

Article

Technologies for Improving Methods of Teaching Schoolchildren to Play Table Tennis

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Annotation: The purpose of the study was to theoretically substantiate the author's technology, namely to create favorable conditions for the development of motor skills, coordination of movements, physical abilities, general physical fitness and harmonious physical development of schoolchildren. As a result of the research, an original technology for organizing the process of physical education for middle school students using table tennis was developed.

Keywords: table tennis, schoolchildren, secondary school, classes, technology

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1. Introduction

In the modern world, physical education plays an important role and value for society as a whole and for each person individually [4]. Physical development is a key aspect of overall health and physical activity of schoolchildren [1, 2, 3, 5]. The use of table tennis tools for physical development affects their physical fitness, mental state and quality of life in general. This promotes the development of motor skills and social interaction, which has a positive impact on the development of schoolchildren, including children with special educational needs [7, 9, 10].

It is well known that gaming activity in the process of performing physical exercises has a positive effect on the development of its central nervous system, the improvement of analyzers and the development of their interaction. In turn, improving physical development, strengthening health and increasing overall performance, achieved in the process of game-oriented physical education, has a positive effect on improving the physical and mental performance of schoolchildren [10, 12, 13].

The most important result of the game is the joy and emotional uplift of children. Thanks to this property of the game, which is largely playful and competitive in nature, more than other forms and means of physical education, they contribute to the development of motor abilities in students. Game types and actions require a full range of physical skills from students, as well as taking into account their functional capabilities. This approach helps improve communication, social skills and cognitive abilities, as well

as the development of motor skills and coordination, which is important for the physical and psychological development of children with special educational needs [11, 14].

Teachers and scientists are constantly working to develop new methods for increasing the effectiveness of physical education classes in order to improve and develop the physical condition of schoolchildren [15].

One of the most pressing tasks of our time in the context of implementing the school concept concerns the problems of physical education in the school environment and the health of schoolchildren in general [5, 16]. In recent years, there has been an increase in the number of children with special educational needs who are included in the educational process of general education institutions [7, 14].

2. Literature Review

Scientists are actively researching the problems of physical education, in particular, the introduction of inclusion in the process of physical education in general secondary education institutions.

In recent years, researchers O.V. Khanikyants, N.V. Semenov, explore the state and prospects for the implementation of physical education for schoolchildren, focusing on the importance of physical activity in the lives of schoolchildren.

Many researchers emphasize that table tennis classes have a positive effect on the physical condition, motor activity and physical development of schoolchildren in general.

Analyzing current research, we believe it is necessary to develop technology for schoolchildren in inclusive classes, which in turn will help improve the physical condition, comprehensive physical, psychological and social development of students, taking into account their characteristics and limitations.

3. Materials and Methods

Rice parasitic nematodes can cause significant damage to rice crops, leading to yield losses and economic impact for farmers. The most common types of nematodes affecting rice include root-knot nematodes (*Meloidogyne* spp.), cyst nematodes (*Heterodera* spp.), and root lesion nematodes (*Pratylenchus* spp.). Here are some measures to combat them:

Taking into account the relevance of the modern physical condition of schoolchildren, we have developed a technology for organizing the process of physical education of children of secondary school age using table tennis, as one of the priority opportunities for attracting children of secondary school age to regular physical activity classes and the formation of their active and healthy abilities in physical education. The use of table tennis is an accessible and popular type of physical activity for schoolchildren, an effective means of comprehensive and harmonious development of the modern generation. Their use makes it possible to successfully solve the problems of spiritual and physical development of personality, promotes health and develops physical qualities, which has a positive impact on the comprehensive development of schoolchildren. Physical education itself is considered one of the effective forms of improving the emotional, mental, intellectual and physical state of schoolchildren.

The technology is based on scientifically proven needs for physical activity, which do not require special financial costs or equipment. The process of developing technology for secondary school-aged children in inclusive classrooms was based on the age groups

identified in this study, which included taking into account their health status, functional characteristics, physical fitness and special needs.

The stages of implementing the proprietary technology include the following criteria:

The first stage involves diagnosing and assessing the physical development, level of physical abilities and table tennis skills of students. This will help determine the potential of each student and determine his individual needs and capabilities.

The second stage is planning and individualization. An individual physical education plan is developed for each student, taking into account the needs, abilities and characteristics of each student.

The third stage is technical training. Students become familiar with the rules and fundamentals of the game of table tennis, learn the correct stance of a tennis player, the correct technique of strikes and movements, and also practice ball control and movement techniques at the tennis table.

The fourth stage is tactical training. Here the students learn tactical techniques for playing table tennis, develop strategic thinking and the ability to analyze the game of opponents.

The fifth stage is physical training. In this stage, general physical fitness and specific physical skills necessary for playing table tennis are improved. Evaluation of results helps to identify students' successes and determine possible directions for further development.

The final stage is adaptation and correction, namely adaptation for each student. This stage is taking into account their characteristics and needs. If necessary, the lesson program can be adjusted in order to ensure the most effective result for each student.

4. Results and Discussion

Our data complements the information about a decrease in the level of physical fitness, as well as a deterioration in the level of health of children, which negatively affects the physical development and psychological state of schoolchildren

Data has also been added that the introduction of table tennis into the physical education of schoolchildren will help improve the physical condition, comprehensive physical, psychological and social development of students, taking into account their characteristics and limitations

The data on the use of table tennis equipment in physical education lessons and their impact on physical fitness, mental state and quality of life in general has been supplemented, and also contributes to the development of motor skills and social interaction, which has a positive effect on the development of schoolchildren, including children with special educational needs.

5. Conclusions

Based on the systematic processing of special scientific and methodological literature and modern trends, the structural components of the author's technology for organizing the process of physical education for secondary school students, which is aimed at improving the physical condition of children of secondary school age, are generalized and systematized.

We believe that the use of table tennis in educational institutions is an effective tool for the comprehensive physical, psychological and social development of schoolchildren,

which will contribute to the formation of an active and healthy lifestyle for students and the development of their abilities in physical education and is based on scientifically proven physical activity.

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