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"North Ossetian State Medical Academy"
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**CHAIR OF GENERAL HYGIENE
AND PHYSICAL CULTURE**

**USING MOVING GAMES
IN THE CLASSES OF PHYSICAL EDUCATION
AT THE UNIVERSITY**

Educational-methodical manual on the organization
of independent work and study of the disciplines
"Physical culture and sports" and "Elective course in physical
culture and sports" of the main professional educational program
of higher education – specialty program in the specialty
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Shatalova A.A., Andiev O.Kh., Asitashvili S.G., Revazov M.O.

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This work provides an answer to the question: how to motivate students to engage in physical culture. The material covers the development of physical qualities and personality traits of students through outdoor games. The manual is a meaningful practical guide on the organization and methodology of conducting training sessions on outdoor games. A complex of games is presented, the content of which makes it possible to effectively use them in all sections of the work program of the discipline "Elective courses in physical culture".

The study guide was prepared in accordance with the Federal State Educational Standard for Higher Education.

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Reviewers:

- Dzulaeva I.Yu. – Candidate of Medical Sciences, Associate Professor of the Department of Hygiene MPF with epidemiology FSBEI HE NOSMA MOH of Russia
- Ketoev K.E. – Candidate of Pedagogical Sciences, Associate Professor of the Department sports games and biomedical disciplines FSBEI HE NOSU

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1. INTRODUCTION

In higher educational institutions, physical culture is presented as an academic discipline and the most important component of the holistic development of a personality.

Physical education of students is aimed at replenishing the fund of motor skills and abilities, deepening knowledge, increasing and maintaining the level of general physical fitness and the development of professionally important physical and psychomotor abilities. The solution of these problems is actively promoted by outdoor games, acting as a means, form and method of physical education.

Educational tasks are solved through the systematic use of games in which movements are improved and a full-fledged development of the "school of movements" is provided, which includes running, jumping, throwing. Under the influence of game conditions, these skills are transformed into skills that significantly expand the possibility of their use in various conditions and combinations.

Outdoor games can be carried out in the preparatory part of the lesson as a warm-up (relay races, games with elements of jumping), in the main part of the lesson through the game you can improve individual motor actions, bring up physical qualities, and in the final part of the lesson you can use games with low mobility for physiological and psychological restoration of the body (games for attention, coordination).

Thus, the use of outdoor games in physical education classes at a university is a path to health, victories in sports, and success in life. When selecting games, it should be borne in mind that there is no sharp line between the games of people of different ages. There are a number of games that children and adults alike play with the same passion.

Possessing the methodology of conducting games, knowing the modern rules of competitions and refereeing, various means of restoring working capacity, psychological and age characteristics of people, it is possible to competently organize an effective process of physical education at a university in order to prepare young people for the upcoming work and life.

2. PLACE AND SIGNIFICANCE OF MOVING GAMES IN THE SYSTEM PHYSICAL EDUCATION

Among the wide variety of physical exercises, outdoor games rightfully belongs to one of the leading places. Their study goes far beyond the concepts with which one usually approaches the assessment of physical education means. At all stages of the development of human society, games were used for educational purposes, served as an important source of transmission to the younger generation

of the knowledge and experience accumulated by the people. Learning the skills of labor activity in a playful way contributed to the formation of special physical qualities necessary for a person in the struggle for his existence. In playing activities, a person finds a "breeding ground" for the manifestation of his creative, intellectual abilities, which largely predetermined his superiority in nature. Recently, the field of application of outdoor games has expanded immeasurably.

Outdoor games reflect the general features inherent in this form of competition, such as the relationship of the players with the environment and knowledge of reality. Games are characterized by changing conditions, and suddenly emerging environments, and the need for a wide choice of actions require the manifestation of creativity, activity and initiative. Outdoor games are associated with the manifestation of emotions, independence and relative freedom of action, combined with the fulfillment of voluntarily accepted or established characteristics while subordinating personal interests to common (team) interests. All this is the main reason for the popularity that games enjoy not only in our country, but also among the peoples of the whole world. Outdoor play contributes to the development of the physical qualities of the players, in particular, the speed, the ability of a person to perform movements with the greatest possible speed. In the scientific and methodological literature, the speed of movements and the speed of the motor reaction are distinguished.

A prerequisite for successful outdoor games is taking into account the individual characteristics of each player: available motor skills, typological characteristics of the nervous system. All outdoor games have a number of features. The choice of one or another game is determined by specific tasks and conditions of the game. Playing games enriches the participants with new sensations, ideas and concepts. Games expand the range of ideas, develop observation, intelligence, the ability to analyze, compare and generalize what he saw, on the basis of which to draw conclusions from the observed phenomena of the environment. In outdoor games, the ability to assess spatial and temporal relationships is developed, to quickly and correctly respond to the current situation in a frequently changing game environment.

With the help of outdoor games, complex and varied movements in play activities are developed. They usually involve all muscle groups. Possessing a high emotionality and a training effect on the body of the students, outdoor games at the same time do not require great technical skill from the participants and methodological skill from the leaders of the classes. In the course of the games, mutual understanding of partners in the team is developed, which is necessary in team and personal-team competitions, the intellect of those involved, fantasy, imagination is developed, social qualities are formed. Outdoor games are always a creative activity in which a person's natural need for movement is manifested, the need to find a solution to a motor problem. Outdoor games have a pronounced emotional character. Playing, people experience the joy of exerting the physical

and mental strength needed to succeed. Playing games develop coordinated, economical and coordinated movements; players acquire the ability to quickly enter the desired tempo and rhythm of work, deftly and quickly perform a variety of motor tasks, while showing perseverance and necessary efforts.

Outdoor games solve the most important tasks: health-improving, educational, educational. With the correct organization of classes, taking into account the age characteristics and physical fitness of the trainees, outdoor games have a beneficial effect on the growth, development and strengthening of the osteo-ligamentous apparatus, the muscular system, on the formation of correct posture, and also increase the functional activity of the body. In this regard, outdoor games are of great importance, involving various large and small muscles of the body in various dynamic work, increasing mobility in the joints and the spine. In the classroom with outdoor games, certain types of higher nervous activity characteristic of individual students can be quite correctly noted. Pedagogical practice shows that those who play with different types of higher nervous activity can manifest themselves in games in different ways. Under the influence of physical exercises used in games, all types of metabolism (carbohydrate, protein, fat and mineral) are activated. Muscle loads stimulate the endocrine glands. Especially valuable in terms of health improvement is the year-round outdoor games: those who train become more tempered, the flow of oxygen into their bodies increases.

3. CLASSIFICATION OF MOVING GAMES

The content of outdoor games includes various types of running, jumping, throwing and other movements. Competition between individual participants and whole groups is an incentive to play activity. The relationships and behavior of the players are governed by the rules and refereeing.

Games as a form of physical exercise are characterized by a wide variety of movements. In this case, the movements of the players are determined by the peculiarities of the course of the game and the behavior of partners, both of their own team and the opposing team. Players must quickly assess the situation, make the right decision and respond to the situation with precise movements. This requires them to quickly orient themselves in space associated with the activity of the visual, proprioceptive, and other analyzers. Thus, outdoor games, like various types of martial arts, belong to physical exercises of variable intensity with a quick response to a changing environment.

Muscular activity during outdoor games is predominantly dynamic in nature. The static forces involved are negligible.

In outdoor games, a person often finds himself in an environment where it is necessary to immediately carry out a motor act, which previously did not have to be performed. At the same time, they do not require special training from the participants. The rules in them vary by the participants themselves and by the leaders, depending on the conditions in which the games are supposed to be held. They do not specify the exact number of participants, the size of the site, inventory, etc.

Some outdoor games, depending on the target setting, activities and methods of their organization, in some cases have the character of actual outdoor (elementary) games, in others they are held as sports games.

Outdoor games are used as a means to improve the general level of physical fitness, and as a means necessary to improve the technical readiness of those who go in for one or another kind of sports games.

The essence of outdoor games – constant confrontation with an opponent on the way to achieving the goal. Therefore, they cause a strong psychic reaction. Skillful management of the behavior of the players, carried out by the leader, judges, captains and teammates, contributes to the education of moral–strong–willed, moral qualities of the individual. The most actively formed qualities are: collectivism, discipline, organization, initiative, determination, courage, perseverance.

The health–improving value of games is also extremely important. Various active motor activity of the trainees, accompanied by the manifestation of positive emotions with the simultaneous effect of not only different physical loads, but also the natural forces of nature: the sun, air, water. All this contributes to the transformation of outdoor games into a favorable form of physical exercise. In addition, physical activity in the process of games is dosed both by the leaders of the classes and by the students themselves. This eliminates overvoltage, improves the functional activity of the body, ensures proper physical development, strengthens the health of those involved.

