

ORGANIZATION AND CONDUCT OF EXTRACURRICULAR SPORTS CLASSES IN FOREIGN COUNTRIES

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Annotation. If we look at the education systems of the developed countries of the world, we can see that there is a special approach to extracurricular activities at school. It is not enough to say "physical training". In educational institutions, in Europe, Japan and the United States, sports are part of the national idea. Spirit of struggle, endurance, physical strength and culture, healthy citizen. This is the ultimate goal of extracurricular activities. In Japan, a teacher accompanies a child with a minor health problem until he or she finishes school. In the United Kingdom, physical education has the same status as English and mathematics. In the United States, colleges are fighting a relentless battle for athletic school leavers.

Keywords: *extracurricular, sports, training, foreign, state, student, school, coach, specialized coach.*

Introduction. In the United States, sports are characterized as part of the national idea and schools serve as a base for national teams in various sports. Therefore, extracurricular activities here are not just lessons, they are a large-scale system in which almost all students are involved. Each school has all the necessary conditions for sports: baseball, basketball, volleyball, football (America and Europe). Most educational institutions have swimming pools. All schools participate in inter-school and regional competitions. These competitions are broadcast digitally on local TV channels. Every American is instilled with the ideas of sports and health from an early age.

During the broadcasts, the names of the sports students are displayed on the screen. In other words, we see the names of Messi and Ronaldo in professional football, we get acquainted with their statistics, as well as information about schoolchildren and sportsmen on local TV channels. Classmates and schoolmates, relatives, friends and family members of the athletes are supporting them in stadiums or in front of the screen [4].

In American schools, there are teams of children of both sexes. It's not just an American football team for girls. There are serious discounts on college admissions for high-achieving students in extracurricular sports. Every college wants to be a good athlete. Therefore, there is a serious struggle among these schools for a young athlete who has just graduated from school. It's as if the teams want to transfer Messi or Ronaldo.

Remember any US movie about teenagers and school, if at least once you remember a scene from a sports competition. There is definitely a plot in the film about a school team or a school athlete. In the United States, most extracurricular activities are based on competition and team play. From the first grade, children have the opportunity to participate in in-school and inter-school competitions. Children choose the type of sport.

In the United States, there are also extracurricular sports groups for overweight children and adults. These clubs are open only to overweight people. For example, according to the standards applied in Chicago, "overweight" clubs can be attended by children and adults weighing more than 23 kg. The creators of such clubs think that it is not so easy for obese children to go to the swimming pool or gym, and in many cases it is a psychological barrier.

Therefore, special mission clubs are very popular.

In the UK, three subjects are compulsory: English, mathematics and physical education. In addition to traditional physical education classes, each child is offered a different type of sport. Almost all schools have swimming, football, basketball, cricket and golf courses. The student can do 2 or more sports at will. Some schools have ballet classes for girls.

There is a program in secondary schools called "Physical education as preparation for life." As in the United States, Britain pays close attention to extracurricular and inter-school competitions and nature trips. Responsibility for organizational work rests with a special body, the National Council for School Sports.

Football and rugby are the favorite sports in British schools. But there is also great interest in yoga, equestrianism and water sports. There are schools that have their own horses. The sports curriculum in schools is individual. Physical education classes last mainly during the day, 2-3 times a week for an hour and a half. On Saturdays and Sundays, competitions are organized between schools [6].

In Japan, the formation of a healthy citizen is one of the main tasks of the state and is part of the national idea. Therefore, in this country, children begin to pay attention to their health from school years. In Japan, the monthly salary of a physical education teacher is the same as that of a factory director. The school teaches 8-10 sports. Each sport has its own teacher. A sports teacher should not only be a physical education teacher, but also have a medical education. Almost no other country in the world pays as much attention to a child's physical health as it does in Japan. Now, when a child is in the first grade, he undergoes a medical examination to find out what kind of physical load he can cope with and his anatomical features. If there are any deficiencies in the child's health, the physical education teacher will keep the student under control until the end of school. The teacher prepares a special type of exercise and food program for this

child. The main goal is to prepare a citizen who knows his body, has a culture of movement and food [2].

