

METHODOLOGICAL RECOMMENDATIONS FOR PRACTICAL CLASSES

Discipline:

Discipline code:

Name of EP:

Volume of teaching hours/credits:

Course and semester of study:

Physical Education

FK 1(2)106

6B10115 “Medicine”

120 hours/4 credits

I year, 1-2 semester

Shymkent, 2024

<p> ONTÜSTİK QAZAQSTAN MEDICINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ </p>	
<p> SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия» </p>	
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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


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Lesson № 1

1. **Topic:** Physical culture as an academic discipline in the education system.
2. **Purpose:** To acquaint students with the history of the development of physical culture and sports. To form in students an idea of physical culture as an academic discipline in the education system
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" Ақнұр, 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_Physical_Education.pdf
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8. **Control:**
 1. FE - as an academic discipline?
 2. The origin of FE in Kazakhstan?
 3. Safety in the classroom??
 4. FE purpose?

Lesson № 2

1. **Topic:** Athletics. 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>

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2. Methodology of teaching subjects in the specialty "Physical education and sports"

Ақнұр, 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: Education specially-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, running by jumping.

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

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:

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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: Education run short distances.

2. Purpose: the assessment is carried out in accordance with the assessment criteria according to the checklist.

3. Learning objectives: develop speed and strength qualities. Running at 20 m speed, learning to finish.

4. Main questions of the topic: With a start running 100m.

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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

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8. Control: completing the task - running 100m. Taking into account time

Lesson № 5

1. Topic: Low start and starting run.

2. Purpose: improve low start technique.

3. Learning objectives: Low start technique - repeat 2-3 times. 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: assessment is carried out in accordance with the assessment criteria for athletics checklist

7. Literature:

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8. Control: task completion - starting position, acceleration by 20x3.

Lesson № 6

1. Topic: Running against the clock.

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 40m, finishing. Performing the technique of running for 100m.

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

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

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

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8. Control: completing the task - starting position, acceleration at 60 m, finishing

Lesson № 7

1. Topic: Cross 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.

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: assessment is carried out in accordance with the assessment criteria for athletics checklist.

7. Literature:

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8. Control: completing the task - running over rough terrain.

Lesson № 8

1. Topic: High start, finish.

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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: assessment is carried out in accordance with the assessment criteria for athletics checklist.

7. Literature:

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8. Control: completing the task - start, run-up, finish, exercises to restore breathing.

Lesson № 9

1. Topic: Cross.

2. Purpose: using skills and abilities for a healthy lifestyle, interest and initiative of students in the classroom with the help of exercises aimed at developing physical qualities.

3. Learning objectives: teach high start, starting run, finishing. Running girls - 1000m, boys - 3000m

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: assessment is carried out in accordance with the assessment criteria for athletics checklist.

7. Literature:


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8. Control: completing the task – cross, girls - 1000m, boys - 3000m

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Lesson № 10

1. Topic: Relay race

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: improving work in the “corridor”, the ability to see and understand in a collective game.

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: assessment is carried out in accordance with the assessment criteria for athletics checklist.

7. Literature:

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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: assessment is carried out in accordance with the assessment criteria for athletics checklist

7. Literature:

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8. Control: completing the task - passing the baton - in a column, in motion.

Lesson № 12

1. Topic: 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: assessment is carried out in accordance with the assessment criteria for athletics checklist

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8. Control: completing the task - performing a standing jump.

Lesson № 13

1. Topic: Preparation for the "Presidential Tests".

2. Purpose: acquiring experience in the creative use of physical culture means and methods. Improving health through strength training.

3. Learning objectives: improving long jump, sprinting, strength exercises.

4. Main questions of the topic: strength exercises - pull-ups, flexion, extension of the arms while lying down. Press exercises - lifting, lowering the torso to a lying position.

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

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

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8. Control: completing the task - strength exercises, long jump, 100m run.

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

7. Literature:

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8. Control: completing the task - passing the normative


Lesson № 15

1. Topic: Basketball. General concepts about basketball.

2. Purpose: creating sustainable motivation and need for a healthy lifestyle and physical self-improvement. Development of basketball in Kazakhstan. Basketball rules

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

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

6. Assessment methods/technologies: feedback-blitz survey

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8. Control: Rules of playing basketball?

Safety precautions during the game?

