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PHYSICAL EDUCATION OF CLASSES TEACHING MODELS AND METHODOLOGY

Abstract: Today, due to the insufficient level of knowledge about physical activity in society, lack of understanding of the importance of physical education and sports, people are moving to a sedentary lifestyle, and because of this, many negative situations occur in society.

Sports are good for health for people of all ages. Regular participation in sports is of great importance in the healthy growth of children, therefore, in raising a healthy generation. growth, socialization, development of their own positive emotions and life-long improvement, teaching positive perception and thinking is of great help to parents and teachers. It is known that the participation of individuals in movement training activities improves their body, mind and personal structure and makes a significant contribution to sociological development. Therefore, taking into account the characteristics of the developmental period, it is believed that the educational programs implemented in the relevant areas during the critical age periods contribute positively to the physical, mental and social development of the child.

Key word: Sports education , Individualized teaching model , Rhythm , Tactics game approach model , In general regularly and continuously music

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It can be said that the efforts to understand people and their multifaceted actions continue throughout history. The work and actions of people who think, make tools, play and create culture have changed over time and become the field of study of many fields of science. In the historical process, the human-friendly philanthropists who lived in the 18th and 19th centuries played an important role in considering education and physical education as a minor subject. Later, pedagogues such as JJ Rousseau, Pestalozzi and Fröbel emphasized the importance of games and natural activities in the education of children.

Hans Groll played a major role in the transformation of physical education and sports science into an "interdisciplinary" branch of science with its own content, goals and methods, among other disciplines. The main goal of educating individuals; It is the development of the innate and acquired abilities of the individual as much as possible in a democratic educational environment. Education in this respect; Responding to the needs of society, bringing out and developing talents, solving problems correctly, thinking rationally, mastering and protecting historical and national values, solving problems of being an industry and society, socio-economic development of society aimed at the development of development.

Within these general goals, the task of physical education is mainly aimed at understanding the person. In one sense optimal development of education forward move means and this development to action to teach through is achieved .

Above said and education , education through reach in the eye caught common from goals come came out without definition we give need if This is human each lateral , kinesthetic , emotional , intellectual and social in terms of maturity to find for intended direction all conscious and efficient actions own into received is a process . This general education in the definition physical education place as follows . Physical education " national of education main principles according to of the person physical , spiritual and intellectual development supportive environment features and of participants features looking change possible has been flexible to the rules have has been wide scope " activity " is defined as necessary when and all exercises and studies own into takes ." Other on the other hand , physical education physical education goals according to , physical in actions

participation reach through of the person in their actions on purpose and necessary physical , emotional , social and spiritual changes done increase is a process .

However , from the middle of the 20th century starting from of students physical education lessons good quality transitions for pedagogical models , participant studies , critical pedagogy and innovations the first to the seat came out and at school to the child directed approach current done apparently is standing in systems . He is not only to knowledge directed study programs , maybe simple and understandable in the structure prepared , skill to get aimed at the student active individuality importance giving from events consists of to be need These are exercises basically physical education learning standards and achievements reach for games , gymnastics , rhythm and dance such as many activity of types consists of

Physical education lessons such as practical in training student first of all own body know what do it take and what do it that he can't solution to do need Physical education students " physical to "educate". directed one row mutually depends fields for unifying term as considered , they fitness , skill , movement, dance , recreation , health , game and sports are also relevant values own into takes and each one's knowledge Today's per day , another in the sciences that it was as , physical education and of the individual in sports as well development help giving a lot edged method and methods the first to the seat comes out Good physical through a training program formable skills to students in society wide spread sports ethics and students between healthy marriage style promote do , in students personal and social skills development is also free times a lot in transfer to success reach for very important

Many researchers physical education teaching model (i.e. students a lot years during " teaching". focused model) general medium from education next education system for suitable that it is not they emphasized . It is this the idea and by Kirk set placed three possible has been the future in his " Physical education future " in the book open gave

It is this in the book in the future physical education continue that it will in providing teachers main role to play emphasizes . Kirk's to his words according to , physical education " radical to reform face until it comes , his the future anxious it seems and even no being leaving can So so it is physical education storage and revive for necessary has been changes done increase for tool as different different practices recommendation does With that together , like ADOM pedagogical innovations and study in the program updates promising the fact that offer is being done .

Physical education teaching models

Education models efficient and constant to learn provide for study environment effect doer important variables and this variables between relationships explains . Physical education and in sports training straight away teaching , individualized teaching model , peers teaching model , sports education model , tactical game model , in cooperation teaching model , to research based on teaching model and individual and social responsibility model wide spread

Straight away teaching model is this physical education in the field the most ancient teaching method . Very much in the 1800s often applied and until the mid -1900s continue reached These students to the teacher directed and good organize done many programs , ideas , tools , knowledge and to concepts full sources with to equipment based on high level participation which provides is a model .

