently: everyone go for a run together, and then everyone also does household chores together. The emotional charge received from joint physical education and sports is always spent positively. The feeling of camaraderie and mutual sympathy is well known to athletes who are members of a common team or section. Something similar, only at a higher level, occurs in sports families. Joint physical education leisure to a large extent “removes” the problem of distribution of family divisions; the family, as it were, turns into a team, the principle of which is “work together - relax together.” [6]

Family and physical culture are an indissoluble dialectical unity. Physical culture is an integral part of the family. Permeating all areas of relationships, physical education and sports raise them to a higher level.

Due to difficulties, parents devote less and less time to their children, and those who find this time often lack the knowledge and experience to properly raise a child. Parents make a big mistake if they try to protect their child from physical activity, hide it from environmental influences, thereby slowing down the child’s adaptation to living conditions, which slows down both physical and mental development. At any, even the slightest manifestation of the disease, they often run to the doctor, try to “defeat” the disease with medicine, forgetting that the best remedy against the disease is movement and hardening, a healthy lifestyle. Of course, in case of illness, medical supervision and care are necessary, but, as a rule, doctors fight the manifestations of the disease, and not the cause of its occurrence. Restricting a child’s movement and



the desire to eliminate physical activity is a direct path to deterioration of his health, as the development of the body is inhibited. The concept of physical inactivity (lack of effort) in our time is associated not so much with representatives of the older generation, but with children, even of a very young age. Parents and grandparents, in constant communication with their children, can significantly increase the child's physical activity without much time and effort. You just need to remember about this important task and show creativity and patience. You should not miss the time allotted by nature itself for the formation of certain physical qualities. It is necessary to help the child in a timely manner [7]

Practice shows that parents must have pedagogical and technical control over the physical condition of the child in the subsequent stages of life after birth. They must be understandable to parents and reliably reflect the appropriate levels of child development, achievable at home. Parents must have the necessary knowledge to promote the health of their child through the most effective means of the environment, the forces of nature, hygiene factors and exercise. This is all the more important because a significant factor ensuring profound transformations in a child's body from various periods of his age development is muscle activity.[5]

Parents should realize the importance of knowing insurance techniques and child safety measures. Exercises designed for homework are usually not difficult, but injuries are still possible, especially for younger students. They do not yet have sufficient dexterity and coordination. Knowledge of belay techniques is all the more necessary if the training area is clean and you can hit objects in your home.

Parents should be aware of insurance methods. Although children receive such knowledge in physical education lessons, it is advisable that they are reminded of its necessity at home [4]

The development of science and technology has led to a decrease in people's physical activity, which began to negatively affect their health. These days, this problem is especially acute: according to the latest data, only 3 students who graduated from school are healthy. The ecological situation is on the verge of disaster, and this is one of the reasons for congenital and acquired diseases in children.

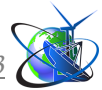
Physiologists consider movement to be an innate, vital human need. Its complete satisfaction is especially important at primary school age, when all the basic systems and functions of the body begin and form.

Hygienists and doctors say: without movement, a child cannot grow up healthy. Movement is a prevention of various kinds of diseases. Therefore, movement is the most effective therapeutic agent.

According to psychologists, a small child is an active person. And his activity is expressed primarily in movements.

In preschool and primary school age (5 - 9 years), all exercises that develop coordination, flexibility, strength (moderately) and less endurance are useful.

All parents want their child to grow up healthy, strong and strong, but they often forget that good physical data is determined primarily by the child's physical activity, that in addition to achieving a certain height and weight, he must be dexterous, agile and resilient.



In order for a student to develop physically, parents need to know how to organize physical exercise classes.

With age, the time for physical education classes should be increased, so in the lower grades 30-35 minutes are allotted for physical education tasks, but with subsequent grades the time increases by 5 minutes.

There is an important event in the family: the child goes to school. Research shows that a student's success in physical development is largely determined by strict adherence to the regimen.

In order to correctly choose the necessary motor mode for a schoolchild and organize physical education and sports classes, parents must be well aware of the developmental characteristics and capabilities of their children.

And, of course, the first task is to accustom children to a new daily routine. Before school, the child's life followed a certain schedule - naturally developed or established by parents.

