METHODOLOGICAL RECOMMENDATIONS FOR PRACTICAL CLASSES

Discipline:	Physical Education
Discipline code:	FK 1(2)106
Name of EP:	6B10115 “Medicine”
Volume of teaching hours/credits:	120 hours/4 credits
Course and semester of study:	II year, 3-4 semester

Shymkent, 2024

Methodological instructions for practical classes were developed in accordance with the working curriculum of the discipline (syllabus) 6B10115 “Medicine”, and discussed at the meeting by the center

Protocol №. 11 From 10. 06. 2024 y

Head of the center O.A. Ashirbaev

Lesson № 1

1. Topic: Modern health systems and the basics of monitoring the physical condition of the body.

2. Purpose: characterize modern health systems and means. Keeping a self-control diary.

3. Learning objectives: understanding the social significance of physical culture and its role in personal development and preparation for professional activity

4. Main questions of the topic: Purpose and objectives of physical culture. Means and methods of physical culture

5. Methods/technologies of learning and teaching: communication technologies/discussions/.

6. Assessment methods/technologies: feedback/blitz survey/

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
1. https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf

Electronic resource: access link: http://www.studmedlib.ru, LOGIN ibragim123, PASSWORD Libukma123 (login and password are the same for everyone) and/or on the website of the library and information center of the academy lib.ukma.kz

8. Control:

1. What modern health systems do you know?
2. What does self-control mean?
3. List the levels of physical health?

Lesson № 2

1. Topic: Folk games.

2. Purpose: acquiring experience in the creative use of means and methods of physical culture and sports. Introduction to national games.

3. Learning objectives: training endurance, speed, agility. Teach outdoor and folk games.

4. Main questions of the topic: types and rules of national games. Folk games "Belbeu", "Hunters", "Tyrnalar".

5. Methods/technologies of learning and teaching: work in small groups.

6. Assessment methods/technologies: assessment is carried out in accordance with the assessment criteria for athletics checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4

2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024

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8. Control: preparation and holding of national games.

Active participation in the conduct and organization of games**.**

Lesson № 3

1. Topic: Special running exercises.

2. Purpose: acquiring experience in the creative use of means and methods of physical culture and sports. Develop speed and strength qualities

3. Learning objectives: learn the technique of performing special running exercises, running with a high hip lift, throwing the shin back and running by jumping.

4. Main questions of the topic: types of special running exercises.

5. Methods/technologies of learning and teaching: Individual, group work

6. Assessment methods/technologies: assessment is carried out in accordance with the assessment criteria for athletics checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4

2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024

3. https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf

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8.Control: the assessment is carried out in accordance with the assessment criteria according to the checklist.

Lesson № 4

1. Topic: Sprinting.

2. Purpose: improve short-distance running technique. Creating sustainable motivation and need for a healthy lifestyle and physical self-improvement.

3. Learning objectives: develop speed and strength qualities. Run at 60 m speed, improve finishing.

4. Main questions of the topic: start, distance running, finishing.

5. Methods/technologies of learning and teaching: individual and group work.

6. Assessment methods/technologies: assessment is carried out in accordance with the assessment criteria for athletics checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: completing the task - running 100m. taking into account time

Lesson № 5

1.Topic: Education start low and starting a run.

2. Purpose: teach the correct execution of the starting technique.

3.Learning objectives: teach low start techniques. Development of speed, agility, attention. Placement of arms and legs. Take-off run..

4. Main questions of the topic: correct placement of arms and legs. Executing the commands “Start”, “Attention”, “March”.

5.Methods/technologies of learning and teaching: Individual, group work

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3. https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf

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8.Control: task completion - starting position, acceleration by 20 m.

Lesson № 6

1. Topic: Running short distances.

2. Purpose: improvement of distance running technique in sprinting. Develop speed and strength qualities of the legs.

3. Learning objectives: teach running with acceleration for 20 m, finishing. performing 100 m running technique

4. Main questions of the topic: start, distance running, finishing.

5.Methods/technologies of learning and teaching: Group work.