Games also contribute to moral education. Respect for an opponent, a sense of camaraderie, honesty in wrestling, striving for improvement – all these qualities can be successfully formed under the influence of outdoor games. With the help of outdoor games, important physical qualities are developed and, above all, speed and dexterity. At the same time, motor skills are improved. Under the influence of playing conditions, these skills are quickly consolidated and improved. In turn, the manifestation of motor qualities is becoming more complete and diverse.

Classes with outdoor games are usually held against a background of fairly high physical stress. During these activities, the alternation of moments of relatively high intensity with rest pauses and low–stress activities allows the practitioner to do a large amount of work. Each outdoor game has its own content, form (structure) and methodological features of the conduct.

The content of an active game consists of: a plot, figurative or conditional design, a game plan, rules and motor actions included in the game.

Plot the game determines the goal of the players' actions, the nature and development of the game "conflict". The plot can be borrowed from the surrounding reality or be specially created based on teaching and educational tasks.

Rules – mandatory requirements for players. They determine the location and movement of players, clarify the nature of their actions, rights and obligations, determine the ways of playing the game, methods and conditions for determining the results.

Motor actions in outdoor games are quite diverse. They can be, for example, military–applied, imitative, rhythmic. In games, there may be short runs, running with a change in direction of movement and sudden stops, crawling; various throwing for range and accuracy; overcome natural and artificial obstacles; power single combats; actions that require the ability to apply the learned skills in difficult game situations.

Form of outdoor play (the nature of the organization and the relationship of the players) is determined by its content. A characteristic feature of outdoor games is that the participants are provided with creative initiative in choosing the ways to achieve the set goal. In some games, participants act individually or in groups, in others – collectively.

Methodological features of the game play depend on its content and form. The methodological features of outdoor games include: imagery, independence of actions to achieve the goal, limited by the rules; creative initiative in actions in accordance with the rules; the performance of individual roles in the game according to its plot, which establishes certain relationships in the team of the participants in the game; suddenness, variability of the situation in the game, requiring the players to react quickly; the use of elements of competition in the game, increasing its emotionality; collision of opposing interests in resolving game "conflicts", which creates a high emotional tone.

In pedagogical practice, two main types of outdoor games are used:

Free games, creative or free, in which the participants themselves outline a game plan and themselves implement the intended goal. They can be single or group.

Organized outdoor games with established rules requiring guidance. They are very diverse in content and complexity and are subdivided into simple (non–team), transitional to team and team:

Simple (non–team) outdoor games in which each participant, observing the rules, fights for one himself. All play activities in them are aimed at personal improvement, at achieving personal superiority over others in dexterity, accuracy, strength, speed and other qualities. In these games, personal initiative and the ability to use one's personal qualities and motor abilities appropriately acquire the main importance.

More complex, transitional to team games, outdoor games in which the players defend their interest in the first place, but, sometimes at their own request, help their comrades. Sometimes the player can enter into temporary cooperation with other players to achieve the goal. In some games, such cooperation is even stipulated by the rules.

Team outdoor games, in which the players make up separate groups – teams, are characterized by the joint activity of all team members aimed at achieving common goals, subordinating personal interests to the interests of their team. In team games, you should coordinate your actions with those of your comrades. Often in them, in order to coordinate actions and general management of the game, it becomes necessary to separate out the playing captains from the environment, submission to whom is mandatory for everyone.

The widespread use of games in pedagogical work requires their special selection for solving various pedagogical problems and taking into account the working conditions. For this, groupings of games are created that are similar in certain characteristics:

- by the degree of complexity of their content (from the simplest to the most complex);
- by types of movements, mainly included in games (games with elements of general developmental exercises, games with running, games with standing long jump, games with throwing at a mobile and stationary target, games with throwing and catching a ball);
- by the qualities that are mainly manifested in the game;
- on the relationship of the players (games in which the players do not come into direct contact with the "enemy"; games with limited entry into contact with the "opponent"; games with direct struggle of "opponents").

A separate group includes preparatory games for certain types of sports games, which are used to consolidate and improve individual elements of technology and tactics, to educate the physical qualities necessary for one or another type of sports games.

Games are also grouped according to various other criteria:

- by the form of organizing classes (games in the classroom, in between, in the morning physical exercises);
- by the nature of motor density (games with high, medium mobility and sedentary games);
- taking into account the season (games are summer, winter, indoors, outdoors, on a snow platform, on ice).

Outdoor games are an important means of physical improvement of student youth. Possessing high emotionality and a training effect on the body of the students, they at the same time do not require great technical skill from the participants and methodological skill from the leaders of the classes. Of particular value are outdoor games, which have elements of sports games in their content.

Such games are a good means of introducing students to sports games, first according to the simplified, and then according to the official rules of the competition.

BASIC PEDAGOGICAL REQUIREMENTS TO HOST MOBILE GAMES

In accordance with the curriculum for physical culture, outdoor games are held in the classroom in combination with discipline sections (athletics, sports games, etc.). Outdoor games in physical culture lessons are used to solve educational, upbringing and health-improving tasks in accordance with the requirements of the program. In games in physical education classes, the main attention should be paid to the educational and health-improving aspects of the game, as well as to the education of physical qualities. The complex movement included in the game is preliminarily mastered with the students using special exercises. If the entire main part of the lesson is devoted to games, then more active games alternate in it with less mobile ones, and games are selected that are different in the nature of the movements.

Games can be played at any time of the year, outdoors, in the gym, on the skating rink, in the pool, etc. The duration of one game depends on its intensity, the complexity of motor movements, the level of physical fitness of the participants, their state of health, and on average can be 10 – 20 minutes. The content of games is often associated with the use of a variety of equipment, which prompts the participants to take certain actions: jumping, throwing at the target, tossing or rolling.

It is important to be creative in the conduct of outdoor games in the framework of physical education and, if necessary, draw up game tasks containing such types of movements that a person especially needs at the moment. In cool weather, it is inappropriate to conduct games of medium and high mobility, since movements are limited due to warm clothing.

In the open air, you can play games of any mobility with running in different directions, throwing the ball at a distance and at the target, with jumping. In the autumn–winter period, the most accessible games are during which students run, jump, throw and roll balls. In the summer – games that include running, jumping, climbing. For a better understanding of the rules of the game, it is recommended to demonstrate the most difficult moments.

Given that movement is limited in winter, the load is reduced by the breaks between repetitions of the game. The same is done in the summer at high air temperatures.

Outdoor play is an effective means of education, but only if it is properly selected, correctly conducted and used. Preparing for outdoor games as part of physical education classes, the teacher must take into account the tasks, gender

characteristics, physical fitness, the number of students, the conditions for the game, the place of its holding, the availability of manuals and equipment. From three to 50 people can participate in outdoor games. When conducting games, it is necessary to select those in which boys and girls of different levels of physical fitness can take part. Knowledge of the age characteristics of student youth, their interests and requests will help the organizer in choosing a game.

Game selection directly depends on the venue. In a small hall, games with line formation or games are held in which they participate in turns. During outdoor activities, local games can be recommended.

When playing games outdoors, the weather conditions must be taken into account. If the air temperature is low, then all participants must act actively; in hot weather, it is better to use sedentary games, in which participants perform a game task in turn.

The choice of game also depends on the availability of benefits; due to their absence and unsuccessful replacement, the game may not take place. Preparing a place for the game. For outdoor games, it is necessary to choose a flat green area, it is best to make it rectangular, at least 8 m wide and at least 12 m long. It is advisable that benches are located at a distance of 2 m from the field. In winter, the playground must be cleared of snow and surrounded by a snow bank or an ice path. Before playing games on the ground, the head is obliged to outline the playing field in advance. When holding games in the gym, it is necessary to provide that there are no foreign objects in the room that interfere with the movement of the players. It is also important that the room is ventilated and the floor is wiped with a damp cloth.

Explanation of the game. The success of a game depends largely on an explanation of its conditions. When starting to explain, the teacher must clearly imagine the whole game. The explanation should be short and logical. A detailed explanation of the rules is only justified when the game is played for the first time. When it is repeated, only the main content is reminded. In the event that a well-known game is complicated, additional rules and methods of execution are explained.

Any game should be played lively and interestingly. Only then will it be an effective means of physical education. It is recommended to adhere to the following outline:

- name of the game;
- the role of the players and their location;
- the course of the game;
- the goal of the game;
- rules of the game.

The story should not be monotonous, without the use of complex terms. New concepts need to be explained. For better assimilation of the game, it is

recommended to accompany the story with a demonstration. It can be incomplete or complete. The explanation must take into account the mood of the participants. Noticing that their attention has waned, the teacher should shorten the explanation or revive it.