In high school, schoolchildren need to pay attention to targeted motor activity for at least 1 hour every day. Communication between the physical education teacher and parents is carried out through a "health diary", since at a parent meeting the physical education teacher can only make a brief analysis of the students' activities, so it is necessary to regularly conduct individual consultations with parents of schoolchildren of different age groups.

And who, if not parents, are called upon to take an active part in solving the problem of children's physical education. As a rule, parents know the principles of raising a healthy schoolchild. If questions arise, answers can be found in popular literature. The readiness for a healthy lifestyle does not arise by itself, but is formed from an early age, primarily within the family.

Many people, especially adults, do not get involved in sports because they think there is nowhere for them to practice. There is no stadium or sports ground in the yard, and it is awkward to warm up in front of the entrance, in front of the neighbors. But let's ask ourselves: who is stopping us from rectifying the situation - getting together, calling the children and together, together, with our own hands, building a sports ground in the yard, where there would be enough space for the elders to practice, and children of primary school age could play in the summer football, basketball, pioneer ball, and in winter go downhill and skate? This example could encourage schoolchildren to take up physical education. But even if they don't exist yet, this is not an obstacle to introducing children to sports. Many exercises can be easily performed in an apartment; you can even run at home, naturally with the window open. The time for classes must be indicated in the student's schedule.

Of course, accustoming yourself to daily physical activity is not easy, even for an adult. Even more so for a schoolboy.

Parents need to help their children choose the exercises or sports equipment that they like best to begin with. And when a person likes to do something, then no obstacles will stop him, he will easily overcome more and more new milestones.

If parents see that a student's interest in doing physical exercises is increasing and he regularly engages in physical education, then he should be encouraged. In equipping the "home stadium" you need to use all your imagination and imagination,



since the main goal will be achieved in the future, and this is improving the health of children, increasing their performance and academic performance.

There are methods of family education as ways in which parents influence the formation of the physical qualities of a student.

Persuasion is the most important method of education. Forms of using persuasion in the physical education of schoolchildren: ethical conversation, story, instruction. Rewards and punishments, their psychological impact and educational influence. Types of rewards and punishments: the inadmissibility of using physical punishment and measures that humiliate the dignity of a child in education.

More complete physical development of children is possible by using the equipment of a sports ground in the yard, if it is possible to install a “stadium” at home. The child develops an interest in physical exercise and this interest often remains for life. Parents of first-graders are recommended to keep a diary, which must be checked by the physical education teacher.

And yet, in order to go out onto the sports field with the guys, you need to make a considerable effort, first of all on yourself.

After all, not only children’s eyes, which notice everything, will look at us. Everything is important here: a smart appearance and how you treat the guys. And of course physical training and knowledge of games. You don’t even have to know all the intricacies of these games, you just need to try to get on the same level as the children.

Unfortunately, in modern apartments there are no conditions for the full motor development of a child, so parents should create all the necessary conditions, buy a variety of toys that would directly encourage children to move. Often families tend to buy toys that are expensive, but completely useless for the healthy growth of the child. In this regard, parents must remember: the better they teach their child to enjoy movement and being in nature, and the less they spoil him with comfort, which only breeds inactivity and laziness, the better they will prepare him for independent life.

The issues of comprehensive physical development of children and raising them healthy can only be resolved through the joint efforts of parents and school employees. Coordination of educational work carried out in the family and school is one of the most important tasks of the teaching staff.

To do this you need:

- improve educational work with children based on the “Program and Education”.
- introduce new forms and methods of working with families;
- establish uniform requirements for the process of physical education of a child in the family;
- strengthen the connection between everyday educational work with children at school and raising a child in the family, especially various assignments and tasks that children must complete at home with their parents;
- strengthen the personal example of adult family members in the physical education of schoolchildren;
- study the positive experience of family education and promote it among parents;



➤ build all work on the basis of mutual assistance between teachers and parents.

The correct orientation of parents in matters of physical education of schoolchildren in the family is the task of the physical education teacher. Working with parents is one of the most difficult parts of a teacher's job. The teacher needs to ensure that physical education is included in every family. The task of teachers is to convince parents of the need to spend energy and time on ensuring that the child pays daily attention to personal hygiene, the formation of correct posture, and physical improvement.

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