

ADAPTIVE PHYSICAL EDUCATION TOOLS

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Annotation: Talk about the factors of the means of adaptive physical education

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APE uses the same tools as in physical education and Sports: Exercise, action and sports games, conditioning tools, choreographic elements and similar tools. Exercises, Natural Healing Forces, means of hygienic factors.

It is known that physical education has existed since time immemorial and has developed with human life. Man has given rise to his means for physical education - these are physical exercises, hygienic factors, the forces of health of nature(various actions also affect the physical development of a person /labor, painting, dressing, unconditional reflex, massage, etc. They are used in order to strengthen health, comprehensively and harmoniously develop the body, to improve the movement, skills and abilities necessary for life, to raise physical improvement to a higher pogona. But, only if all physical education tools are used without a complex, then it is possible to fully respond to the above tasks, since each tool has a different effect on the body. These agents are also widely used for therapeutic and prophylactic purposes.

The choice of specific training and specific tools for an educator at ajt is the most pressing issue. When choosing tools, the following are characteristic:

- 1The educational process functions;
 2. Child functionality;
 3. Material and technical support;
 4. Child interest rate;
 5. The condition of the child's preparation for training, the necessary methods of safety.
1. The fact that the exercise is organized and carried out as a suitable condition, that is, natural factors of the environment enhance the effect of exercise. 2. The second direction is used as an independent tool in relation to the conditioning of the organism sun, air bath, water activities, wiping, tempering, etc.k. Example; in hospitals, air and Sun Baths, water and conditioning activities, wiping, conditioning activities occupy a wide place in resorts and various other recreational organizations. In exercise training, being able to properly use the Healing Forces of

nature increases the positive effect of exercise on the body of a person. The wellness forces of nature (sun, air, water) increase the effectiveness of influencing physical exercises on the child's body. During physical exertion in the open air, on sunny days, children develop positive hiss, more oxygen is absorbed, through Fashion Exchange, increasing the capacity of certain organs and systems of the body. The sun, air, water are used to inflate the organism, to increase the adaptation of the organism to high and low temperatures. As a result, the heat-controlling apparatus is trained and acquires the ability to timely respond to sudden changes in the weather of the human body. In this case, the adaptation of physical exercises from natural factors of nature increases the efficiency of conditioning. Natural forces of nature are used as causative agents. Water is applied to clean the skin from dirt, to expand and narrow the blood vessels in it, etc. The pool of forests, gardens, parks has a separate substance that helps to eliminate germs, enrich the blood with oxygen. The sun's rays help to form vitamin "C" under the skin, make a person fresh and good in his condition. It is important to use the natural forces of nature in their adaptation. Hygienic factors are considered as a necessary condition in solving the tasks of physical education. They increase the effectiveness of the effect of physical exercises on the body of the shugulans. Cleanliness of rooms, sports equipment, toys, student clothing and shoes can prevent disease. The implementation of hygienic requirements Awakens positive emotions in children and creates favorable conditions for mastering physical exercises. Hygienic factors include personal and public hygiene. Hygiene factors are of independent importance: they contribute to the normal functioning of all organs and entire systems, promote the normal development and growth of the child. Proper lighting does not allow the occurrence of many diseases, creates favorable conditions for the movement of archers. Strict adherence to the daily regime teaches organization, discipline. hygienic factors-include personal and public hygiene.

1. Personal hygiene training routine, rest, cleanliness of the place O'quv and nutrition hona hygiene, grounds, clothes, sports equipment and equipment, cleanliness of the body and clothes, etc.k. increases the effectiveness of physical education in the body. If the exercise is carried out in clean, bright rooms, the development of physical qualities of movement and mastering these exercises will be lighter, performance will increase, children will be in a positive emotional state. They are of great importance in improving health and prolonging a person's life. Hygienic factors are of independent importance: everyone promotes the functioning of the system and organs in a normal state. For example: a high-quality and regular diet ensures the timely supply of nutrients to all organs, promotes the proper growth and development of the child, and the food digestion system prevents morbidity by positively affecting the functioning of the individual. Normal calm sleep increases the functioning of the nervous systems and makes it possible to relax. Proper lighting of the room prevents the occurrence of eye diseases and creates favorable conditions for children's spatial sensitivity. These are of great importance in improving health and prolonging a person's life. When playing sports, exercise and rest, nutrition are of great importance.

2. Public hygiene: - the brightness of the place of exercise performance, cleanliness, fixation with sports equipment or compliance with the hygienic requirement of the room, etc.k.

Although the natural factors of the environment and hygienic conditions are not the main special means of physical education, but their influence is of great importance. Exercise is the main

means of physical education. If the health-improving forces of nature, through hygienic factors, are considered health-improving tasks, then physical exercises solve the main tasks in the physical and spiritual development of a person, training in every skill of movement, training in the qualities of movement. The above mentioned means of physical education are the main prerequisites for the implementation of the tasks of wellness and education. In the process of physical education, mental, aesthetic, moral means are used, which indicate the unity of all types of Education. Physical exercises, as a means of physical education, organize those engaged in active activity. It is necessary to bring the features of performing physical exercises and the way to have good results to the minds of those who are involved. Dances are a type of culture in which mood, emotions, and thought as a means of reflection, movements, and body posture are considered. The means by which dances are formed is rhythm – it is the sequential alternation of movements in a legal way. The rhythm transmits an emotional state: provides activity, intensity, fluency or tranquility. The structural laws of dance movement forms are based on the laws of music, and music is an external means of “rhythm transmission” for systems and organs of the organism (nervous, cardiovascular, respiratory). Action games. It is a complex activity consisting of various emotional movements. This activity is carried out in conditions and situations that suddenly change according to the established rules. In contrast to gymnastics, it will be difficult to distribute physical loads when playing games. National and action games have a high level of wellness and educational potential. The rules of mobile games dictate the physical hat – tricks of the participants in the rapid rave in different HIL. The situation of the game is constantly changing, making demands on the concentration of the player's trust, the correct distribution of the reach and transfer to another, good compliance of actions. Action game training allows meorizing the mobility of the exchange of inpluses in the nervous system. develops the qualities of memory, initiative, will, the perception of deference in space and time, strengthens the cardiovascular and respiratory systems, activates the exchange of substances, develops the apparatus of movement.

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