6. Assessment methods/technologies: group work.

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3. https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdfElectronic resource: access link: http://www.studmedlib.ru, LOGIN ibragim123, PASSWORD Libukma123 (login and password are the same for everyone) and/or on the website of the library and information center of the academy lib.ukma.kz

8.Control: completing the task - starting position, acceleration at 40 m, finishing

Lesson № 7

1. Topic: Cross-point training.

2. Purpose: creating sustainable motivation and need for a healthy lifestyle and physical self-improvement, Improving long-distance running techniques. Development of speed and strength qualities.

3.Learning objectives: increasing the aerobic and anaerobic capabilities of the body of those involved. Developing general and special endurance.
Improving long-distance running technique.

4. Main questions of the topic: high start distance running, distance running, self-monitoring of health, finishing.

5.Methods/technologies of learning and teaching: line work.

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: completing the task - starting position, running over rough terrain..

Lesson № 8

1. Topic: Education Head Start and finishing.

2. Purpose: formation of a healthy lifestyle, interest and initiative of students in the classroom through exercises aimed at developing physical qualities.

3.Learning objectives: teach high start, starting run, finishing.

4. Main questions of the topic: execution of the commands “Start”, “Attention”, “March”. Positioning of arms and legs at a high start
5.Methods/technologies of learning and teaching: Individual, group work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: completing the task - starting position, exercises to restore breathing.

Lesson № 9
1.Topic: Cross- long distance running.
2. Purpose: the use of skills and abilities for a healthy lifestyle, interests and initiatives of students in the classroom through exercises aimed at developing a physical example**.**
3.Learning objectives: teach high start, starting run, finishing. Running women - 500m, men - 1000m
4. Main questions of the topic: start, distance running, health monitoring, finishing.
5.Methods/technologies of learning and teaching: line work.
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdfElectronic resource: access link: http://www.studmedlib.ru, LOGIN ibragim123, PASSWORD Libukma123 (login and password are the same for everyone) and/or on the website of the library and information center of the academy lib.ukma.kz
8.Control: completing the task - cross-country, exercises to restore breathing.

Lesson № 10
1.Topic: Relay running training.

2. Purpose: creating sustainable motivation and need for a healthy lifestyle and physical self-improvement. Interaction of students in a team, team work.
3.Learning objectives: teach in a collective game, the ability to see and understand partners, teach how to work in the “corridor”.
4. Main questions of the topic: start, distance running, passing the baton in the “corridor”.
5.Methods/technologies of learning and teaching: Group work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: completing the task - passing the baton in the “corridor”.

Lesson № 11
1.Topic: Working with a relay baton.
2. Purpose: development of speed and coordination qualities. Development of dexterity of arms and hands.
3.Learning objectives: learning to pass the baton in a column and in motion.
4. Main questions of the topic: baton passing area.
5.Methods/technologies of learning and teaching: Individual, group work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: completing the task - passing the baton - in a column, in motion.

Lesson № 12

1. Topic: Education in the long jump.

2. Purpose: creating sustainable motivation and need for a healthy lifestyle and physical self-improvement, strengthening physical development, speed and coordination qualities.

3.Learning objectives: teach standing long jump techniques. Development of speed, jumping ability, agility.

4. Main questions of the topic: the work of the arms and legs during the long jump. Proper execution of pushing, flying and landing techniques.

5.Methods/technologies of learning and teaching: Individual work

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdfElectronic resource: access link: http://www.studmedlib.ru, LOGIN ibragim123, PASSWORD Libukma123 (login and password are the same for everyone) and/or on the website of the library and information center of the academy lib.ukma.kz

8.Control: completing the task - showing how to perform a standing jump.

Lesson № 13

1. Topic: National Games.

2. Purpose: formation of personal physical culture. Know national games.

3.Learning objectives: training in national games with elements of athletics.

4. Main questions of the topic: types of national games. "Day-Night", "Calling a Number", "Fishermen and Fishes".

5.Methods/technologies of learning and teaching: role-playing games.

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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password are the same for everyone) and/or on the website of the library and information center of the academy lib.ukma.kz
8.Control: Preparation and holding of national games.
Active participation in the conduct and organization of games.

