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PHYSICAL EDUCATION IN PRIMARY SCHOOL PUPILS AS A COMPONENT OF THE FORMATION OF A PERSONALITY

Physical education is an organic part of general education and is characterized by all the common characteristics that are appropriate in the educational process, which is aimed at solving certain specific problems. The main direction of physical education is the formation of a healthy, mentally prepared, socially active, morally stable, physically advanced and prepared for the future profession of a personality. In the process of physical education of primary school pupils various questions are being solved such as moral and willing qualities of a person, need in everyday physical exercises, vital motor actions and motor skills.

Personality is a social characteristic of a person which is formed under the influence of social relations, communication with people by people. Physical ability and appearance are the key to the success of a growing child in the world. Mental development plays a major role in the development of a child's interests, attitudes, and intellectual abilities.

Physical education of primary school pupils should be done according to the Curriculum for physical education for primary school pupils of 1-4 forms. According to it the physical education can be successful under the conditions of providing individual value orientations for exercise, health promotion, satisfaction of socially significant and personally-oriented need [1:28].

Nowadays the pupils are not so interested in Physical Training Lessons, they try to avoid them, they prefer non-school or television-related activities. This is probably why, pupils don't choose the forms and the content of the lessons, and having no choice between physical or sports activities, the pupils often simply do not accept the proposed program, identifying it as not interesting. At the same time, it should be noted that the main reason for the pleasure of participating in Physical Training Lessons is its content – boys prefer sports games, girls – individual sports.

On these issues, there is a shared view that each country has its own cultural characteristics, and every pupil, regardless of ability, gender and origin, has the right to participate in Physical Training Lessons that should provide him with: a wide range of competence in terms of physical fitness and sufficient knowledge in this field; help for the natural development of the body; development of fitness, health and appropriate lifestyle; self-realization of a person; ability to interact and cooperate with colleagues in physical exercises; development and formation of a positive attitude to physical education; interest and active participation in various forms of physical activity; the possibility of physical improvement as an independent and responsible member of the society [2, p. 33].

Physical improvement, motor skills and abilities are three main goals of physical education at school. Therefore, we can conclude that school age is a period that plays an important role in a child's life. At this age, the child develops comprehensively. It can be argued that physical education has a great impact on the child's development. Modern children are little to no movement, less than they used to play outdoor games because of being addicted to television and computer games.

Physical education should be conducted not only at school, but also outside it. Sports sections and additional classes play an important role in the overall development of the individual. The main tasks of sections in general and vocational school are comprehensive physical development, health enhancement and hardening of the student body; development of individual physical abilities to a high level with a purpose of achievement of sports success depending on age and gender; the formation of moral and strong-willed qualities.

It is clear that physical education is aimed at optimizing the physical development of a person as well as improving physical qualities in unity with the cultivation of spiritual and moral qualities, preparing each member of society for productive activities in different fields.

Accordingly, we note the great importance of comprehensive education of physical qualities for pupils. It is like a base layer on which purposeful motor activity in various spheres of life passes, passes improvement of the body structure, harmonious and proportional development of muscle mass of all parts of the body, promotion of the proper posture and ensuring of physical beauty. It gives us the opportunity to make a theoretical generalization according to which education of the physical qualities of pupils, which is most optimally conducted only in the process of physical education, should be appropriate and complex in connection with the development of the pupil's personality at the level of formation of values, needs, interests, motives in his further professional self-determination.

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