Lesson № 16

1. Topic: Education Technology movement, 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 of the basketball checklist

7. Literature:

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8. Control: What are the types of movement in basketball?

Execution and display of the task.

Lesson № 17

1. Topic: Training to dribble the ball.

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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: способы ведения мяча одной рукой, попеременно по прямой и по кругу.

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 of the basketball checklist

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8. Control: performing the task - dribbling the ball with one hand and alternately.

Lesson № 18

1. Topic: Training in catching and 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 of 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_Physical_Education.pdf

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8. Control: completing the task - catching and passing the ball at chest level with the ball bouncing off the floor.


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Lesson № 19

- 1. Topic:** Learning to pass 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 of the basketball checklist
- 7. Literature:**
 - <https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4>
 - 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
 - https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physical_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:** performing the task of passing the ball in motion in pairs and columns

Lesson № 20

- 1. Topic:** Education throw the ball in 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 of the basketball checklist
- 7. Literature:**
 - <https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4>
 - 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 of the basketball checklist

7. Literature:

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

2. Methodology of teaching subjects in the specialty "Physical education and sports"

Ақнұр, 2024ж. Abdillayev Abdikalyk Kosherbayuly Onalbek,

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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 of the basketball checklist

7. Literature:

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

2. Methodology of teaching subjects in the specialty "Physical education and sports"

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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: Learning to catch and pass 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 of the basketball checklist

7. Literature:

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

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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: Training of throwing the ball with 2 steps.

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


3. Learning objectives: teach how to serve the ball, receive and pass the ball on the spot and 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.

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 of the basketball checklist

7. Literature:

<p>ONTÜSTİK QAZAQSTAN MEDISINA AKADEMİASY AK «Оңтүстік Қазақстан медицина академиясы» АҚ</p> <p> SOUTH KAZAKHSTAN MEDICAL ACADEMY AO «Южно-Казахстанская медицинская академия»</p>	
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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 № 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 of 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:** Learning game.
2. **Purpose:** acquiring experience in the creative use of means and methods of physical culture
3. **Learning objectives:** ensuring psychophysical readiness for future professional activities.
Teach defense and attack techniques, the rules of playing basketball.

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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 of the basketball checklist

7. Literature:

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

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8. Control: Techniques of attack and defense? Game tactics? Rules of the game of basketball?

Lesson № 27

1. Topic: National Game with elements of basketball.

2. Purpose: acquiring experience in the creative use of means and methods of physical culture.

3. Learning objectives: teach team play, the ability to see and understand partners and rivals.

4. Main questions of the topic: games "Hunters and Hares", "Ball in the Basket", "Shooter".

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 of the basketball checklist

7. Literature:

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

2. Methodology of teaching subjects in the specialty "Physical education and sports"

Ақнұр, 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.

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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 standards

1. Throwing the ball into the basket (out of 10 possibilities)

2. Dribbling the ball without visual control

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

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

7. Literature:

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8. Control: passing control standards - throwing the ball into the basket (out of 10 possibilities), dribbling the ball without visual control

Lesson № 29

1. Topic: Sports games.

2. Purpose: acquiring experience in the creative use of physical culture means and methods.

3. Learning objectives: activate attention and increase the emotional state of those involved. Ensure the overall functional readiness of the body for active muscular activity

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 of the basketball checklist

7. Literature:

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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 general physical fitness - 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: the assessment is carried out in accordance with the assessment criteria of the basketball checklist

7. Literature:

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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: Basics of a healthy lifestyle.

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>

<p> <small>ONTÜSTİK QAZAQSTAN MEDISINA AKADEMİASY AK</small> <small>«Оңтүстік Қазақстан медицина академиясы» АҚ</small> </p>		<p> <small>SOUTH KAZAKHSTAN MEDICAL ACADEMY AO «Южно-Казахстанская медицинская академия»</small>  </p>
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8. **Control:** basic concepts of healthy lifestyle? Criteria, health factors?

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>

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

Lesson № 33

1. **Topic:** Training in volleyball player's stance and 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 movements. Correct 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>

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2. Methodology of teaching subjects in the specialty "Physical education and sports"

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

Lesson № 34

1. Topic: Training to serve from below, from the side.

2. Purpose: teach how to serve the ball from below.

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

Develop speed, speed-strength and coordination motor qualities, agility.