Before the start of the game, after explaining its content, assistants can be assigned to count the points, distribute the inventory. Depending on the content of the game, the role of assistants can be performed by physically less prepared people, or vice versa, students who are known as good players, impartial judges.

Distribution into teams. The players are distributed at the discretion of the teacher in cases where it is necessary to form teams of equal strength (when conducting complex sports games). The players are divided into teams by calculation: they stand in a line, they are calculated for the first or second; the first numbers will make up one team, the second – another. This is the fastest way, it is most often used both in physical education lessons at school and in university classes. However, with this method of division, the teams are not always equal in strength.

1. Separation by figured marching or calculation of the driving column. Each row should have as many people as there are teams for the game. The composition of teams with this method is random and often not equal in strength.

2. Distribution into teams by collusion. Players choose captains, then divide into pairs and agree on who will perform what role. The captains choose one person from the pair according to his role. With this distribution, teams are almost always equal in strength. This method can be used only in cases where the game is not limited in time.

3. Distribution by appointment of captains. Players choose two captains, who take turns choosing players for their team. This method is quite fast, and the teams are equal in strength. The downside is that captains are reluctant to take on weak players, and this often leads to resentment and quarrels.

Permanent teams can be not only for sports games, but also for complex outdoor games and relay games.

Selection of team captains. Captains are direct assistants to coaches, organizers and teachers. They organize and place the participants, distribute them according to their strength and are responsible for the discipline of the players during the game. The captains are chosen by the players themselves or appointed by the teacher. The captain is often chosen by the players. They learn to appreciate each other and, expressing confidence in their friend, encourage him to greater responsibility. If the players are not well organized or do not know each other well, the instructor appoints the commander. It is useful to put passive players as captains, thereby contributing to the education of the necessary character traits. In permanent teams, captains are periodically re-elected.

Allocation of drivers. In many games there are drivers. There are many ways to identify drivers. It is desirable that as many people as possible attend the role of the drivers. In team games, it is very important to distribute the participants in such a way that the teams are equal in strength, otherwise the game will be boring.

The teams can be permanent, the division of the participants in the game can be carried out in the following ways:

- 1) by lot. By calculating, throwing and in other ways. Often use the method of pulling out an object. The one who pulls out the longest stick or a piece of paper with a mark, throws the ball further, etc. This method is time consuming;
- 2) at the choice of the players. This method is good from a pedagogical point of view, it allows you to identify the most worthy leaders. It is good to prioritize the selection of a facilitator so that each participant will be in that role. It helps to foster organizational skills and activity;
- 3) based on the results of previous games. The participants must be informed of this in advance so that they strive to show the necessary qualities in the game.

The listed methods of choosing the drivers should be alternated depending on the task, the conditions of the classes, the nature and number of the players and their mood.

Dosage during the game. In outdoor games, it is difficult to take into account the capabilities of each participant, his physical condition at a given time. The teacher's task is to correctly determine the dosage of the load in the game. Therefore, excessive muscle tension is not recommended. It is necessary to ensure optimal loads. Intense loads should be alternated with rest.

When starting to conduct, it is necessary to take into account the nature of the previous activity and the mood of the students (after great physical or mental efforts – games with less intensity).

It is important to take into account that with an increase in the emotional state of the players, the load in the game increases. The players, keen on the game, lose their sense of proportion, wanting to surpass each other, do not calculate their capabilities and overexert themselves. People should be taught to control and regulate their actions in the game. Sometimes it is worth interrupting the game, although the players have not yet felt the need for rest.

The load can be dosed in the following ways:

- 1) decrease or increase in the number of players;
- 2) the duration of the game in time;
- 3) the size of the playing area;
- 4) the number of repetitions;
- 5) the severity of objects and the presence of rest breaks.

Reducing physical activity can be carried out by announcing short-term breaks to analyze errors, calculate points, clarify the rules, shorten the distance, reduce the number of repetitions, and appoint new assistants.

You can increase the mobility of the participants in the game as follows: supplementing it with obstacles, lengthening the distance. The game should not be delayed, as the players may get tired and the game will become uninteresting for them. Therefore, it is important to finish the game on time, having warned the participants in advance with the words: "Two minutes left", "We play until one more point". The unexpected end of the game has an unfavorable effect on the heated youth, they cannot calm down for a long time.

It is desirable that during the game all participants receive approximately the same load. Therefore, you can only remove losers from the game for a very short time. The duration of the outdoor game also depends on the weather conditions. In winter outdoor games, trainees must perform intensive movements without interruption. Players should not be given strong loads, followed by rest, so as not to cause perspiration, and then rapid cooling. Winter games should be short-lived.

Summing up the game. After the game, the teacher announces the results, evaluates the actions of individual players and points out the mistakes made. The leader must be objective, make sure that equal conditions are created for teams and individual participants. A fair and accurate assessment of the game and its results is of great importance in team games, where all the attention of the participants is directed to the successful solution of the task assigned to the team.

Outdoor games, which are the initial stage of sports games, are designed to educate beginner athletes with special physical qualities, the necessary knowledge, abilities, and skills. The formation of such qualities occurs only in the process of directed physical training. It uses its own methodology for the introduction of games, and the games used are specific, which should be paid attention to by teachers and students mastering a certain section of the discipline "Physical culture".

Below is an approximate list and content of the most common outdoor games, the use of which in the process of physical improvement will enhance its training orientation and will develop important professional qualities and skills.

4. MOVING GAMES TO INCREASE TOTAL

Physical fitness

General physical training means the development of basic physical qualities, the improvement of the functional activity of the body, the development of a large number of various motor skills. General physical fitness creates the basis for special training. It provides diversified development of strength, speed, endurance, agility, flexibility, without which improvement in the chosen sport is impossible.

At present, practice and research have confirmed that physical qualities are most successfully developed if sports activities are carried out according to an integrated method. This means that in the classroom, a variety of means (exercises and games) are used that provide for the simultaneous development of speed, strength, endurance, dexterity, and not one of these components.

In this regard, it is necessary to emphasize that it is the outdoor games, the game method, due to their inherent features, are a very effective means of complex improvement of motor activity. To the greatest extent, they allow improving such qualities as dexterity, speed of motor reaction, endurance, strength. Through outdoor games, it is possible to influence not only the quality of exercise performance, but also quantitative indicators such as speed and endurance in running, distance and height in jumping, etc.

Despite the fact that some outdoor games often include actions, mainly aimed at improving one of the motor qualities, they should still be considered as exercises of general physical impact. For games with elements of power struggle, as a rule, the manifestation of endurance and dexterity is characteristic. Without this, single combat is unthinkable. Therefore, when classifying games by physical qualities, we mean the predominant manifestation of one of them.

All of the above allows us to assert that outdoor games are an effective means among other means of increasing the general physical fitness of students. It should be emphasized that most of the proposed games can find practical application in all educational departments and at each course. But in all cases, the teacher must take into account the physical fitness of students and the specific tasks solved in the process of sports activities.

"Relay race"

Preparation. The teams are formed as for the oncoming relay. The guide of the first column has a gymnastic hoop, and the guide of the second column has a rope.

Description of the game. At the signal, the player with the hoop rushes forward, jumping over the hoop (like over a rope). As soon as the player with the hoop crosses the starting line of the opposite column, the player with the rope runs out and moves forward by jumping. After completing the task, each participant transfers the inventory to the next player in the column.

Rules of the game. The game continues until the students complete the task and change places in the columns. The team that completes the task earlier than others wins.

Game 2

Preparation... Players are distributed in pairs and stand in columns in front of the common start line. At the end of the hall, they put on a ball, which must be run around. Players stand in pairs.

Description of the game. At the signal, the first pair of each team runs forward, jumping over the rope. Having reached the ball, they run back in the same way.

Rules of the game. The game continues until the last pair of the column finishes. The winner is the team that completes the task correctly before others.

Game 3

Preparation. At a distance of 10 m from the gymnastic wall, a bench is placed parallel to it. The players are divided into 2–4 teams and line up in columns one by one. Between the columns 1–2 steps.

Description of the game. On command, the first players run to the bench, jump over it, run up to the gymnastic wall, climb on it, touch the top rail with their hand, go down (without jumping), jump over the bench again, run up to those in front of them in their columns and touch their hands. They do the same, and so on. The rules of the game: the team wins, the members of which will take their places in the columns faster.

Game 4. Relay "Machine"

Preparation. The starting line is drawn in front of the teams in the columns. An object (ball, etc.) is placed 10 steps away from it.

Description of the game. At the signal, the first numbers of the teams run around the obstacle. When they return to the starting line, second numbers are added to them (clasped in the belt), and so on. All team players join in turn.

Rules of the game. The game ends when the entire team, representing the special vehicles, finishes the dash and takes its original position.

