



## **THE PROBLEM OF UNSUFFICIENT ATTENDANCE PHYSICAL EDUCATION LESSONS**

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### **MAIN PART:**

At present, dissatisfaction with physical education lessons among students is growing, since interest in many other spheres of life is growing, there is a general informatization of the population, and this is reflected in every home, every family. Undoubtedly, physical culture is very important for a growing and developing organism, it is part of the general culture of a person and the educational process itself. Recently, however, the subject "physical culture" has begun to lose its relevance in the eyes of students, its attendance is very low. What influences the development of physical culture at school? We can assume three sides of influence: physical education teachers, teachers in other disciplines, students directly.

In 2021, we conducted a survey among students (boys and girls) in the eighth grade of secondary school No. 20. To the question "Do you like studying at school?" answered positively 65.7% of students, negative - 20%, refrained from answering - 14.3%. Basically a negative answer is accompanied by the words: "They explain everything incomprehensibly, the grades are too strict, they often do not give a chance to correct, I am tired of studying ...". When asked about the attendance of physical education lessons, students answer that they attend physical education lessons, since this is a compulsory subject - 31.6%, for health promotion - 31.6%, because they like to move - 26.3%, because they want to develop motor qualities - 10.5%. Most of the students are satisfied with the physical education teacher at school (94%), impressions of this subject are mostly positive (82.8%). Competitions, more often of an intra-school scale, are rarely held. All students are engaged in winter sports, swimming - only a part of schoolchildren (20%); students are not given homework assignments. The main physical exercises that students perform in physical education lessons are push-ups, pull-ups, running, rarely - throwing, jumping. The majority of students (71.4%) do not get tired of the

workload in the lesson. Many schoolchildren (57.1%) study additionally in sports sections, for a variety of reasons: "I want to be a great athlete; I want to be strong, enduring, fast ...; there are many boys in karate; to promote health; following the example of friends; at the behest of the parents." But a sufficient number of children (42.9%) do not study at all, since there is little time, parents do not allow, friends do not approve, there is little information about the sections, there is a risk of injury. Undoubtedly, the general level of development of physical culture at school depends, first of all, on the teachers of physical culture, on the quality of their teaching, but much - on the students themselves and their class teachers. It is no secret that the personality of a teacher for schoolchildren is an ideal, an example to follow, therefore the attitude of teachers to physical culture at school is very important. In 2021, in secondary school No. 20, we conducted a questionnaire survey among teachers in order to identify their attitude to a physical education lesson. In total, 23 questionnaires of teachers of different disciplines were studied. Absolutely all teachers have a positive attitude to physical culture, they believe that physical culture is very important for the development of schoolchildren. Primary school teachers believe that the day of a junior schoolchild should be literally loaded with physical education, that it should be present even at other lessons (sports five-minutes). Most teachers believe that physical culture must necessarily follow after "their" subject, that is, be at the end of the school day, arguing that the hygienic conditions of the school are not entirely observed, that children are too active after these lessons. Of course, giving lessons at the end of the school day is the ideal solution to many problems. Students will like physical culture if after that they do not need to rush somewhere, if they can be in the gym as long as they want. But the curriculum allows everyone to organize physical education lessons at the end of the school day.



## **CONCLUSION:**

So, the way of actualizing a physical culture lesson is very difficult. For its successful organization, it is necessary, firstly, to change the system of organizing the school day at school, and secondly, to radically change the ideas of people, in particular teachers, about physical culture in general, i.e. instill that physical culture should take an appropriate position in the life of society.

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