IMPROVING THE PHYSICAL TRAINING OF SCHOOL STUDENTS USING ATHLETIC TOOLS

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Annotatsion. This work highlights the theoretical and methodological foundations for developing speed and speed-strength qualities in schoolchildren during physical education classes through short-distance running. The effectiveness of general and special exercises aimed at developing speed, running methods, and age-appropriate training tools was analyzed. Additionally, the significance of modern methods used in physical education classes in enhancing students' physical fitness and improving motor skills is revealed.

Key words: physical education, schoolchildren, short-distance running, speed, speed-strength, physical fitness, running exercises, motor skills, training methods.

Today, improving the physical fitness of schoolchildren, developing their motor activity, and fostering a healthy lifestyle is considered one of the important tasks of the physical education system. From this perspective, short-distance running exercises are widely used as an effective tool for developing speed, agility, coordination, and motor reactions in students. The regular and repeated execution of exercises in physical education classes serves to gradually improve the physical qualities of students.

Depending on the purpose of the sessions and the age and physical fitness level of the students, various methods are used. In particular, repetitive, variable, rotational, interval, and uniform running, control exercises, relay exercises, and methods based on game elements are widely used in physical education lessons. These methods not only increase students' interest in classes but also have a positive impact on their physical development.

The primary means of training for short-distance running are high-speed running exercises. However, for schoolchildren, these exercises should be organized with standardized loads, taking into account age characteristics and functional capabilities. It is recommended to use general physical training exercises and special physical training exercises in combination during training sessions.

General physical training includes various running exercises, jumps, general developmental exercises, active games, and relay races. These exercises serve to develop students' strength, endurance, flexibility, and coordination abilities. Paying more attention to general physical fitness exercises, especially in primary and secondary school students, creates a solid foundation for the effective development of speed qualities in subsequent stages.

Special physical training exercises are aimed at improving the technique of running short distances. Such exercises include running with a high hip, running with the lower leg back, acceleration, learning elements of a low start, fast running over short distances, and fast-paced games. These exercises help students improve their step length and frequency, develop coordination of movements, and develop running technique.

In physical education classes, short-distance running exercises are typically recommended to be performed at distances between 20–60 meters. It is advisable to repeat each exercise 3–5 times, and to organize an active rest of 2–4 minutes between repetitions. During the lesson, the load must be gradually increased based on the students' age, health status, and level of physical fitness.

Performing exercises in various conditions is of great importance in developing the speed abilities of schoolchildren. In physical education lessons, along with running on flat surfaces, running on light inclines (2–4°), running up a small height, and alternating acceleration exercises on flat surfaces help improve students' motor activity and speed indicators. It is recommended to gradually increase the difficulty level of the exercises in accordance with the age and physical fitness of the students.

The alternation of exercises performed under lightened, ordinary, and relatively complex conditions in classes prevents uniform loads on the students' bodies and serves the stable formation of motor skills. Therefore, it is advisable to combine short-distance running, downhill running, relay exercises, and active games.

In short-distance running, the thigh and calf muscles are actively involved at the start and initial acceleration stages. Therefore, during physical education classes, special attention is paid to exercises aimed at developing these muscle groups. In particular, running with a high hip, running with the lower leg thrown back, fast running from a standing position, low-start elements, short-distance accelerations, and coordination exercises are effective tools for developing students' speed qualities.

Taking into account the age characteristics of the students, resistance exercises can also be used in moderation. For example, moving with rubber bands, running with light partner resistance, or using lightweight equipment ensures the active functioning of the muscles. Such exercises must be short-term and organized in full compliance with safety regulations.

Speed, strength, and intensity of movement are closely related physical qualities. Therefore, it is recommended to use a set of exercises aimed at the joint development of these qualities in physical education lessons. During classes, loads should be selected based on an individual approach, determined in accordance with the level of physical fitness, health, and age of students, and excessive strain should be prevented.

Exercises that improve nerve-muscle coordination play a crucial role in developing speed-strength qualities. To this end, it is recommended to widely use pair and single leg jumps, jumping over obstacles 20-30 cm high and immediately moving forward, short-distance accelerations, running along marked points, changing the direction of running, and relay exercises in physical education classes. These exercises serve to increase the length and frequency of students' steps, as well as to improve movement accuracy and coordination.

Overall, the systematic inclusion of short-distance running exercises in physical education lessons develops students' speed, speed-strength, and coordination abilities, increases their level of physical fitness, and has a positive impact on the formation of a healthy and active lifestyle.

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