Game 5

Preparation. The players are divided into several groups (teams), each of which is lined up in a column, one parallel to the other. Players in columns stand at arm's length.

Description of the game. At the signal, the players in front pass the ball over their heads to those behind them. Those in the same way pass the ball from behind to the standing. Each time the last player in the column, having received the ball, runs to the right of the column to the teacher, and then becomes the first in his column.

Rules of the game. The team that gets the ball before the others gets the winning point. Play until all participants have visited the end of the columns. The team with the most points wins.

Game 6

Preparation. The players are divided into two teams and line up in columns at a distance of 3 m from one another. A starting line is drawn in front of the socks in front of those standing in front of it, two parallel lines are drawn from it, forming a corridor with a width of 1 to 1.5 m. At the end of the hall, a rope for jumping is pulled or a gymnastic bench is placed.

Description of the game. At the signal "Attention, march!" those in front run forward, jump over the corridor, then perform a high jump over the rope and, returning back at a run, stand at the end of their column.

Rules of the game. When the last player runs into his column, he gives his team "Attention!" The team that completes the task earlier than others wins.

Game 7

Preparation. Players of two teams, stand in ranks facing each other on opposite sides of the site, squat, put their hands on their knees.

Description of the game. At the signal, all players, jumping from a deep squat, move forward, trying to quickly cross the line of the opposite house. This is followed by jumping in the opposite direction.

Rules of the game. 1) the game continues until 2–3 most hardy jumpers remain on the court; 2) the player who last crossed the line does not participate in the game; 3) the winner is the team whose players will be the first to gather behind the opposite line, having finished their jumps.

5. MOVING GAMES IN THE SECTION "GYMNASTICS"

The game method in the "Gymnastics" section is used to master and consolidate gymnastic skills, helps the teacher to give classes an emotional coloring, a competitive nature, which has a positive effect on the learning process. The game can be used by the teacher as a means of developing attention, memorizing individual ligaments and elements, improving some of them during a fun competition. Games with elements of acrobatics are of great importance. They include tempo jumps, somersaults, coups, rolls, bridges, exercises for the development of jumping ability. A person who is not physically trained enough when performing some exercises, there is a feeling of fear and uncertainty.

Outdoor games, influencing the students' emotions, help the student to overcome it. This is facilitated by the collective nature of the games, a sense of rivalry and the desire not to let the team down.

Games with elements of gymnastics include such games as "Make It Yourself", "Bridge and Cats", "Jumping Jumps over a Horse", "Leapfrog Jumps", "Gymnastic Marathon", relay race with climbing and climbing. Below are sample games for the Gymnastics section.

"Get it by yourself"

Preparation. Players of two teams line up on opposite sides of the hall facing the middle and are calculated in numerical order.

Description of the game. The teacher calls any number. The player must quickly go to the middle of the room and show three different movements. Then a player from another squad is called. He shows three new movements, not similar to the

previous ones. If one of the exercises has already been shown, the team is awarded a penalty point. The game lasts five to six minutes. The team with the lowest number of penalty points wins. The game can be played with the elimination of the wrong players.

"The bridge and the cat"

Preparation. Players of two teams line up at the start line in columns. In front of them, at 5 and 10 m, two circles with a diameter of 1.5 m are drawn.

Description of the game. At the signal, the first numbers run forward and, being in the first circle, make a "bridge". Then the second players of the team rush forward. They crawl under the bridge and run into the far circle, where they take up support while bent over (arching their backs like a "cat") (Fig. 1). After that, the first numbers run to the far circle and crawl between the partner's arms and legs. Then both couples, holding hands, run to their team.

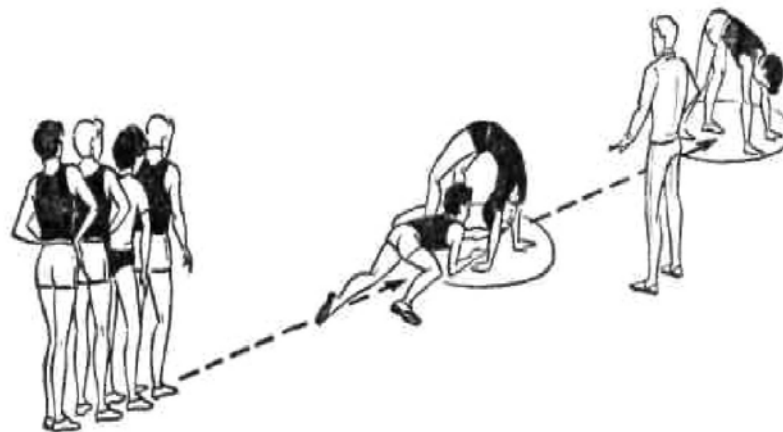


Figure: one.Game "Bridge and Cat"

then the fourth number of the team, and those who came running stand at the end of the column. When the pair that started the game is again in the lead, the players change roles, i.e. the second number makes a bridge, and the first – an emphasis standing bent over. The game ends when the pair who started the relay is again in the lead.

Rule. For a violation of the technique of performing an exercise in a circle or for a premature start, the team is awarded a penalty point.

"Leapfrog jumping"

Preparation. Players of two teams line up at the start line in columns. A circle with a diameter of 1.5 m is drawn in front of each column at a distance of 10 m.

Description of the game. The first player in the column stands in a circle in front of his team, puts his leg forward, on which he rests his hands, and lowers his head down. At the signal, the second player of the team jumps through it (legs apart, resting his hands on his back), who then takes a place in the circle, while the first player runs to the end of his column. The game is played according to the rules of

the relay, i.e. each player in turn makes a vault, and then turns out to be a "live projectile".

6. MOVING GAMES IN THE SECTION "ATHLETICS"

The purposeful use of outdoor games in athletics is widely recognized. In training runners, as a rule, games are used, aimed at solving problems specific to this type. Some games contribute to the education of quickness of reaction, help to improve the starting technique or the finishing spurt, others are aimed mainly at mastering the run in a turn, passing the baton. It is important to be able to adapt the games to the sport. So, in some games, you can start running from the starting positions, in others (for example, relay games), you can put the players taking over the baton with their backs to those who bring it.

In the game "Circular Relay", you can make corridors for passing the baton, etc. Games on rough terrain help trainees to better master the technique of running with overcoming obstacles, to learn how to calculate the time of passing the running segments.

Skill transfer should not be overlooked in game selection.

It is important to remember that, for example, games aimed at increasing the starting speed are equally necessary for jumpers and throwers, just as ball games recommended for basketball or volleyball players (with jumping at the basket or at the net, with throwing a medicine ball) are necessary and athletes, and gymnasts, and other athletes.

For those who are engaged in jumping, first of all, games are useful for strengthening the muscles of the legs. These include game relay races on rough terrain and in the hall using shells. It should be borne in mind that the teacher, at his discretion, can complicate many of these games, increasing, for example, the length of the jump or giving tasks to jump on the left, right leg.

The following are examples of running and jumping games for athletes.

"Counter relay"

Preparation. Players are divided into two teams and are built in two columns, which are divided in half. Both halves of the team turn to face each other and step back 10 – 20 m. The second players standing in front of the columns on one side of the court are given the baton.

Description of the game. The players who received the wand run forward, each to his own team standing opposite, give the wand to the next players and stand at the end of the column, etc.

Rules:

- 1) do not step over the starting line;
- 2) the team that finished the relay earlier wins.

"Circular Relay"

Preparation. All players are divided into several teams and each are built in a column one by one, like spokes in a wheel, with their backs to the center. In front of those standing on the baton.

Description of the game... At the signal, they run to the left, running around the wheel, run up to their column and pass the baton to the next one in front of the team, while they themselves stand at the end of their column

Rules of the game. They play until everyone has taken part in the run. The first team to finish the relay wins.

Relay "Offensive"

Preparation. Two teams, equal in number of players, line up behind the endlines on opposite sides of the court (hall), facing the middle.

Description of the game. As instructed by the teacher, the players of one team take a high start position, and the players of the second team, holding hands, go forward, observing the alignment. When there are 2 – 3 steps left to those standing at the start, the teacher blows the whistle. The "attackers" disengage their hands and run for the line of their home. The players of the other team chase them, trying to hurt them. After counting the salted players, the other team leads the attack.

Rules of the game. After 3 – 4 runs, the total number of caught is counted and the best sprinters are announced.

Relay "Manage to catch up"

Preparation. Played by 20 people. Participants are located on the stadium treadmill, at the same distance from each other. For example, if 16 people are playing, then on a 400-meter track they stand 25 meters from one another.

