

ROUNDERS AS A NONTRADITIONAL FORM OF EDUCATION ON THE LESSON OF PHYSICAL CULTURE

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Annotation. The article is dedicated to the use of non-traditional forms of education in physical education lessons to stimulate the interest of the students in the subject. The effectiveness of this innovation is shown by the example of the Azerbaijani folk game – Dodgeball to the use of alternative forms of education on the lessons of physical culture to show the interest of students in the subject. Other forms of education on the lessons of physical culture to ensure the interest of students to the subject. The example of Azeri folk games – rounders show the effectiveness of this method.

Keywords: *non-traditional forms of education, Azerbaijani national game Dodgeball, learning process, Various types of games, sports activities and outdoor games.*

Introduction. A physical education lesson is not about standards and times, but the teachers work to provide children's health through the child's interest in physical activity. And it is possible to interest, including through non-traditional forms and methods of teaching. Non-traditional forms of education only show the traditional ones, but they are very effective. They contribute to the health of pupils in the formation of motor skills, evoke positive emotions, and manage the high performance of students in the classroom. The learning process uses non-traditional forms which consist a favorable background for solving educational, educational and thinkable tasks in the classroom. Various types of games and exercises are non-traditional forms that contribute to improving the activity of the main physiological sys-

tems of the body (nervous, cardiovascular, respiratory), improving physical and mental development, physical fitness, improving their stamina of children, and fostering positive moral and physical qualities.

The use of Azerbaijani folk games, which students are interested in, is especially effective it is inherent at the genetic level. Azerbaijani games are very interesting and captivating.

As part of the regional innovation platform "Improving the quality of physical education through non-traditional types of motor activity", Azerbaijani folk games, in particular Dodgeball are used in physical education lessons at Baku school. After all, it is Azeri folk games that solve health, and education. Moral and recreational tasks in a complex and are aimed at educating a harmoniously developed personality. Gaming activity is always associated with solving certain tasks, performing certain duties, and overcoming other difficulties and obstacles. Overcoming obstacles strengthens willpower, motivation, and stamina, and cultivates self-control, determination, perseverance in achieving goals, and self-confidence. In games, more than in other physical exercises, students can perform diversified motor actions the way they want, as their characteristics allow them. And this is very important since the number of healthy children is decreasing every year sadly. I would love to improve this situation. That is why the proper use of Azerbaijani folk games in the classroom physical education is not only useful for children but also extremely important. For activities with children, the choice of game is important. Games are selected depending on their motor content: a game with running or jumping, throwing or passing, carrying objects, resisting, overcoming obstacles, walking, build-

ding elements, climbing, fast running, etc. Experience has shown that the most universal is the Azerbaijani folk game Dodgeball. That is why many teachers have included this particular game in their programs. This is not accidental, since the Azerbaijani Dodgeball is an effective means of physical education of school-age children, and has big possibilities of versatile grand influence on those involved. Its spectrum is really wide. Azerbaijani game is a two-sided team game that is played on a rectangular area bounded by side and front lines. The goal of one team is to make as many runs and throws as possible after hitting the ball in the allowed time for the game, where each player who makes a full run brings points to his team. The goal of the other team is to prevent opponents from making passes by hitting the ball and catching more "parachutes". The player who caught the "parachutes" brings a point to his team, and 2 points to the player who made complete run and remained unharmed. The team with the most points in the set time wins. The pupils can restart their game again. I think that this game can be used when studying all sections of the programs, especially "Light athletics", and "Sports games". I began to study the elements of best shoes in elementary school, teaching throwing and shuttle running. In the fifth and sixth grades, it is the transfer and catching of a small ball in pairs, groups in motion, with a turn, with a change of places, throwing the ball over yourself, to each other and catching, throwing the ball at the target, hitting a stationary player, hitting the ball directly from below, a two-way educational game according to full rules; in the seventh grade - catching a ball flying with a "parachute", making passes in motion, with a turn, with a somersault, hitting a running player from the side, sideways hitting the ball with a ball, an educational two-way game; in the eighth and ninth - passing the ball in motion, if necessary more times passing their ball. Hitting the ball in various ways, hitting a player somersaulting, jumping, and rolling around the court, an educational and effective two-way game. So thus, I use the best methods when studying all sections of the program, taking into account

the age characteristics of the students. Educational tasks are also successfully solved in the lessons using Dodgeball because in the process of the game, to achieve a common victory, students must constantly interact with each other, overcome the opponent's resistance, and develop moral and volitional qualities. The game of Best Shoes is characterized by a high emotional uplift and bright entertainment, which greatly facilitates the solution of one of the most important tasks of physical education of students: to stimulate interest first, and then to create a development for physical education classes. Development of massive interest and stimulation to outdoor games and sportive activities brings up more talented children and shows a better level of physical preparedness of pupils. It provides a vivid betterness of health and teaches students to study regularly of physical exercises.

