

## **SCIENTIFIC-THEORETICAL ASPECTS OF NEW ORGANIZATIONAL FORMS OF PHYSICAL EDUCATION IN THE EDUCATIONAL PROCESS OF SECONDARY SCHOOLS OF THE REPUBLIC OF KAZAKHSTAN**

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### **Abstract:**

This article examines the basic scientific research and theoretical aspects of the implementation of new organizational forms of physical education in the educational process in secondary schools in the Republic of Kazakhstan. To further improvement of the physical qualities of a skilful combination with other types of education, new forms of physical education are invited to be introduced into the learning process. In comparison to the classic lessons of physical training with the traditional approach to sections such as sports and outdoor games, athletics, gymnastics and other sports that require a thorough physical fitness, this new form allows to conduct classes with all segments of the population, regardless of age, health, physical fitness, equipment, inventory and equipment.

### **INTRODUCTION**

At the present stage of development of physical culture there has been a change in overall aims of physical education of students. According to I.I. Pereverzin /1/, the main goal of physical education in modern school is to attain, by means of regular physical training and sports activities, the high-level of individual physical education of students as a part of healthy lifestyle.

This idea became fundamental in the State Standard of Secondary Education of the Republic of Kazakhstan for the subject 'Physical Education' /2/. According to the author's position there is a necessity to increase the role of physical education in schools through the formation of students' interest in individual exercises.

Analysis of scientific and methodical literature in critical reflection of some experts of the term 'physical education' /3/ shows that at the present stage, along with the physical (bodily) improvement a great role is devoted to the spiritual development of personality.

Thus L.I. Lubysheva /4/ points out that a new stage in understanding of the essence of physical education is associated with its influence on the spiritual ground of a person as an effective means of intellectual, moral and aesthetic education.

Background of the study is in following reasons.

A number of documents has been accepted at the national level: the Law on Physical Culture and Sports of the Republic of Kazakhstan /5/; the Concept of development of physical culture in the education system and programs of physical education for children and youth of the Republic of Kazakhstan /6/; the State program of development of physical culture and

sports in the Republic of Kazakhstan 2001-2005 /7/; The Concept of healthy lifestyle/ 8 /. All of the documents emphasized the importance of physical culture in education of youth. But, according to experts (A. Matveev /9/), the current crisis of the state system of physical education and the relative unavailability of the physical culture to evolve beyond this system turned into a number of negative consequences. Among them are: reduction of interest in physical exercise ; lack of readiness to proceed to amateur athletic training activities; discrepancy between the level of competence of teachers and practitioners of physical culture to modern requirements, manifested in their lack of professional readiness to master new content and forms of exercise and new modern technologies; desolation and destruction of the athletic fields because of professional unavailability of staff to organize non-traditional athletic activities.

The above-mentioned ‘Concept of Physical Education’, adopted in 1992, offered the ways of humanization of the process of youth physical education.

Analysis of regulatory, scientific and methodical funds of modern school physical education system has shown its focus on the implementation of the aforementioned provisions. Experts, considering the need to introduce a variety of sports which answer students’ motivation, suggested such activities as shaping, bodybuilding, sports, games and entertainment to be included into the system.

Basing on the goals and objectives of the study of physical education, set in the State Standards for the subject ‘Physical Culture’, experts pay attention to the introduction of new forms of organization to overcome the monotony in the forms of physical education. One may find such new activities as Spartan games, entertaining outdoor games (squash - a game with the ball and racket, bowling), comprehensive lessons on a specific topic, physical and economic days, ‘Passport holidays’, educational and recreational units, lessons on Olympic education, modified sports like ‘Kiwi basketball’.

According to experts schoolchildren are not fit, which does not comply with requirements of the curriculum for physical education and State standards. Thus, it is worth searching new methodological approaches to improve this process.

In order to bridge the gap between the spiritual and physical development of schoolchildren V.I. Stolyarov /10/ developed a draft project ‘SpArt’, which provided a range of means influencing socio-pedagogical views of person. Central place of the project is occupied by the so-called the Spartan games. The program presents, in the form of a game, various activities related to sports, tourism; artistic, scientific and technical creativity.

Games ‘SpArt’ – is a competition of fans of active versatile creativity, primarily in areas of sport (Sport ) and Art (Art).

The concept of the Spartan movement, which defines its goals and objectives, comprises the author’s understanding that the diverse and harmonious development of personality involves: a) a constant orientation to self-improvement, self-determination, self-development; b) the unity of the physical (bodily), mental and spiritual, harmonious development of bodily and mental skills (faith, intelligence, etc.) and spiritual and moral qualities of man; c) diversification and display of talents in various fields of creative activity, including in sport and the arts; d) achievement of harmony of personality in relationships with others, with nature and with personal self, the priority of humanity, the spiritual and moral values in these relations.