Individualized teaching model - from the 19th century , especially in the middle of the 20th century interest and individual differences in abilities importance occupation did of this model purpose different interest and to abilities have has been of individuals learning speed each different that account get and therefore for them high level bring up and to society the most useful way integration is to do

Peer teaching model - This is a teacher student teacher role own undertake in class communication to do opportunity have was , to the group fact or skills to teach process , student of peers activities assessor belongs to study is practice . and to the student peers through learning enable gives His main principle : "I to you I will teach you to me teach ".

Sports education model - It 's students life during more active , willing and knowledgeable sports literate being to their growth help giving and whole lifetime during healthy to be help giving , real life experiences interesting and each bilaterally which supports teaching is a model . In this model students not only to play they learn , maybe in their sporting experiences himself they understand , good and bad practices separate , private responsibility and efficient to the group membership skills developing behavior they learn

Tactical game approach model - in the 21st century games pedagogical news as learn started in schools traditional to skill based on from teaching different as the first in line tactical structure to teach need " To the game based on approach ". To the game based on approach to the students skills from teaching before mental active tactical structure teaching , physical skills while lesson from the beginning branches according to game to play through to teach necessity promote does

In partnership study model is this competitive and non -individual study process being , then students common small towards goal mixed in groups work through each other to learn help they give , in this group success different roads with awarded to himself confidence increases in learning active participation is enough teaching process , critical thinking and the problem solution to do skills develops . It is an approach as is determined .

To request based on teaching of the model - the main one makes sense reason that is , students information through action from expression before in his mind cognitive way again their performance need That's why for teachers students possible has been answers about to think for questions to give and to students this answers on their performance for time to give need Otherwise by doing in other words , this of the model main topic student the problem solution to do to the role have

Individual and social responsibility in the model - He is a student education and teaching of the process to the center to put directed . of the model main purpose of students own education effort and self management as well as others rights and feelings respect make others to appreciate and help to give learning for responsibility own undertake take need The model is the first times of the United States Chicago in the city residence doer academic and teacher Don Hellison by work developed is , then students reach for five target (or degree) that there is emphasized . These are; purpose , respect , action/ participation achievement , self manage and to others care to do

Physical education study methodology

- Commands with in education teacher whole the process himself done increases , ready knowledge and skills to the students gives , first in line to the students themselves wanted commands to give through action shows , then from the students him done increase asks .
- Exercises with from teaching main goal teachable sciences constant respectively repetition through getting stronger to go from providing consists of to the students topic from being explained after they are course to the goal achieving the sciences better master they get
- Cooperative couple at work students usually equal to amount works and each one partner task performs Whole group of each other to learn is also responsible for
- Self evaluation control in doing students own actions teacher by defined evaluation criteria according to evaluate , own activity about decision acceptance they do
- Participation reach based on in teaching students teaching and teaching in the process sure participation they will
- Managed discovery through in education in the pupil interest and interest wake up uncertainty status surface will come Teacher question to give through to the student right answer to find help gives He is a student different different connections installation through of the problem the solution to find directs .
- The problem solution to do It is high level mental to the activity have to be for mutually thought notice through determined the problem solution to do principle is based on

Above counting passed teaching methods besides , presentation , lecture , question-and-answer , debate , case, micro-education , demonstration , in groups work , case study such as method and methods are also defined to the goal reach for use can

Rhythm training

Rhythm Latin flow said the meaning means Action numbers with expression is a numerical language . of the process consecutively elements dynamic grouping , systematization and separate show Rhythm ability ; These are athletes external perception of the stimulus (rhythm). reach and the rhythm thin or gross motor activity within product as repetition is the ability . We each day conscious or unconscious respectively around us many facing sounds (rhythms). we will come Because in space all natural or artificial in actions there is a rhythm . For example , people voice , passing cars , wind and birds From around us coming this sounds known time between expressed of music one part has been rhythms own into takes

Otherwise in other words , people diary life music and their around different different rhythms with filled is understood . Man of the body natural rhythm has been walking , running , jumping and another many actions orderly , to each other harmonious and the most right way , har one of action flow without breaking happened to be can Weikart (1989) rhythmic skill rhythmic to stimuli right answer in the action activity that requires giving participation reach through he emphasized that it will be achieved . Many in studies rhythm and music education of children pre-school , primary from school starting from and all education periods cognitive , affective , intuitive and psychomotor behavior positive effect to show emphasized .

Rhythm features : Rhythm makhsli " rhythm patterns are called " . Rhythm exercises this rhythm patterns combine and one whole as perform for important Determined rhythm example different different methods and in different ways words and tools with is used . Rhythm molds educator easily difficult looking use and in education this in order compliance to do of teachers to teach children understand facilitate emphasized . Rhythm exercises usually of children hands , feet and whole body using rhythm patterns to repeat own into takes Rhythm exercises of the child to hear ability and attention improves , that's it with together of the child main in actions coordination and to agility have to be help gives

In games basic movement skills in teaching applied rhythmic patterns are in 2/4 measures given Children the most a lot which uses rhythmic movements are body movements . For example , rhythm tools with hand or the leg to each other , table , seat , desk such as to things beat , rhythm beats of the body each one part forward , right , left , separately or together shake through executable actions .