It is much better rather than sitting on the sofa and watching television, playing computer games, and doing nothing. It leads you to major problems which are hyperdynamic, overweight, and no ability to make decisions quickly. It brings them to laziness, affectivity, aggressivity, nerviosity.

It is extremely important to study sports activities and outdoor games. They are the foundation of health. During the lesson on physical culture, they study the necessary elements of physical culture. As a result, the pupils learn dexterity, power, flexibility, rapidness, and stamina. Power is an extremely important foundation for any physical activity. It develops all types of groups of muscles. Flexibility helps to stretch more effectively and with higher results. Highly recommended for all groups of muscles. When you crumble when you stumble this helps you a lot with your exercises. Stamina is also greatly and vitally needed for their health. It helps to have better physical conditions for long distances and routine physical activities. Rapidness is also a very needed quality for successful learning of physical education. Reaction rapidness is helpful to help to make your decision quickly. Also helped to jump higher and more effectively.

The purpose of a physical culture lesson is to improve all of those parts and qualities for the health and development of our pupils.

It builds confidence and perseverance among our pupils and help them to achieve better results. Every competition helps us to understand better goals for tremendous advanced results.

Every competition leads us to understand higher potential for our students. It strives us to stimulate them for better results than ever. It is very glad to see their better performances and achievements.

When they start to show their interest to something new than the time comes to teach them something new.

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BƏDƏN TƏRBIYƏ DƏRSİ ÜZRƏ QEYRİ ƏNƏNƏVİ TƏHSİL FORMASI KİMİ “ORTADA QALDI” OYUNU

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Annotasiya. Məqalə şagirdlərdə fənnə marağı artırmaq üçün bədən tərbiyəsi dərslərində qeyri-ənənəvi təlim formalarından istifadəyə həsr edilmişdir. Bu yeniliyin səmərəsini Azərbaycan xalq oyunu – Dodgeball nümunəsində şagirdlərin fənnə marağını göstərmək üçün bədən tərbiyəsi dərslərində alternativ təlim formalarından istifadə etmək göstərilir. Tələbələrin fənnə marağını təmin etmək üçün

bədən tərbiyəsi dərsləri üzrə digər təhsil formaları. Azərbaycan xalq oyunları nümunəsi – yuvarlaqlaşdırma bu üsulun effektivliyini göstərir.

Açar sözlər: *qeyri-ənənəvi təhsil formaları, Azərbaycan milli oyunu “Ortada qaldı”, təlim prosesi, Müxtəlif növ oyunlar, idman fəaliyyətləri və açıq hava oyunları.*

**ИГРА «ЛАПТА» КАК НЕТРАДИЦИОННАЯ ФОРМА
ОБРАЗОВАНИЯ НА УРОКЕ ФИЗИЧЕСКОЙ КУЛЬТУРЫ****Э.А. Фараджев***Академия Спорта Азербайджана*elshan.farajov2023@sport.edu.az, orcid.org/0009-0007-9123-5962

Аннотация. Статья посвящена использованию нетрадиционных форм обучения на занятиях по физическому воспитанию для повышения интереса учащихся к предмету. Эффект от этого нововведения показан на примере азербайджанской народной игры - Вышибалы, с использованием альтернативных форм обучения на уроках физкультуры для проявления интереса учащихся к предмету. Новые формы обучения

на уроках физической культуры, обеспечивают интерес учащихся к предмету. На примере азербайджанских народных игр показана эффективность этого метода.

Ключевое слово: *нетрадиционные формы обучения, азербайджанская национальная игра «Ортада галды», процесс обучения, различные виды игр, спортивные занятия и подвижные игры.*