Lesson № 14
1.Topic: MT-1. Athletics
2. Purpose: formation of personal physical culture
3.Learning objectives: to cultivate a culture of emotional behavior, the development of strong-willed qualities, and the desire for self-improvement.
4. Main questions of the topic: passing control normative
Standing long jump
Boys- 260 cm
Girls -200 cm
Squats (quantity/min)
Boys - 65 times
Girls - 40 times
5.Methods/technologies of learning and teaching: Individual work
6 Tyres of control to assess the level of achievement of the final results of training discipline: the assessment is carried out in accordance with the assessment criteria.
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: completing the task - passing the normative

Lesson № 15
1.Topic: Rules of the game of basketball.
2. Purpose: development of basic physical qualities: speed, endurance, speed and strength qualities
3.Learning objectives: provide basic information about the game of basketball, rules of conduct and safety precautions. Explaining the rules of basketball.
4. Main questions of the topic: basic elements of basketball. Rules of the game of basketball. Basketball Safety
5.Methods/technologies of learning and teaching: communication technologies.
6. Assessment methods/technologies: feedback-blitz survey
7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8. Control: Rules of playing basketball? Safety precautions during the game?

Lesson № 16

1. Topic: Moving technique, jumping.

2. Purpose: formation of personal physical culture. Development of agility, will to win, jumping ability.

3. Learning objectives: training in moving techniques and jumping ability. Introduce students to the basic elements of basketball.

4. Main questions of the topic: ways of moving - backwards, cross steps. Jumping while running.

5.Methods/technologies of learning and teaching: Individual, group work

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: What are the types of movement in basketball?
Execution and display of the task.

Lesson № 17

1. Topic: Dribbling.

2. Purpose: development of agility, development of jumping exercises. Formation of physical culture of the individual

3.Learning objectives: training in methods of conducting.

4. Main questions of the topic: ways to dribble the ball with one hand, alternately in a straight line and in a circle.

5.Methods/technologies of learning and teaching: individual, group work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the basketball checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8. Control: performing the task - dribbling the ball with one hand and alternately.

Lesson № 18
1. Topic: Catching - passing the ball.
2. Purpose: formation of personal physical culture. Development of agility and speed.
3. Learning objectives: development of agility, coordination, speed and strength qualities. Teach the technique of catching a ball pass
4. Main questions of the topic: catching and passing the ball to chest level, from the shoulder, with a rebound.
5.Methods/technologies of learning and teaching: Individual, group work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the basketball checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8. Control: completing the task - catching and passing the ball at chest level with the ball bouncing off the floor.

Lesson № 19
1. Topic: Passing the ball in motion.
2. Purpose: formation of motor skills in students. Creating sustainable motivation and need for a healthy lifestyle and physical self-improvement

3. Learning objectives: development of agility, coordination, speed and strength qualities. Fostering activity, hard work, and interest in basketball activities.
4. Main questions of the topic: passing the ball in motion, in pairs, in columns.
5. Methods/technologies of learning and teaching: Individual, group work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the basketball checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: performing the task of passing the ball in motion in pairs and columns

Lesson № 20
1. Topic: Throwing the ball into the basket.
2. Purpose: formation of personal physical culture. Learn to throw the ball
3. Learning objectives: teach throwing the ball from the chest, from the shoulder, in a jump.
4. Main questions of the topic: throwing the ball into the basket from the chest, from the shoulder, while jumping.
5. Methods/technologies of learning and teaching: Individual, group work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the basketball checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: completing the task - throwing the ball into the basket from the chest, from the shoulder, in a jump.

Lesson № 21

1. Topic: Relay.
2. Purpose: formation of motor skills in students. Ensuring psychophysical readiness for future professional activities. Know basketball relay races.
3.Learning objectives: fostering discipline, collectivism, and a sense of camaraderie. Basketball relay races
4. Main questions of the topic: types of relay races with basketballs.
5.Methods/technologies of learning and teaching: work in small groups.
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the basketball checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: completing a relay task with basketballs in columns.

Lesson № 22
1.Topic: Throwing the ball into the basket in 3 steps.
2. Purpose: development of strength and agility. Creating sustainable motivation and need for a healthy lifestyle and physical self-improvement.
3.Learning objectives: development of agility, coordination, speed and strength qualities. Learn to throw a ball into a basket while moving
4. Main questions of the topic: throwing the ball into the basket in columns, from different points in the area
5.Methods/technologies of learning and teaching: Group work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the basketball checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: completing the task - throwing the ball into the basket in columns, from different points in the area

Lesson № 23

1.Topic: Catching is passing the ball in motion.