Description of the game. At the signal, all players start running, with a low or high start. The task of each is not to allow the one who runs behind him to catch up, and at the same time touch the person in front with his hand. The seized players drop out of the fight and go to the middle of the running circle. The rest continue to race.

Rules of the game. Play until 1 player remains – the winner.

Relay "Who is Faster"

Preparation. Players are divided into 2 teams. On the site, with an interval of 30–40 m, two parallel lines are drawn, from the outside of which they line up in one line by command, followed by calculation in order. A gymnastic club is placed in the middle between the ranks.

Description of the game. The teacher randomly names some serial number. Participants of the opposing ranks, having this number, run with all their might to the mace, trying to grab it faster than the opponent. The one who succeeds, immediately runs away to his line, and the opponent tries to catch up with him and stain with his hand.

Rules of the game:

- 1) if the player with the mace returns to his line unspotted, then he brings his team two winning points, and if he gets tarnished, then one;
- 2) the team whose players score the most points wins.

"Run for the ball"

Preparation. The players are divided into two equal teams that line up on one side of the court. Each team is calculated in numerical order. A starting line is drawn in front of the teams. The leader with the ball in his hands stands between the teams (fig. 2).

Description of the game. Calling any number, the leader throws the ball forward as far as possible. Players with this number run to the ball. Whoever touches the ball with his hand first brings the team a point. After that, the ball is returned to the head, who throws it again, calling for a new number, etc. The set time is played. The team with the most points is the winner.

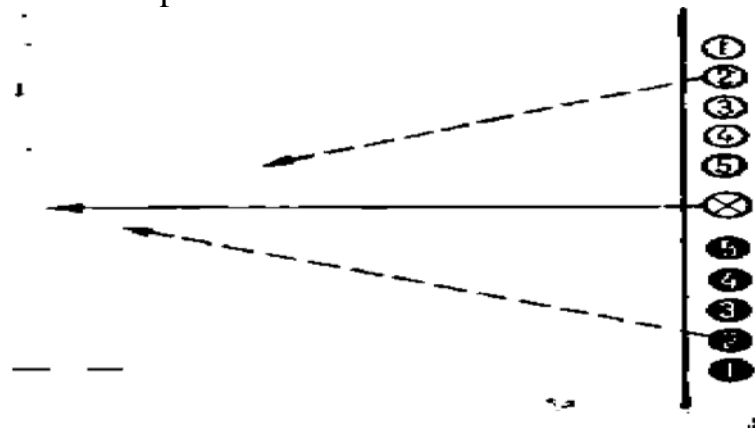


Figure: 2.Dash for the ball game

rules

1. You can start running from a high or low start (by agreement).
2. If two players touch the ball at the same time, each team gets a point.

"Offensive"

Preparation. Two teams of equal number of players line up behind the endlines on opposite sides of the court, facing the middle.

Description. At the direction of the leader, the players of one team take a high (or low) start position, and the players of the second team, holding hands, go forward, observing the alignment. When there are two or three steps left before those standing at the start, the leader blows the whistle. The "attackers" disengage their hands and run for the line of their home. The players of the other team chase them, trying to hurt them. After counting the salted, another team leads the attack. After three or four runs, the total number of caught is counted and the best sprinters are announced.

rules

1. It is prohibited to act without a signal.
2. Each player can play any players of the opposite teams, but only to the line of the house.

Knockout Race

Preparation. With the help of flags, a circle with a diameter of 9–12 m is marked and a start–finish line is drawn on it.

Description. At the signal, all participants in the game simultaneously start running along the outer side of the circle counterclockwise. After each lap (or two laps), the participant who last crossed starting control line. Gradually, the less hardy are eliminated. The winner is the one who remains the leader, i.e. the toughest and fastest player. At the discretion of the leader, participants can run with a medicine ball, wear belts with weights, backpacks with a load.

Note. The race can be carried out in a straight line – back and forth. The participant who ran to the starting line last is eliminated from the game.

"Manage to catch up"

Preparation. Up to 20 people play. Participants are located on the stadium treadmill at the same distance from each other. For example, if 16 people are playing, then on a 400–meter track they stand 25 meters from one another.

Description. At the signal, all players start running. The task of each is not to allow the one who is running behind to catch up, and at the same time to touch the hand in front of the running one. The hardened ones drop out of the struggle and go to the middle of the running circle. The rest continue to race. The game can be finished when the three most enduring athletes remain on the treadmill. A single winner can also be identified.

Note... If the game is played in the hall, then not far from its corners, rotary racks are installed, which can only be run around from the outside. The number of participants is up to ten people. In this game, boys and girls compete separately.

"Shuttle"

Preparation. Participants are divided into two teams and stand on opposite sides of the site. A middle line is drawn between them (Fig. 3).

Description of the game. The team captains take turns sending their players to the center line from which they must jump. It is established in advance that the players of one team will jump (with a push with two feet) to the right, and the players of the other team will jump to the left of the center line. After the start of the game, i.e. after the jump of the first player, the place of his landing on the heels is marked with chalk. The player returns to his team, and from the mark of his landing in the opposite direction, i.e. to the middle line, a player from the opposing team jumps. The length of his jump is also noted, after which the second numbers enter the

fight, etc. If the last player managed to jump over the center line, his team wins. If it fails, then she loses.



Figure: 3.The game "Shuttle"

rules

1. It is prohibited to step on the center line before jumping.
2. If the player, after jumping, leaned back and touched his foot, hand or body of the platform, then along this point of contact and the length of his jump is noted. The game can be played by performing from the spot triple jumps. The principle of determining the winner is the same.

"Change of places"

Preparation. The players of the two teams, standing in ranks facing each other on opposite sides of the court (behind the lines of their houses), crouch and put their hands on their knees.

Description of the game. At the signal, all players, jumping on their haunches, move forward, trying to quickly cross the line of the opposite house. The winner is the team whose players are the first to gather behind the opposite line, having completed their jumps. Then jumps in the opposite direction follow, but the one who crossed the line of the house last does not participate in the game. The game continues until two or three of the toughest jumpers remain on the court. It is easy to determine the winning team by the number of players on the court. She saved more jumpers. By continuing the competition, the best jumper can be identified.

Note. Hand strength exercises can be included in the game. In this case, the players move either in a lying position, turning over with their hands, or in a lying position in the back, turning over their hands and feet. The one who violated the mode of movement is eliminated.

"Who is higher"

Preparation. The bar is set at a height that is accessible to the players of both teams.

Description of the game. Players of one team jump in streams first, then the other. If in one of the attempts (two in total) the participant has overcome the bar, he continues the competition at the next height. After the second unsuccessful attempt, the player is eliminated from the competition. The team with the most

members left wins. You can also play a personal–team championship, defining a group champion.

rules

1. The leader can award points to teams for correctness pushing off and landing.
2. The sum of the points is added to the shown result, which can also be expressed in glasses.

2. MOBILE GAMES IN THE SECTION "SPORTS GAMES"

Various sports games have many similar components in the construction of technical and tactical actions. Therefore, games with taking the ball away from the drivers, moving, and the interaction of partners can be equally successfully applied, for example, in basketball and hockey, football. Along with this, each sports game has its own specific techniques and tactical options.

Below are some special outdoor games that are used in the sections "Basketball", "Volleyball", "Football".

"Throw the ball into the ring"

Preparation. Option 1: the players are divided into two teams and line up in the center of the hall in parallel, each team facing the ring.

Description of the game. At the signal, players of different teams each run up to their own ring, trying to throw the ball into the ring, and return to their team. They pass the ball to the next player, and they themselves stand at the end of the column. Rules of the game. Play until all players complete the task. The team with the most hits in the ring wins.

Option 2: the task is the same, only dribble and throw into the ring up to the ring.

"Fight for the ball"

Preparation. The game involves two equal teams. Team captains go to the middle of the site. All other players are placed on the court, stand in pairs: one player from one team, the other from the other team. Description of the game. The instructor tosses the ball between the captains who are trying to catch it or pass it to one of their players. Having taken possession of the ball, the player seeks to pass it to one of his players. Players of the other team bounce, intercept the ball from opponents and pass it to their players. The task of the players is to make 10 passes in a row between their players. The team that succeeds earns a point. They play from 10 to 15 minutes.

Rules of the game.

- 1) you cannot pull the ball, you can knock it out and intercept it;
- 2) if the ball goes out of bounds, the opposing team throws him out of the place where he flew over the border;
- 3) if two players grab the ball at the same time, the referee stops play with a

- whistle and throws a held ball between them;
- 4) the ball can be dribbled only by hitting it on the floor.
If a player has run more than two steps with the ball, the referee stops the game, and the player of the other team throws in the ball from the boundary of the court opposite the place where the error was made;
 - 5) if during passes the ball is intercepted by the opponent, the pass score canceled and restarted;
 - 6) if the opponent is rude during the passes (snatched the ball, deliberately pushed), the referee stops the game and gives the ball to the team whose player was passing the ball.