The Japanese love to play in teams, and in the lowest grades there are groups of jiu-jitsu, sumo, karate, judo. Among Japanese, the culture of sports clubs is very developed. Many of them remain loyal to only one club for the rest of their lives. Such school clubs are called "bukatsu" by the Japanese. Each club has its own internal hierarchy and ceremonies. The head of the club forms the structure. For example, a person in charge of economic matters is responsible for the condition of balls, flags, and bits. It is clear that the person in charge of accounting is dealing with money matters. This begs the question, what kind of money are we talking about? The fact is that in Japan, parents voluntarily donate and sponsor these sports clubs. In this way, students join the process of socialization and structuring of society. Strict discipline prevails in Bukatsu. For example, in the first year of the ping-pong group, children are responsible only for the cleanliness of the hall, carry flying balls and do not engage in any sports.

In Japan, undokay is very popular in sports competitions. Translated into our language, it means "sports encounter". "Undokay" consists of long-distance races: some run long distances, some jump into the bag, relays, moving races, and so on. Spectators have to watch the competitions for 4-5 hours. These competitions start in kindergarten, then at school, and finally at universities. During those 4-5 hours, parents get to know each other, talk about various topics, and take care of their children. All of this is part of a system that prepares little Japanese for a complex and competitive Japanese reality: discipline, hard work, teamwork, and results.

In grades I – V, children should be in physical education classes for at least 2-3 hours a week. Physical education classes in primary school are: general physical training, gymnastics, swimming, athletics, group games, dance. In the upper grades, 40% of students exercise 8-9 hours a week. The re-

maintaining 60% work for at least 3 hours. This is a mandatory minimum.

The School Baseball League is broadcast on local TV channels. The winners of the region have been fighting for the national championship for several days at Kosien, the country's largest stadium. Kosien is one of the biggest dreams of every student.

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XARİCİ ÖLKƏLƏRDƏ DƏRSDƏNKƏNAR İDMAN MƏŞĞƏLƏLƏRİNİN TƏŞKİLİ VƏ KEÇİRİLMƏSİ

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Annotasiya. Dünyanın inkişaf etmiş dövlətlərinin təhsil sistemlərinə nəzər salsaq, görürük ki, məktəbdə dərsdənkənar idman məşğələlərinə xüsusi bir yanaşma var. Sadəcə “fiziki tərbiyə” demək kifayət etmir. Avropada, Yaponiyada, ABŞ-da təhsil ocaqlarında idman milli ideyanın bir hissəsidir. Mübarizə ruhu, dözümlülük, fiziki güc və mədəniyyət, sağlam vətəndaş, dərsdənkənar idman məşğələlərinin son məqsədi budur. Yaponiyada müəllim sağ-

lamlığında kiçik problemi olan uşağı məktəbi bitirənədək müşayiət edir. Böyük Britaniyada fiziki tərbiyə ingilis dili və riyaziyyatla eyni statusa malikdir. ABŞ – da kolleclər idmançı məktəb məzunu uğrunda amansız mübarizə aparırlar.

Açar sözlər: *dərsdənkənar, idman, məşğələ, xarici, dövlət, şagird, məktəb, məşqçi, ixtisaslaşdırılmış məşqçi.*

ОРГАНИЗАЦИЯ И ПРОВЕДЕНИЕ ВНЕКЛАССНЫХ СПОРТИВНЫХ ЗАНЯТИЙ В ЗАРУБЕЖНЫХ СТРАНАХ

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Аннотация. Если взглянуть на системы образования развитых государств мира, то можно увидеть, что в школе существует особый подход к внеклассным спортивным занятиям. Недостаточно просто сказать “фи-

зическая подготовка”. В учебных заведениях Европы, Японии и США спорт является частью национальной идеи. Боевой дух, выносливость, физическая сила и культура, здоровый гражданин - вот конечная цель

внеклассных спортивных занятий. В Японии учитель сопровождает ребенка с незначительными проблемами со здоровьем до окончания школы. В Великобритании физическое воспитание имеет такой же статус, как английский язык и математика. В США

колледжи ведут беспощадную борьбу за выпускника спортивной школы.

Ключевые слова: *внеклассный, спорт, тренировка, иностранный, государственный, студент, школа, тренер, специализированный тренер.*