2. Purpose: creating sustainable motivation and need for a healthy lifestyle and physical self-improvement. Development of agility and speed.

3.Learning objectives: fostering activity, hard work, and interest in basketball activities. Learning to catch and pass the ball against the wall.

4. Main questions of the topic: catching, passing the ball in motion at chest level, from the shoulder, with a rebound.

5.Methods/technologies of learning and teaching: Individual, group work

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the basketball checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdfElectronic resource: access link: http://www.studmedlib.ru, LOGIN ibragim123, PASSWORD Libukma123 (login and password are the same for everyone) and/or on the website of the library and information center of the academy lib.ukma.kz

8.Control: performing the task - catching and passing the ball in motion at chest level, from the shoulder with a rebound

Lesson № 24

1.Topic: Throwing the ball into the basket in 2 steps

2. Purpose: formation of motor skills in students. Learn to throw the ball in 2 steps while moving.

3. Learning objectives: improving throwing the ball into the basket from 2 steps, in columns, in motion.

4. The main questions of the topic: throwing the ball into the basket in columns from different points in the area.

5. Methods of teaching and teaching: Individual work, mixed.

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the basketball checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024

3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdfElectronic resource: access link: http://www.studmedlib.ru, LOGIN ibragim123, PASSWORD Libukma123 (login and password are the same for everyone) and/or on the website of the library and information center of the academy lib.ukma.kz

8.Control: completing the task - throwing the ball into the basket in columns, from different points in the area.

Lesson № 25

1.Topic: One-way educational game

2. Purpose: creating sustainable motivation and need for a healthy lifestyle and physical self-improvement.

3.Learning objectives: ensuring psychophysical readiness for future professional activities.

4. Main questions of the topic: rules of the game of basketball. Safety precautions during the game.

5.Methods/technologies of learning and teaching: work in small groups.

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the basketball checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: Basketball rules? Safety precautions during the game?

Lesson № 26

1.Topic: Ball handling technique.

2. Purpose: teach team play, the ability to see and understand partners and rivals.

3.Learning objectives: ensuring psychophysical readiness for future professional activities.

Teach defense and attack techniques, the rules of playing basketball.

4. Main questions of the topic: technique of attack and defense. Game tactics. Rules of the game of basketball.

5.Methods/technologies of learning and teaching: group work.

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the basketball checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4

2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf
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8.Control: Techniques of attack and defense? Game tactics? Rules of the game of basketball?

Lesson № 27
1.Topic: Throwing the ball into the basket.
2. Purpose: formation of personal physical culture. Learn to throw the ball.
3.Learning objectives: improve throwing the ball from the chest, from the shoulder, while jumping into the basket.
4. Main questions of the topic: games "Hunters and Hares", "Ball in the Basket", "Shooter".
5.Methods/technologies of learning and teaching: individual, group work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the basketball checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf
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8.Control: completing the task - throwing the ball into the basket from the chest, from the shoulder, in a jump

Lesson № 28
1.Topic: MT-2. Basketball
2. Purpose: formation of personal physical culture.
3.Learning objectives: to cultivate a culture of emotional behavior, the development of strong-willed qualities, and the desire for self-improvement..
4. Main questions of the topic: passing control normative
1. Throwing the ball into the basket from 2 steps
2. Dribbling
5.Methods/technologies of learning and teaching: Individual work

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the basketball checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf
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8.Control: passing control standards - throwing the ball into the basket from 2 steps, dribbling.

Lesson № 29

1.Topic: Educational game.

2. Purpose: ensure the overall functional readiness of the body for active muscular activity.

3.Learning objectives: activate attention and increase the emotional state of those involved during the game.

4. Main questions of the topic: mini-football, volleyball

5.Methods/technologies of learning and teaching: work in small groups.

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdfElectronic resource: access link: http://www.studmedlib.ru, LOGIN ibragim123, PASSWORD Libukma123 (login and password are the same for everyone) and/or on the website of the library and information center of the academy lib.ukma.kz

8.Control: completing the task - active participation in games.

Lesson № 30

1.Topic: The final control.