"Basketball with a balloon"

Preparation. Two teams (four to six players) are randomly positioned on the basketball court (as in basketball). The captains come out in the middle.

Description of the game. The leader throws an inflatable ball between the captains, after which it gets to one of the teams. Its players, jumping up and hitting the ball with their hand, pass it to each other. If there is a basketball backboard, then the ultimate goal is to touch the opponent's backboard with the ball, for which the team receives a point. If not, then you need to throw the ball over the endline on the opponent's side. After the goal is achieved and the team has received a point, the ball is again played in the center of the court between the captains or the players they select. The game lasts 10 minutes with a change of sides of the court after the first five minutes of the game. The team with the most points wins.

Rule. While jumping, it is not allowed to push other players away, as well as run with the ball in hand. For violations, the ball is transferred to another team, for a secondary violation, the player is removed from the court for 1 minute without the right to substitute. If you play with an inflatable ball, then two or three of the same should be kept in stock. They can replace a burst balloon.

"From the shield to the field"

Preparation. The starting line is drawn four meters from the wall (shield). From it to the middle of the site, line-corridors, indicated by numbers, are drawn a meter apart. The further the line is from the wall, the larger the number (Fig. 5).

Description of the game. Players take turns throwing the ball from the start line into the wall at the bounce distance. The further the ball bounces, the more points the thrower brings to his team. The highest total of throws by all team members determines the winner. Throwing can also be carried out on targets marked with circles on the wall. In this case, the accuracy and power of the throw is taken into account. Tennis balls can also be thrown at a basketball that the instructor throws up.

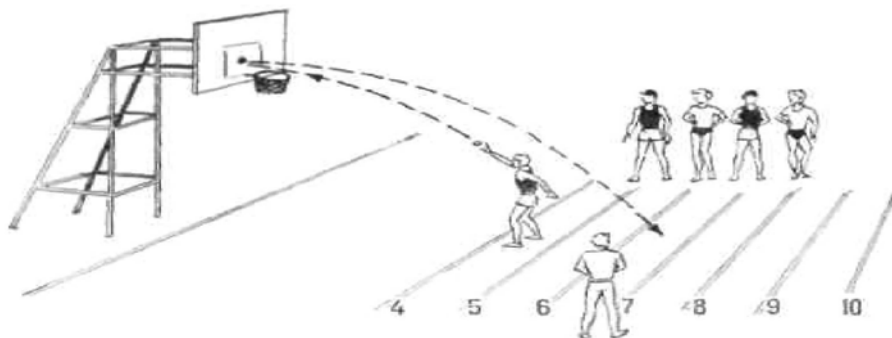


Рис. 5. Игра «От щита в поле»

"In a horizontal target"

Preparation. A target with concentric circles is drawn on the ground 10 to 12 paces from the throwing line. The players, divided into two teams, are located behind the starting line (Fig. 6).

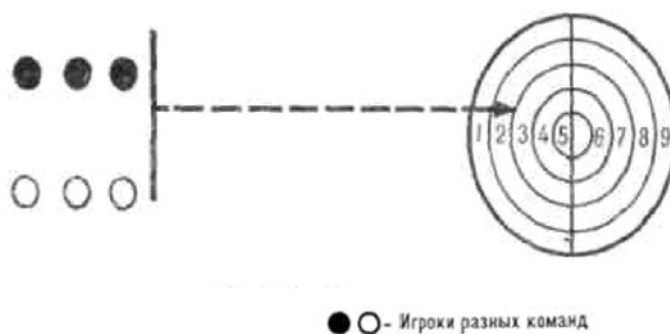


Figure: 6.Horizontal Target Game

Description of the game. Players of one team first, and then another, throw in turns. The farther the circle into which the cannonball (bouncy ball) falls, the more points the thrower gains. The sum of the points will determine the winning team and the champion player.

rules

1. The fall of the core outside the circle is not scored.
2. The landing of the projectile on the line is evaluated according to the lower result.

"Pass – sit down"

Preparation. The players are divided into two equal teams and line up in columns one by one, parallel to one another. Each team chooses a captain who stands in front of his team at a distance of five to eight steps. The captains have the ball in their hands.

Description of the game. On a signal from the leader, the captain passes the ball (with both hands from the chest or in another established way) to the first player of the column, who catches it, returns it back to the captain and immediately takes the

support by sitting down. The captain then exchanges passes with the second, third and the rest of the team. Each player who made a return pass takes a crouch position. When the last player in the column gives the ball to the captain, he lifts it up, and the whole team quickly stands up. The first team to finish passing the ball and not breaking the rules wins.

Rule. No one should skip their turn. A player who does not catch the ball must run after it, return to his seat and continue passing. The game becomes more difficult if the last player in the column, having received the ball from the captain, runs (dribbling the ball) to the place of the captain, who stands at the beginning of the column. After that, the player in front of the column again exchanges passes with the rest of the players. Thus, during the game, everyone will be in the role of the captain. The game ends when the player who started the game is in front again.

"Race with the ball"

Preparation. Players line up at the side edges of the court, facing the middle. One team stands to the right, the other to the left of the shield. The distance between the players is three to four steps. Players are settled in order.

Description of the game. The leader throws the ball into the backboard and calls any number. Both players with this number run forward and try to get possession of the ball. The one who succeeds, makes the transfer to the last player of his team, who passes it further down the line (from hand to hand or by hitting the ground). A player who has failed to gain possession of the ball runs around the players of his line on the left side, trying to overtake the ball, which is passed by the players of the other team. If the running player finishes at the end of the line before the ball, then the point is awarded to his team. The other team also scores a point for gaining possession of the ball after a shot on the backboard. If the ball crossed the finish line first, two points are awarded to the team. Then the manager calls other numbers. The players who took part in the fight for the ball again fall into place. The team with the most points wins.

Rule. The player who has lost the ball must return to his seat and continue passing.

"Five Attack"

Preparation... Three teams play on the basketball court. The second and third fives build zone defenses, each under its own shield. The ball is held by the players of the first five, located in random order facing the second five. Team players have jackets (jerseys) of different colors.

Description of the game. At the signal of the leader, the players of the first five attack the shield of the second five, trying to throw the ball into the basket. As soon as the players of the second five manage to intercept the ball, they, without stopping, attack the shield of the third five. The first five to lose the ball builds a zone defense in place of the second five. The third five, having got possession of the ball, starts the attack on the first five, etc. The team that threw the ball gets a point and builds a zone defense, while the losers go on the offensive. The game

lasts 10 – 15 minutes. The team with the most points wins. The game is played according to the rules of basketball.

"Knockouts"

Preparation. The group is divided into three equal teams. The first team is on one side of the hall, the second is on the other side of the hall, and the third is in the middle of the hall. Time is given – 3 minutes.

Description of the game. Zand at this time, kick as many players as possible with the ball.

Rules of the game. The player touched by the ball is out of play.

"Passing and catching the ball"

Preparation. The construction is the same as in the previous game, but the roles of the players are different: the players behind the line are driving, in the middle of the hall are the players. Drivers try to hit the players with the ball.

Description of the game. The player who is hit with the ball has the right to help out one of the players who have left.

"Shootout"

Preparation. On two opposite sides of the site, parallel to the middle line, captivity lines are drawn (or benches are placed) at a distance of 1 to 1.5 m from the wall, forming a captivity corridor. From the middle line, the captivity corridor is at a distance of 6 to 10 m. The players are divided into 2 equal teams, and each is freely placed on its own field from the middle line to the captivity line. Each team has its own captains.

Description of the game. The instructor tosses the ball over the center line between the captains. Each of them tries to hit the ball to their players. Having received the ball, the player seeks to hit the opponent with it, without going over the middle line. The salted player is sent prisoner until the players of his team throw the ball into his hands. After that, he returns to his team. Rules of the game.

- 1) play for 10 to 15 minutes, after which the prisoners are counted;
- 2) the team with the most prisoners wins.

"Counter volleyball pass over the net"

Preparation. The players are divided into two teams and line up in a column one by one, dividing in turn in half, are placed on two sides of the volleyball court. There is a volleyball net between them. The players in front of one half of the volleyball teams.

Description of the game. At the signal, the players with the ball toss and bounce it to the players in front in the second half of the column. Players in front of the second half of the column hit the ball back over the net and retreat to the end of their column. Thus, each time the ball is hit by a new player standing in front.

Rules of the game... The team that completes the task faster and more correctly wins.

"Improving the technique of playing volleyball "

Preparation. Players position themselves on the court in the same way as in volleyball. *Description of the game.* On a signal from behind the service line, two balls are put into play simultaneously. The players of each team try to transport the ball to the opposite side of the court as quickly as possible, if possible to an unprotected place.

