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INNOVATIVE PEDAGOGICAL TECHNOLOGIES IN PHYSICAL EDUCATION LESSONS

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Introduction

Innovation that every qualified teacher uses in the course of the lesson there will be techniques. From these methods, the educator is the most basic of his activities and the central issue is the effective and high-quality organization in the educational process. As a rule, innovation allows you to solve the traditional problem in a new way as a result of attempts, as a result of a long process of collecting and understanding facts,a new quality with an innovative meaning appears. Therefore, teachers have their own in their practice, they often introduce unconventional, specific technologies. We we'll talk about them now.

Today, a school that suffers from various health problems the number of pupils increased significantly. Most children are physical and mental lag behind in development, often with infectious and viral diseases get sick, etc. They often get sick-they know in time they have difficulty getting. One of the ways to prevent and strengthen children's health is breathing for schoolchildren it is their exercise. Respiratory Gymnastics is an exercise aimed at improving the body system. Simple (and sometimes very interesting) on this basis for children, especially small ones special complexes are created consisting of exercises. Breath with schoolchildren purpose of conducting acquisition exercises.

Respiratory Gymnastics is an excellent prevention of respiratory diseases is. Performing breathing exercises, first of all, colds, bronchitis and useful for schoolchildren who often suffer from bronchial asthma is. Breathing exercises in children with respiratory diseases significantly relieves the disease, shortens its duration and reduces the likelihood of complications. In this case, breathing exercises are traditional it plays an additional role in treatment (medication and physiotherapy).

Correctly selected breathing Gymnastics exercises the child still has promotes the development of the imperfect respiratory system and helps the body strengthens protective forces.

Fitness technologies, first of all, improve efficiency in fitness training are the technologies that provide. To the system of continuous physical education, children and to physical education to improve, develop and educate adolescents the competent and purposeful introduction of fitness technologies is currently a training plan and one of the main and urgent tasks of modernizing its programs is. Bright moments in the lesson of physical education music, rhythm and dance exercises to the elements.

In the process of training, accompanied by music, you can achieve the speed of exercise you can change and increase their intensity. Dance-artistic Gymnastics, various types of aerobics, artistic elements of physical education classes reflected in one direction or another: athletics, gymnastics, games, etc., which are used in preparatory, basic and final parts they contribute to the variety of tools. lesson.

Also, fitness technologies are different types of physical education and it is actively used in wellness work. As practice shows, physical introduction of fitness technologies into the training lesson positive motivation to the lesson, great causes interest and a desire to deal with many of them.So, we believe that fitness technologies are negative to physical education classes we can

conclude that it helps to change attitudes; contributes to the preservation and strengthening of student health, physical activity it is an effective means of increasing the level.

New approaches and new ones to assess the personal results of the student technology is needed. One of these technologies is Portfolio technology “physical the results and achievements obtained in the subject” upbringing " are collected in students, systematized an imed at shaping the experience of presentation.

Assignments:

- creating a state of success, self-esteem and self-ability determination of the dynamics of physical fitness indicators to increase confidence;

- disclosure of individual abilities, cognitive in the science of "physical education" interest development;

- acquire self-esteem skills; between family and student strengthening relationships.

Portfolio is an indispensable document when working with readers . Portfolio to teacher identification of gifted students, assistance in classifying the "growth" of their students gives and such a tool for students to assess their success help to improve themselves, motivate themselves and classify their results gives.

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