2. Purpose: formation of motor skills in students. Gaining experience in the creative use of physical culture means and methods

3.Learning objectives: adopt the standard for GPF - press and pull-up

4. Main questions of the topic: passing the Presidential standards

1. boys - flexion, extension of arms in a lying position
   girls - lifting the body from a supine position
2. boys - pull-up on the bar
   girls - squat.

5.Methods/technologies of learning and teaching: Individual work.

6. Assessment methods/technologies: assessment is carried out in accordance with assessment criteria

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf
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8.Control: Passing the final test - flexion, extension of the arms in a lying position, pull-up on the bar for men. Raising the torso from a supine position into a squat.

Lesson № 31

1.Topic: Basic methods of self-study

2. Purpose: creating sustainable motivation and need for a healthy lifestyle and physical self-improvement

3.Learning objectives: health, basic concepts, essence, content, criteria, health factors.

4. Main questions of the topic: basic concepts of a healthy lifestyle. Criteria, health factors

5.Methods/technologies of learning and teaching: communication technologies.

6. Assessment methods/technologies: feedback-blitz survey

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf
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8.Control: self-monitoring of health?
Criteria, health factors?
The purpose of keeping a Diary?

Lesson № 32

1.Topic: Volleyball. General concepts about volleyball

2. Purpose: creating sustainable motivation and need for a healthy lifestyle and physical self-improvement. To familiarize students with individual elements of the game of volleyball

3.Learning objectives: history of the development of volleyball in the RK.

4. Main questions of the topic: rules of the game of volleyball.

5.Methods/technologies of learning and teaching: communication technologies.

6. Assessment methods/technologies: feedback-blitz survey

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3. https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf

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8.Control: the origin of volleyball in Kazakhstan?
Rules of the game in volleyball?

Lesson № 33

1.Topic: Volleyball player's stance, movement.

2. Purpose: know safety precautions when playing volleyball.

3.Learning objectives: repeat the rules of safe behavior in class.
Repeat the readiness stance of the volleyball player, the player's movement's correct execution of the stance and movement

4. Main questions of the topic: stance, movement of a volleyball player

5.Methods/technologies of learning and teaching: Individual, group work.

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the volleyball checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3. https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf

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8.Control: performing the task - stance, movement of volleyball players.

Lesson № 34

1.Topic: Serving the ball from above.

2. Purpose: improving the delivery of the ball from below. Serving the ball from above

3.Learning objectives: consolidate the technique of serving the ball from above and below.

4. Main questions of the topic: serving technique. Work at the wall - serving the ball. Submitting the ball from below from the side

5.Methods/technologies of learning and teaching: Individual, group work.

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the volleyball checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: completing the task - serving the ball from above against the wall. Serving the ball over the net.

Lesson № 35

1.Topic: Low receiving and passing of the ball.

2. Purpose: improvement of lower reception and transmission.

3.Learning objectives: consolidate the technique of receiving and passing the ball from below. Develop speed, speed-strength and coordination motor qualities, agility. Teach correct reception and transmission

4. Main questions of the topic: receiving and passing the ball in pairs, working against the wall.

5. Methods/technologies of learning and teaching: Individual, group work

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the volleyball checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3. https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf

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8.Control: completing the task - receiving a pass from below against the wall, with a partner.

Lesson № 36
1.Topic: Upper reception - passing the ball.
2. Purpose: Improving the technique of upper reception and transmission.
3. Learning objectives: consolidate the technique of receiving and passing the ball from above. Develop speed-strength and coordination motor qualities. Teach how to perform the top technique - passing the ball
4. Main questions of the topic: work in opposing columns, on the move. Methods of receiving and passing the ball.
5.Methods/technologies of learning and teaching: Individual, group work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the volleyball checklist

7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: completing the task - receiving - passing the ball from above.

Lesson № 37
1.Topic: Outdoor games.
2. Purpose: creating sustainable motivation and need for a healthy lifestyle and physical self-improvement, teaching outdoor games.
3.Learning objectives: training endurance, speed, agility. Teach outdoor and folk games
4. Main questions of the topic: outdoor games “potatoes”, pioneer ball, relay races.
5.Methods/technologies of learning and teaching: role-playing games.
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the volleyball checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek,

Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: Preparation and conduct of outdoor games.
Active participation in the conduct and organization of games.