Rhythm education : children hands , feet or tools with oral or oral didn't happen rhythm pattern to teach This skill increase for a lot times repetitive training " rhythm " exercises " are called .

Rhythm studies : Voice and to action effect to do possible 7 rhythms that are factor there is . These factors ;

- Beat: Generally regularly and continuously music feeling
 - Stress: It's a sound inside strength and weakness factor , usually regularly and clearly
 - Meter : This beat regularly respectively accent with separate is the result .
 - Tempo: In this volume hit and accent appear to be speed
 - Continuity : This sound and silence surface coming time length
 - Shape : Usually to stress divided time sequence .
 - Idiom: It's to each other suitable coming of sounds natural grouping .
- Creative rhythm - shock , stress and continuity such as rhythmic factors an emphatic form of action . That's right answer right rhythmic action demonstration to reach means

Physical education and in sports rhythm exercises for two to be can :

- Music with common rhythm exercise to do
- sports network characteristic movement rhythm exercise to do

Rhythm ability sports skills take over and easier in application important place holds ; It is known that it is a movement to harmonize , to act orientation , sound and movement speed differentiation , action- reaction to give such as coordinator abilities in formation helper role plays

Physical in education rhythm exercises as follows done increase possible ;

- At first , naturally rhythms has been walk , run and jump such as main from actions use need For example ; Kangaroo such as jump or to the horse like to run to be imitated through rhythms , in fact , of the child from creativity used without done which increases actions .
- Given to the music suitable coming different simulations added rhythm exercises , free walking , jumping , spinning and from imitation exercises use can
- Rhythm exercises for children hands or legs with the time hold , first listened to music or studied to the song accompaniment to do can
- Rhythm exercises for from you music accompanied by main gymnastics exercises as given music or rhythm to the tempo according to actions to perform to ask can

In sportsmanship of rhythm existence and importance about message giver some studies are the following . As Weikart (1989) points out , rhythmic to competence have has been children at least three skill in the field significant difference does :

- Tool skills ,
- Musical abilities and
- Academic skills

Rhythm learning and from him use this in research of gymnastics main skills in teaching physical education and it is physical of individuals development account received without rhythm education tool as used

Perform the main action skills

Of people high level how performance , students this skills how development and to them how have to be about interest a person movement about more research and requires knowledge .

To development Both heredity and environment influence does Growth and development in children basic movement skills to take over effect as did basic movement skills balanced in development to the children to be given opportunities and movement training of the individual future his life in orientation important role plays , according to skill beginning , beginning and mature in degrees done is increased . All body movements parts divided and hand , head and of the legs status three different level described For example , jumping action for a 3- year-old child initial level , for a 5-6 year old child initial level and for a 7- year-old child mature level assessment can Done skill of the child to his age looking not but his level looking is evaluated . So so the child main action which performs skill level is determined . Basic movement skills children , teenagers and adults for many physical training for necessary has been of special action groups construction blocks is considered These are skills basic movement (running and jump) , manipulation or object manage (catch and shoot) and stability (equilibrium and bending) abilities .

Various basic movement skills (eg , running , catching , jumping , throwing) consistently and qualified perform ability often described as action competence . Action main skills have has been of children health storage and physical in exercises to attend probability high

Installed skills improvement and actions mutually connected and more complicated in structure to do of basic movement training main goals to the line entrance need Saying maybe to take over directed this basic motor skills of the person future in his life a lot edged infrastructure to create can

Therefore , this association criteria practical study programs and of games to the content the introduction need

Immovable manipulative not stable Skills - children's immovable at the point balance to the hand input and to keep possibility forms of action . Motionless actions known level which requires balance from actions consists of ; They are static balance and dynamic is grouped as balance .

Physical education in their classes balance develop , stretch , turn , jump , start-stop , one on the leg stand up and mated actions of students balance skills increase for exemplary studies with diversification action groups .

Moving with depends locomotor skills ; Locomotive abilities of children in space and one from the place second to the place travel to do for which uses skills . This is external in space of the body to change own into takes This is a change vertical vertical or horizontal horizontal the ground is the axis . For example ; Walk, jump , run , jump such as to be given can Basic motor skills are also balance abilities with one at the time develops . Locomotive simply walking through executable actions means

Manipulation of movement development ; Like walking manipulation skills development long period and consecutively development from the stages passes , that is from the head to the leg and from the inside out . This skill for intended actions : rolling , throwing , catching , tools manage and etc. as designation can

This main skills : motionless action development for determined actions ; bending , stretching , twisting , various directions change , bend , stretch , start-stop , push , pull , a on the leg stand up , partners with different different posts ; Locomotive action development for determined actions ; walk , run , jump , run , jump , forward jump qualifications ; Manipulative action development for defined actions :

Ours our work for defined rolling , throwing , catching and to kick such as main education skills of the child cognitive -behavior development , social-emotional development and learning ability to develop as well formation for necessary to habits have to be big contribution adds empty time and each in any sport participation reach for base These skills are at the 5th grade level of appropriation main reason is physical education and sports course study to the program included the main action is knowledge and skills shift movements , balance storage actions , objects requiring management actions and these are together applied joint actions enters

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