In the program, which is organized on the basis of the Spartan models, a variety of activities related to sports, tourism, artistic, scientific and technical creativity is presented in a form of game. Therefore, participation in this competition requires participants not narrow specialization in one type of gaming activity (in one form of sports such as athletics, or the art, such as dancing, or technical work, in game form of intellectual activity, etc.), but multilateral abilities: physical fitness, sports and artistic skill, humor, knowledge, etc.

One of the main provisions of the appraisal system and promotion of the competitors of the Spartan model is as follows:

According to the primary purpose of this competition, which is to increase orientation of participants in the spiritual and moral and aesthetic values, it is necessary to: a) fully promote the beauty of actions and deeds, and b) to seek the punishment for any actions harmful to health, honor, dignity; manifestations of rudeness, aggression, nationalism, a desire to win at any cost, and c) take into account the aesthetic and moral aspects of the behavior of participants when determining the winners, and d) it is particularly important to encourage participants to exceed their previous results and not the results of others, or make them fight against some standards.

Such program and system of decision the winners in a competition creates conditions, allowing participants to demonstrate their abilities on equal basis, notwithstanding interests and hobbies, different levels of artistic training, and even disability.

However, analysis of scientific and methodical literature shows that the range of investigations related to the introduction into the learning process of innovative forms of physical education, aiming to create combination of spiritual and physical development in the Republic of Kazakhstan is extremely limited. Existing studies still stay not comprehensive and do not have any systematic character.

The national program of physical education of students in 1-11 grades of the Republic of Kazakhstan /11/ provides an opportunity for teachers of physical training to implement new and interactive ideas. However, analysis of practical experience of teachers shows that in developing content of elective component teachers simply tend to increase the number of hours of ‘favorite sports’, the introduction of which corresponds to the school equipment, and the teacher’s competence in methodology of these subjects.

**The problem of the study** lies in the contradiction between the incompatibility of level of students to the State standard requirements to Physical Culture and the lack of scientific and methodological support when one implements new forms of organization in physical education. Lack of students’ interest and skills in physical education encourages professionals to conduct deep research and offer various ways to improve physical education in schools.

**The object of the study** - the pedagogical process of physical education in middle school.

**The subject of the research** - scientific and methodological aspects of introducing new forms of organization of physical education.

**The purpose of the research** – scientific-methodological and experimental justification of innovative forms of organization of physical education.

**Research Aims are:**

to determine the scientific and theoretical background of introduction of new organizational forms of physical education in schools.

to reveal the degree of reflection of the elements of new forms of organization of physical education in documents and compare it with its implementation in practice.

to determine the initial state level of physical shape, physical and mental performance, motor functions of middle school students, their motivation for physical training.

to study the initial state of knowledge and skills of parents, subject teachers, organizers of sports and recreation activities in organization of new forms of physical education.

to develop the concept of introduction of new organizational forms of physical education to schools of the Republic of Kazakhstan and experimentally prove its effectiveness.

**The hypothesis of the study.** It was assumed that the introduction of new form of organization (modified analogues of traditional sports games - Kiwi basketball, dance exercises, integrated lessons - Spartan competition) to the process of physical education of

students would lead to positive changes in the level of physical and theoretical readiness of students, their physical development, physical and mental abilities, motor functions, health, and increase the degree of their participation in sports and fitness activities.

**The leading idea of the study** is to prove that efficient use of new forms of organization of physical education in schools promotes harmonious unity of their spiritual and physical (bodily) improvement.

**The scientific novelty of the study is as follows:**

- The study has determined the scientific and theoretical background of introduction of new organizational forms of physical education in schools

- identified factors that determine the need for new forms of organization of physical education;

- developed and scientifically established the concept of introduction of new organizational forms of physical education in secondary schools in the Republic of Kazakhstan

- developed educational programs for subject teachers, parents, organizers of sports and recreation activities to apply of new forms of organization of physical education students.

**The theoretical significance** of the study is:

- to give a theoretical justification of scientific-pedagogical aspects of the introduction of new organizational forms of physical education in schools

- to use the research results as an addition to theoretical material to the course of lectures, seminars for students of physical and non-physical fields, subject teachers, physical culture teachers and students to create a motivational attitude to physical education.

The development of scientific and theoretical basis of new organizational forms of physical education in schools following was taken as a basis. Since the main emphasis is made on the formation of individual personal physical education of students, the most appropriate concept is considered to be Spartan movement. The movement, according to V.I. Stolyarov, encourages diverse and harmonious development of personality, involves the unity of the physical (bodily), mental and spiritual development.