Lesson № 38
1.Topic: Ball handling technique.
2. Purpose: improving ball-handling technique.
3.Learning objectives: serving the ball, receiving and passing the ball on the spot and in motion.
4. Main questions of the topic: serving the ball, receiving the ball on the spot and in motion
5.Methods/technologies of learning and teaching: Individual, group work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the volleyball checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek,
Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf
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8.Control: performing the task of serving the ball, receiving the ball on the spot and in motion.

Lesson № 39
1.Topic: Rules of the game.
2. Purpose: improving the rules of the game of volleyball.
3.Learning objectives: consolidate the technique and tactics of playing volleyball.
4. Main questions of the topic: rules of the game. Volleyball playing technique. Tactics of defense and attack.
5.Methods/technologies of learning and teaching: communication technologies
6. Assessment methods/technologies: feedback-blitz survey
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek,

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8.Control: Rules of the game? Volleyball technique? Defense and attack tactics?

Lesson № 40
1.Topic: National games
2. Purpose: acquiring experience in the creative use of physical culture means and methods.
3.Learning objectives: developing students' sustainable interest in national games
4. Main questions of the topic: active, national games "Hugging Teddy", "Kangaroo".
5.Methods/technologies of learning and teaching: role-playing games.
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the volleyball checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek,
Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf
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8.Control: preparation and holding of national games.
Active participation in the conduct and organization of games.

Lesson № 41
1.Topic: Reception - passing the ball
2. Purpose: Creating sustainable motivation and need for a healthy lifestyle and physical self-improvement. Mastery of ball receiving and passing techniques.
3.Learning objectives: teach the correct technique of receiving and passing the ball
4. Main questions of the topic: receiving and passing the ball against the wall. Receiving the ball from below. Receiving a ball from above
5.Methods/technologies of learning and teaching: Individual, group work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the volleyball checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4

2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: completing tasks - Receiving and passing the ball against the wall. Receiving the ball from below. Receiving an overhand pass.

Lesson № 42
1.Topic: One sided educational game.
2.Purpose: to form a sense of collectivism, camaraderie and mutual assistance in team games
3.Learning objectives: develop jumping ability and endurance.
4. Main questions of the topic: serving the ball. Receiving and passing the ball. Games in threes
5.Methods/technologies of learning and teaching: work in small groups.
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the volleyball checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf
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8.Control: performing a task - serving the ball, receiving and passing the ball, playing in threes

Lesson № 43
1.Topic: Rules and refereeing in volleyball.
2. Purpose: creating sustainable motivation and need for a healthy lifestyle and physical self-improvement. Teach how to serve the ball from below.
3.Learning objectives: repeat the task until errors are completely eliminated
4. Main questions of the topic: educational game according to the rules and refereeing.
5.Methods/technologies of learning and teaching: group work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the volleyball checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3. https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf

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8.Control: completing tasks - monitoring the players and the referee.

Lesson № 44

1.Topic: MT-1. Volleyball.

2. Purpose: formation of personal physical culture

3.Learning objectives: to cultivate a culture of emotional behavior, the development of strong-willed qualities, and the desire for self-improvement.

4. Main questions of the topic: passing control normative

1.Ball serves from below out of 10 possibilities

2. Receiving the ball from below (in 10 seconds).

5.Methods/technologies of learning and teaching: Individual work

6. Assessment methods/technologies: The assessment is carried out in accordance with the assessment criteria.

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3. https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf

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8.Control: passing control standards - serving the ball from below out of 10 possibilities, receiving the ball from below.

Lesson № 45

1.Topic: Gymnastics.

2. Purpose: training in the stability of the vestibular apparatus, coordination of movements, and the ability to maintain balance on limited support. Independent conduct of the preparatory part of classes

3.Learning objectives: teach yourself how to warm up and change lanes.

4. Main questions of the topic: rebuilding in columns. Rearranging in ranks Rearranging in motion.

5.Methods/technologies of learning and teaching: individual, line work.
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the gymnastics checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: performing tasks - formations, rebuilding.