Rules of the game.

- 1) a team loses a point if two balls simultaneously touch it half of the court or players;
- 2) the game ends when one of the teams scores 15 points;
- 3) the game consists of three or five parties;
- 4) it is considered an error when the ball hits the net or goes out of bounds playgrounds.

"Improving the ball serving technique "

Preparation. The players are located on the court, as for a volleyball game, but one player (catcher) is in the opponent's half and can occupy any place on the court.

Description of the game. On signal one of the teams serves. The players who received the ball play it among themselves with the third (second) touch. He moves around the site, trying to take an advantageous position.

Rules of the game.

- 1) if the catcher succeeds in catching or touching the ball, his team receives one a point and makes a new serve;
- 2) if the ball does not reach the catcher, the team loses the service.

"On a ground target"

Preparation. On each side of the volleyball court, at the line of attack, two circles with a diameter of 1.5 m are drawn. Two teams are located on opposite sides of the net. Players of the same team have a tennis ball in their right (or left) hand.

Description of the game. On signal, two players from each team simultaneously rush to the net. The player with the ball jumps as high as possible and with an accentuated movement of the hand sends the ball into one of the circles on the opponent's side. The player behind the net, placing a block, tries to prevent him. For hitting any circle, the attacker receives two points, and if he went around the block, but missed (the ball landed within the court) – one point.

"Shootout bol"

Preparation. Players are positioned on either side of the net (like in volleyball). The team consists of six to eight people.

Description of the game. The game begins with the filing of one of the teams. The other team takes the ball and plays it according to all the rules of volleyball, passing it with the third blow to the side of the opponents, who are trying to take the ball and also play it. The player who made a technical mistake is sent to the opposite side behind the captive line. The team loses the serve. The game resumes. The prisoner during the game (without going into the field) tries to intercept the ball and perform (without interference from the opponent) serve to his court. The players of his team send the ball back with any hit (out of three). If they successfully complete the attack, the captive returns to his partners, and in case of an error, the second player goes beyond the captivity line.

During the game, members of the attacking team may deliberately send the ball to their partners in captivity. The game lasts 10 – 15 minutes. During this time, one of the teams can lose all its players (they are captured). The results are also summed up by the number of players remaining in the field.

Rules. The game is played according to volleyball rules. To simplify the game (when mastering it), it can be agreed that if the prisoner caught the ball from the air, and not from the ground or a wall, he again comes into play. Other points of the game are also discussed.

"Foot and head through the net"

Preparation. Two teams of five to eight people are located on opposite sides of the net on the volleyball court. The height of the net is 180 – 200 cm.

Description of the game. On the whistle of the leader, a player of one team interrupts the ball with his foot (throwing from his hands) through the net to the opponent's half. The task of the players who have the ball on their side is to carry it over the net with no more than three kicks or headings. If one of the teams makes a mistake, the game stops and the team that committed it loses a point or service.

The game is scored like in volleyball. With a change in service (after a mistake by the serving team), the players will shuffle on the court clockwise, as in volleyball. Three games of 10 points each are played. After each game, the players switch sides of the court.

Rule. Errors are considered to be when one player touches the ball twice, touches the ball with his hands, hits the wall (behind the line that limits the court) or under the net. You can play the game on the principle of "Pioneerball" with two balls at the same time.

Shootout Volleyball

Preparation. Two teams of six to eight people are located at random, each on its own half of the volleyball court.

Description of the game. At the signal, a volleyball game begins. When the referee commits a third error in one of the teams, the player, the one who allowed it is eliminated. The minority team serves the ball to the opposing side, restarting play. If during the game the team makes a mistake again (the sixth violation), then one more player is lost, etc. When both sides have suffered "losses", the game continues, but the team that committed the next, third mistake, decides (based on tactical considerations) whether to remove its next player from the field or stay in the same composition, but allow the player of the opposite team to return to the court (this rule can be eliminated if desired). The meeting consists of three to five parties. Each ends when the last player of one of the teams leaves the court. You can limit the games in time (12 – 15 minutes) and determine the winner in each of them by the largest number of remaining players.

rules

1. Errors are recorded according to the volleyball rules.
2. After the participant leaves the game, the team that made the mistake serves.
3. Participants return to the game in the order in which they dropped out. (first dropped out, then second, etc.).
4. Players in teams serve in turn, moving on the court along clockwise (like in volleyball).

"Sticks with a soccer ball"

Preparation. Six or seven players are randomly placed on the court, one of whom is a tag. One of the players has the ball.

Description of the game. At a signal, the tag tries to catch up and beat one of the players, to whom the rest of the players try to kick timely pass. The player in possession of the ball cannot be fired. Salka must chase another player, who is also trying to pass the ball. If the tag touches the ball with his foot or takes possession of it, then the driver is replaced by the one who made an inaccurate pass. The game lasts 5 – 7 minutes. The winner is the one who has never been a driver or has driven fewer times.

Rule. The player, through whose fault the ball went out of bounds, becomes the driver. Another version of the game is allowed. On a large area (20x30 m) 10 – 12 people can play with two balls, choosing two drivers. However, in order for the rest of the players to distinguish between the drivers during the game, the latter put on bright hats on their heads. When changing the tag, the driver previously gives him his hat.

"Break through the wall"

Preparation. The middle line separates the site. On the front sides of the wall, a line is drawn at a height of 1.5 m. The space from floor to line is the zone of an improvised gate. The players are divided into two teams of five to eight people. Each, at its discretion, is located on one half of the site.

Description of the game. The soccer ball is thrown in the middle between the two players. The ball, caught on one half of the field, players can pass between themselves in order to choose a convenient moment to hit the target, which serves as the lower part of the wall in the opponent's half. The team without the ball organizes defense against the zone where the ball is located, sets up a "wall", applies individual interceptions. If the attackers manage to direct the ball into the goal area (on the open court endline), they receive a point. The opponent begins to play the ball and, in turn, tries to complete the attack. The ball can be held up with the foot, body, beaten head. The game lasts 10 minutes, after which the teams switch sides of the court. The team with more points in 20 minutes wins. The game with two balls is also practiced.

rules

1. It is forbidden to cross the center line, hold the ball with your hands.
2. The ball bouncing off the wall in the kicking team's field of play (not touching defenders) is returned to the enemy.
3. For touching the ball with a hand or three inaccurate hits above the goal line A free kick is awarded, which is shot from the middle line into conditional gate defended by one player.

"Pushkari"

Preparation. Two teams are located on a spacious platform in front of the starting lines, 10 to 12 paces from one another. The intervals between the players are four to five steps. Behind each line in six to eight steps, another line is drawn, crossing the site across. These are the "captivity" lines.

Description of the game. The structure of the game resembles the above-described game "Shuttle", but here in each team pairs compete. At the signal of the head, representatives of one of the teams are the first to push the balls. Then, from the place where the balls fell (also on a signal), the same balls are pushed by the opponents standing opposite. The competition between each pair continues until one of the players pushes the other behind the captivity line. The game lasts 5 – 8 minutes, after which the results are summed up. Can play until the couples have finished successfully. In conclusion, the winning team and the best (strongest) "gunners" are marked.

Rule. The place where the ball falls is marked with a colored plate.

"Ball over the net"

Preparation. In the middle of the site, a net is pulled at a height of 2 m. Each of the two participating teams is divided in half and lined up in columns on either side of the net. The game takes place in the form of a counter relay.

Description of the game. The game starts on a signal. The players of one of the teams, having thrown the ball (stuffed) over the net, step back and stand at the end of the column. The player (partner) standing behind the net catches the ball and, in turn, throws the ball to a player of his team on the other side of the court. The game ends when the player who started the game receives the ball again. The first team to throw the ball wins.

Rule. The ball that falls to the ground should be picked up and play should continue.

3. WELLNESS MOVING GAMES

DIRECTIONS

Games used in the educational and training process pursue different tasks. To educate general and speed endurance, athletics games, games with carrying a load, and elements of power struggle are held. To strengthen the muscles of the legs, it is useful to play on the sand in summer and on loose snow in winter.

Almost all games, without exception, have a general health orientation. Many of them are aimed only at increasing the level of general physical fitness and do not pursue the goal of training special sports skills. Such games can be used both in physical education classes at a university, and for independent physical exercises, on vacation, in a country camp, etc. Below are the games that can be included in the programs of sports events, used in hiking trips, on vacation, organized with friends, and carried out in physical education classes.

"A plate in a circle"

Preparation. Several people (from three to twelve) stand in a circle at a distance of 5 – 8 m from one another. The first and third players are holding a plastic flying saucer.