**The practical significance of the research** is in the introduction into the work of subject teachers, teachers of physical education in Chimkent of the methodological approaches for the implementation of new forms of physical education organization, aimed at the connection of physical and spiritual development of pupils.

In every sphere of realization (the school, system educating organizations, family) for participants in athletic activities (physical education teachers, subject teachers, students, organizers of sports and recreation activities, parents) there has been a content developed for the correction of work and setting the conditions for implementation of the components. For instance, for students - it is their personal physical training, etc.

For parents, subject teachers, organizers of sports and recreation activities there has been developed educational programs for the introduction of new forms of physical education organization. These included aims, subjects of special seminar, guidance on their implementation, the test requirements.

**The methodological basis of the research** are following documents: 'The Law of the Republic of Kazakhstan on Education' / 12 /. The study is based on the general theoretical position known to the theory of physical education specialists of the CIS and the Republic of Kazakhstan. The study is based on some theory achievements of A.N. Leontiev /13/ V.M. Vydrina /14/ aspects of physical culture in the teacher M.J. Vilna /15/ aspects of the assimilation of knowledge, formation of activities and concepts P.Ya. Halperin /16/, the phenomenon of bodily (physical) culture in cultural science dimension in the work of I.M. Bykhov /17/ etc.

Experts have developed the conceptual scientific and methodological basis for the development of physical education. It reflects that many of its components has been reached. First of all, it is the very concept of physical education students, where the corner-stone of it is the idea of personal and active approach.

## **CONCLUSION**

Summarizing the research, we can draw the following conclusion. Nowadays the efforts of specialists are focused on the implementation of objectives of physical education of modern students, mainly on the formation of their personal physical training. The latter is regarded as a harmonious unity of physical (bodily) the improvement and spiritual development.

Thus, among them specialists emphasize the research priorities in physical education, the various concepts of physical education. The last mentioned includes the concept of sport oriented physical education, formation of personal physical education student, Olympic education, improving technologies of physical education, Spartan movement.

One of the fundamental legal documents is the State standard on the subject of Physical Culture'. The formation of students' interest in independent ways of training, its impact on physical development and formation of personal qualities are the key provisions of this document.

At the present stage of development of physical culture and sports new various sports have become popular among young people. Due to the change of motives and interests of students schools shall offer different organizational forms of physical education.

Analysis conducted in the form of a questionnaire among teachers of physical culture in Chimkent has showed insufficient correspondence, not only in material and technical basis, but also in organizational forms and methods of physical culture and sports activities.

The results of the experiment on the current level of the performance criteria of new organizational forms of physical education have revealed the following trends.

In three investigated parameters of evaluation tables of physical training only in the 30m race, the long jumps research revealed an average level of development of this quality. Meanwhile, the level of endurance has been estimated 'below average' rate.

In the second half of the school year there has been a significant increase in these indicators. Particularly, the speed level and endurance qualities improved.

However, the students didn't reach the rate 'good' in the frames of aforesaid requirements by the end of the school year.

Boys of 8-graders in Chimkent revealed relatively high initial level of physical ability, while, boys and girls of the experimental and control groups, did not meet the required educational standards and Presidential tests.

Theoretical study of school readiness to the requirements of the national curriculum has showed weak their level. This indicates improper attention paid to this question by teachers of physical culture.

In the motor activity of pupils of the experimental and control groups most active component of physical activity in physical education classes and sporting activities is limited to the time allotted to them.

Among the reasons which plant the indifferent and negative attitude to the lessons one may identify poor quality of the content of lessons and their monotonous, boredom character.

The initial results of students' Presidential tests has showed their inability to beat the standard on the subject 'Physical Education' /18/.

At schools, the basic content of the correction of the learning process in physical education was the introduction of elements of the Spartan games, integrated lessons, modified versions of sports games (kiwi-basketball), activities associated with the artistic and scientific

creativity. Thus, in the third quarter of every third lesson a week was devoted to such topics as 'the Spartan calling card', sporting events, competition, Intellect and creativity, Spartatlon - Spartan demonstration of athleticism, art contest 'We draw the music'.

In the system of non-experimental school, the work was based on the establishment of Spartan club called 'Spartan family'. Content of its work were seminars for parents and staff at the Centre for Children and Youth Affairs of Spartan movement, family sports section, family art workshop 'Bridge to creativity', excursions, the Spartans games, meeting with Olympians, contests of experts on the history of sports.

Thus, the results of the experiments testing of the aforementioned elements embedded in the educational process of students demonstrated their effectiveness.

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