Lesson № 46
1.Topic: General physical preparation.
2. Purpose: acquiring experience in the creative use of physical culture means and methods.
3.Learning objectives: develop strength qualities and endurance.
4. Main questions of the topic: stretching exercises. Flexibility exercises. Strength exercises.
5.Methods/technologies of learning and teaching: Group work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the gymnastics checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf
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8.Control: performing tasks - stretching exercises, flexibility exercises. Strength exercises.

Lesson № 47
1.Topic: Rifles.
2. Purpose: performing rolls back and forth.
3.Learning objectives: improving flexibility and stretching exercises.
4. Main questions of the topic: rolling, stretching and flexibility exercises.
5.Methods/technologies of learning and teaching: Individual work

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the gymnastics checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3. https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf

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8.Control: performing tasks - rolling back and forth on your back, stretching exercises.

Lesson № 48

1.Topic: Roll forward.

2. Purpose: training in the stability of the vestibular apparatus, coordination of movements. Formation of sustainable motivation and need for a healthy lifestyle and physical self-improvement. Somersault technique.

3.Learning objectives: teach how to perform acrobatic exercises correctly.

4. Main questions of the topic: rolls forward, backward. Stretching exercises.

5.Methods/technologies of learning and teaching: Individual, group work

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the gymnastics checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3. https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdfElectronic resource: access link: http://www.studmedlib.ru, LOGIN ibragim123, PASSWORD Libukma123 (login and password are the same for everyone) and/or on the website of the library and information center of the academy lib.ukma.kz

8.Control: completing the task - rolling forward, backward. Stretching exercises.

Lesson № 49

1.Topic: Shoulder stand.

2. Purpose: training in the stability of the vestibular apparatus, coordination of movements, and the ability to maintain balance on limited support. Development of balance.

3.Learning objectives: teach how to stand on your shoulder blades.

4. Main questions of the topic: performing a stand on the shoulder blades, maintaining balance.
5.Methods/technologies of learning and teaching: Individual work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the gymnastics checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf
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8.Control: completing the task - shoulder blade stand.

Lesson № 50
1.Topic: Back somersault.
2. Purpose: formation of sustainable motivation and need for a healthy lifestyle and physical self-improvement. Execution technique.
3.Learning objectives: safety precautions when performing, back flip technique.
4. Main questions of the topic: back somersault, rolls. Initial provisions. Groupings. Safety precautions when performing exercises
5.Methods/technologies of learning and teaching: Individual work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the gymnastics checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: completing the task - back somersault, rolls.

Lesson № 51
1.Topic: Bridge and shoulder stand
2. Purpose: improving flexibility and stretching exercises. Performing acrobatic exercises.

3.Learning objectives: teach the technique of performing gymnastic exercises - bridge, stand on the shoulder blades.
4. Main questions of the topic: shoulder stand with transition to half-split, bridge
5.Methods/technologies of learning and teaching: Individual work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the gymnastics checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf
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8.Control: completing the task - stand on the shoulder blades with transition to a half-split stand on the bridge.

Lesson № 52
1.Topic: Acrobatic training
2.Purpose: training in the stability of the vestibular apparatus, coordination of movements, and the ability to maintain balance on limited support. Development of flexibility.
3.Learning objectives: back and forth somersault techniques, shoulder stand, bridge.
4. Main questions of the topic: somersaults forward, backward. Shoulder stand. Half twine. Bridge.
5.Methods/technologies of learning and teaching: Individual work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the gymnastics checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf
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8.Control: Completing the task - stand on the shoulder blades, with transition to half-split, bridge

Lesson № 53

1.Topic: Running training.
2. Purpose: formation of sustainable motivation and need for a healthy lifestyle and physical self-improvement. Improving take-off technique.
3.Learning objectives: running technique, jumping onto a gymnastic bridge
4. Main questions of the topic: run-up, bridge, gymnastic goat, gymnastic mats
5.Methods/technologies of learning and teaching: Individual work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the gymnastics checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf
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8.Control: Completing the task - run-up, jumping onto a gymnastic bridge.