Description of the game. At the signal, players throw their plates clockwise to a neighbor. Having caught a plate from a neighbor to the right, the player sends it further, and he must catch a new plate on the right side. If the player did not have time to free himself from one plate, as the second flew to him (turned out to be with two plates), then the game stops and the slow player gets a penalty point. It is also awarded to the player who inaccurately (more than a step away from the player) threw him a plate or the last one flew over his head.

Rule. Play for 8 – 10 minutes. The winner is the one who received the fewest penalty points. You can increase the number of players in the circle by leaving two

plates. Then it will be easier to play. If there are more than 12 people wishing to play, three plates should be introduced into the game.

"Drag over line"

Preparation. The participants in the game stand facing each other at a distance of one meter.

Description of the game. Each player grabs the opposite wrist, a line is drawn between them. At the signal, the players begin to drag each other. The loser is the one who crosses the line with both feet. The duration of the game for one pair of players is 3 – 5 minutes.

"Push out of the circle"

Preparation. Participants of the game stand in a circle with a diameter of 3–4 m.

Description of the game. At the signal, the opponents (standing opposite) begin to push each other out of the circle. You can push it out with your arms and body. The one who remains in the circle wins. Repeat three to four times, swapping players.

"Fight of roosters"

Preparation. A circle with a diameter of 1.5 – 2.0 m is drawn, into which two participants of the game enter and are located at a half-step distance from each other. Both bend one leg, holding it behind the foot with the hand, the other hand behind the back.

Description of the game. Jumping on one leg and pushing the opponent with the shoulder, unbalance him and push him out of the circle.

"Bouncers"

Preparation. In the gym or on the playground, a 10×10 m square is drawn.

Description of the game. The participants of the game are divided into two teams, one of which will be in the square, and the other outside. At the signal, the members of the outside team begin to kick out their opponents with the ball. The kicked out player leaves the game and sits on the bench. The team that knocks out all opponents in a shorter time or knocks out more players in a certain time wins.

"Jugglers"

Preparation. The game is played in the gym or on any site.

Description of the game. Participants with small balls in their hands are located in a circle at a distance of 2 – 4 m. On command, the players throw the ball to the neighbor on the right and at the same time catch the ball thrown by the neighbor on the left. A player who has lost the ball or failed to throw it to a neighbor is eliminated from the game. The winner is the participant (participants) who stays on the site the longest.

"Team of the Fleet"

Preparation... The game is played in the gym.

Description of the game. Two teams are located on a volleyball court, each on its own side. Participants are lined up in a column or line. On each side of the court there are stands, one or two in each of the zones of the volleyball court, the total number of stands corresponds to the number of players in the team. Each team member knows which zone he should move to on a signal. The participant must run to the counter and return. The first team to line up on the start line wins. The start line, as well as the location of the team on it, can be changed. It is also possible that participants perform certain exercises near the counter. In addition, at each stage of the game, players change zones.

"Team relay on the ground"

Preparation. The game is played on any site.

Description of the game. The participants are divided into two teams. Then both teams inspect the terrain along which the relay path will pass, as well as the obstacles that they will need to overcome. If possible, a judge is appointed at each stage. After that, the teams carry out a draw, and one of them goes to the start. The finish is determined by the last player. Then the second team starts. The results of both teams are recorded using a stopwatch and are compared at the end of the relay, taking into account penalty points. The obstacles in the relay are determined taking into account the sports equipment located on the site. The team runs between the obstacles.

"Hunters, Wolves and Trees"

Preparation. The game is played in the gym or on any site.

Description of the game. One or several drivers are selected (depending on the size of the site and the number of participants), who are located in the corner of the hall or on the edge of the site – these are hunters. The rest of the participants are wolves. At the signal, the hunters run out of their shelter and try to batter the wolves (with a ball or hand). The caught wolf does not leave the game, but "transforms" into a Christmas tree – stops in place and raises his arms like branches. Nearby trees can move to each other, join hands and form a forest. Those wolves that have not yet been salted can hide behind Christmas trees or behind the forest, but in this case they can be salted. The wolf or several wolves who are the last to be hardened (they become hunters) wins.

"The most accurate team"

Preparation. The game is played in the gym or on any site.

Description of the game. The participants are divided into two teams. Then they are rearranged into two columns, while taking the stand of the legs apart, hands on the shoulders of the one in front. The very first participant holds the ball in his hands. At the signal, he leans forward and rolls the ball backward between his legs

as much as possible. The last player receives the ball, runs forward with it and continues the action of the first participant. The winning team is the one in which the captain with the ball is again in front of the team. For a victory, a team is awarded one point. After that, other captains are selected, but the game scheme changes: the participants close their eyes (either themselves or the player in front), and the players with the balls change their location, but at the same time try to be close to each other. At the signal, the rest of the participants open their eyes, run to their captains, line up in the same order and repeat the previous exercise. The game is repeated five to six times, with the captains changing all the time. The distance that the players with the balls run back is not limited, but they must be in the field of vision of the rest of the participants. The team with the most points wins.

Note. The ball is passed only after the last participant has entered the column. This player must give a sound command to the one in front.

"Drag over the line"

Preparation. The players are divided into two teams, which stand against one another along the line drawn between them. It is envisaged that players, approximately equal in height and weight, are located one against the other. There are points counters behind each team.

Description of the game. At the signal, the players join hands and each team tries to pull more players from the other team over the line. For each outstretched player, the team receives one point. The team with the most points wins. The one who crossed the line with two feet is considered to be over-tightened.

"Fight in squares"

Preparation. Three squares are drawn on the site: the dimensions of the first 3×3 , the second 2×2 and the third 1×1 m.

Description of the game. Four players are called into the first square. At the signal, they take a position on one leg, hands behind their backs and try to push the rivals out of the circle with shoulder jerks. The winner remains in the square, and the three losers move to the middle square and continue the fight in the same way. Then the remaining two continue to fight in the small square. The player who remains in the first square gets 4 points, in the second – 3, in the third – 2, and eliminated from the third – 1 point. After finishing the game, the four goes to its place in the line, and the next four is called to the first square. At the end of the game of all fours, you can hold the final competition and identify the strongest and most agile player.

"Pushing out of the circle"

Preparation. On the site, five to six circles with a diameter of 3 m are designated. Players are divided into two teams. Team captains send one player to each round.

Description of the game. Each pair of players in the circles is given a gymnastic stick. Both players hold the stick firmly in their hands, clamping its end under the elbow of the right or left hand (depending on the condition). Each circle has dedicated judges. At the signal, the players, pressing the stick, try to push each other out of the circle. The one who is pushed out of the circle is given the opportunity to return to the circle again, after which the game continues until the signal. For each pushing out of the circle, the team whose player is the winner is awarded one point.

"Interception of the ball"

Preparation. A medicine ball weighing 3 – 5 kg is required for the game. In the center of the site, two circles are designated: one with a diameter of 8 m and the other (inside the first) with a diameter of 3 m. The player of the attacking team is placed in the first circle. His task is to catch the ball, which will be thrown by other players of the attacking team who are behind the second circle. The space between the boundaries of the first and second circles is the zone in which the players of the defending team act. They must intercept the ball sent to the center and send it back to the players of the attacking team.

Description of the game. The ball is in the possession of the players of the attacking team. At the signal of the leader, the players begin to throw it between themselves and unexpectedly pass it to the player standing in the central circle. The defenders intercept the ball and send it back to the attacking team. The leader counts how many times the attackers managed to pass the ball to the player in the center. The game continues for a predetermined time, after which the teams switch roles. The team that managed to pass the ball to the center player more times wins.

"Change of places"

Preparation... The players of the two teams, standing in ranks facing each other on opposite sides of the court (behind the lines of their houses), crouch and put their hands on their knees.

Description of the game. At the signal, all players, jumping out of a full squat, move forward, trying to quickly cross the line of the opposite house. Then jumps in the opposite direction follow, but the one who crossed the line of the house last does not participate in the game, the game continues until two or three of the most hardy jumpers remain on the court. The winner is the team with the most jumpers left at the end of the game.

4. CONCLUSION

Thus, outdoor games play a significant role in the process of professional education, bringing up the basic physical and vital qualities necessary for future specialists.

The active use of outdoor games in the educational process with students will allow successfully solving various educational tasks. Due to the inclusion of outdoor games in physical culture classes, it can be argued that this form of physical activity contributes to an increase in students' interest in educational activities, activation of their mental activity, the possibility of personal expression in each outdoor game, separately considered an activity, stimulates a conscious attitude to the study of the subject. Increases the emotional background in the classroom. A well-planned and organized game will improve motor and professional-applied skills, skills while studying various sections of the work program. Compliance with the above recommendations will allow students to form physical qualities,

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