Lesson № 54
1.Topic: Crossing the goat.
2. Purpose: training in the stability of the vestibular apparatus, coordination of movements, and the ability to maintain balance on limited support. Improving the technique of crossing over a goat.
3.Learning objectives: develop coordination, jumping ability, flexibility. Doing exercises to strengthen muscles
4. Main questions of the topic: run-up Push from a gymnastic bridge. Crossing the gymnastic goat. Landing on a gymnastics mat
5.Methods/technologies of learning and teaching: Individual work.
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the gymnastics checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf
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8.Control: completing a task - run-up, push from the gymnastics bridge, crossing the gymnastics trestle, landing on the gymnastics mat.

Lesson № 55

1.Topic: Vault - legs bent.

2. Purpose: formation of sustainable motivation and need for a healthy lifestyle and physical self-improvement. Exercises to strengthen the muscles of the back and legs. Development of jumping ability

3.Learning objectives: performing an exercise on a gymnastic bridge. Develop coordination, jumping ability, flexibility

4. Main questions of the topic: run-up Jump onto a gymnastic bridge. Jumping on a bridge with your legs bent.

5.Methods/technologies of learning and teaching: Individual work

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the gymnastics checklist

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3. https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf

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8.Control: completing the task - – run-up, jumping onto a gymnastic bridge, jumping on the bridge with legs apart.

Lesson № 56

1.Topic: Vault.

2. Purpose: formation of sustainable motivation and need for a healthy lifestyle and physical self-improvement. Exercises to strengthen the muscles of the back and legs. Development of jumping ability.

3.Learning objectives: performing the exercise. Develop coordination, jumping ability, flexibility

4. Main questions of the topic: run-up Jump onto a gymnastic bridge. Jumping on a bridge with legs apart.

5.Methods/technologies of learning and teaching: Individual work

6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the gymnastics checklist

7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3. https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf

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8.Control: completing the task - run-up, jump over a gymnastic goat.

Lesson № 57
1.Topic: Strength exercises.
2. Purpose: formation of sustainable motivation and need for a healthy lifestyle and physical self-improvement. Improving health through strength training.
3.Learning objectives: development of basic physical qualities. Teach strength exercises.
4. Main questions of the topic: strength exercises with gymnastic benches. Push-ups. Pull-up on the bar.
5.Methods/technologies of learning and teaching: work in small groups.
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the gymnastics checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek,
Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
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8.Control: performing tasks - push-ups, pull-ups on the bar

Lesson № 58
1.Topic: MT-2. Gymnastis
2. Purpose: acquiring experience in the creative use of physical culture means and methods.
3.Learning objectives: training endurance and agility.
4. Main questions of the topic: passing standards in gymnastics
1. girls - two forward somersaults, shoulder stand, bridge,
boys - long forward somersault, back somersault, headstand with support
2. vault legs apart-girls
Jump over a goat without support, legs bent – boys
5.Methods/technologies of learning and teaching: Individual work.
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the gymnastics checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4

2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf
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8.Control: passing normative in gymnastics.

Lesson № 59
1.Topic: Preparing for Presidential tests.
2. Purpose: acquiring experience in the creative use of physical culture means and methods. Passing the Presidential Standards
3.Learning objectives: increase the level of development of physical qualities. Teach strength exercises.
4. Main questions of the topic: strength exercises - pull-ups, push-ups, abs, squats.
5.Methods/technologies of learning and teaching: Individual work
6. Assessment methods/technologies: the assessment is carried out in accordance with the assessment criteria according to the gymnastics checklist
7. Literature:
1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Акнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf
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8.Control: performing tasks - pull-ups, push-ups, presses, squats.

Lesson № 60
1.Topic: Final control
2. Purpose: acquiring experience in the creative use of physical culture means and methods. Adoption of control standards.
3.Learning objectives: endurance and strength training
4. Main questions of the topic: passing the Presidential standards
boys - burpees (number per minute), pull-up on the bar
girls – squats, lifting the body - press
5.Methods/technologies of learning and teaching: Individual work.
6. Assessment methods/technologies: The assessment is carried out in accordance with the assessment criteria
7. Literature:

1. https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4
2. Methodology of teaching subjects in the specialty "Physical education and sports" Ақнур, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek, Zharylkasyn Kerimbekuly Methodology of teaching subjects in the specialty "Physical education and sports" 2024
3.https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physcal_Education.pdf
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8.Control: passing the final control.