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:

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8.Control: completing the task - serving the ball from below against the wall. Serving the ball from below from the side.

Lesson № 35

1. Topic: Training in lower reception and transmission.


2. Purpose: teach how to perform a low pass-receive.

3. Learning objectives: consolidate the technique of receiving and passing the ball from below.

Develop speed, speed-strength and coordination motor qualities, agility. Teach the correct low pass/receive

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

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

7. Literature:

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

Lesson № 36

1. **Topic:** Education receiving - transferring the ball from above
2. **Purpose:** teach how to perform the upper pass and receive technique.
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
3. https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physical_Education.pdf
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8.Control: completing the task - receiving - passing the ball from above.

Lesson № 37

1. **Topic:** Movable games
2. **Purpose:** creating sustainable motivation and need for a healthy lifestyle and physical self-improvement, teaching outdoor games.

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

4. Main questions of the topic: outdoor games “Defense of the town” “Don’t give the ball to the captain.”

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_Physical_Education.pdf

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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: Teaching ball-handling techniques.

2. Purpose: teach ball possession.

3. Learning objectives: ball-handling technique.

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_Physical_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: Learning the rules of the game.

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2. Purpose: Learning the rules of the game.

3. Learning objectives: know the rules of the game of volleyball.

4. Main questions of the topic: правила игры. Техника игры в волейбол. Тактика защиты и нападения.

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_Physical_Education.pdf

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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_Physical_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

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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

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

4. 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: 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: формировать чувство коллективизма, товарищества и взаимовыручки в командных играх

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_Physical_Education.pdf

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8. Control: performing a task - serving the ball, receiving and passing the ball, playing in threes

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Lesson № 43


- 1. Topic:** Serving the ball from below.
- 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:** serving the ball from below against the wall. Direct feed. Side feed
- 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:**
 - <https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4>
 - 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
 - https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physical_Education.pdf

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- 8. Control:** performing tasks - serving the ball from below at the wall, direct serve, serve from the side.

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
 - Ball serves from below out of 10 possibilities
 - 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:**
 - <https://library.lol/main/78ABC6ADAE25ADD23BC085BF4B5200A4>
 - 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
 - https://repository.bbg.ac.id/bitstream/597/1/Sport_and_Physical_Education.pdf

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<p>ONTÜSTİK QAZAQSTAN MEDICINA AKADEMİYASY «Оңтүстік Қазақстан медицина академиясы» АҚ</p>  <p>SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»</p>	
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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. Formation and rebuilding training

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 do stretching exercises.

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: assessment is carried out in accordance with the assessment criteria of the gymnastics checklist

7. Literature:

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

2. Methodology of teaching subjects in the specialty "Physical education and sports"

Ақнұр, 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_Physical_Education.pdf

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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 means and methods of physical culture

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: assessment is carried out in accordance with the assessment criteria of the gymnastics checklist

7. Literature:

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

2. Methodology of teaching subjects in the specialty "Physical education and sports"

Ақнұр, 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_Physical_Education.pdf

<p> <small>ONTÜSTİK QAZAQSTAN MEDISINA AKADEMİASY</small> <small>«Оңтүстік Қазақстан медицина академиясы» АҚ</small> </p>		<p> <small>SOUTH KAZAKHSTAN MEDICAL ACADEMY</small> <small>АО «Южно-Казахстанская медицинская академия»</small> </p>
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8.Control: performing tasks - stretching exercises, flexibility exercises. Strength exercises.

Lesson № 47

1. Topic: Preparing for Presidential tests.

2. Purpose: acquiring experience in the creative use of physical culture means and methods. Improving health through strength training.

3. Learning objectives: teach strength exercises

4. Main questions of the topic: strength exercises - pull-ups, flexion and extension of the arms while lying down. Press exercises - lifting and lowering the torso to a lying position.

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

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

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8.Control: performing tasks - pull-ups, flexion, extension of arms in a lying position - boys, abs, squats - girls.

Lesson № 48

1. Topic: Training in acrobatic exercises.

2. Purpose: training in the stability of the vestibular apparatus, coordination of movements, and the ability to maintain balance on limited support. Formation of sustainable motivation and need for a healthy lifestyle and physical self-improvement. Roll 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: assessment is carried out in accordance with the assessment criteria of the gymnastics checklist

7. Literature:

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

<p>ONTÜSTİK QAZAQSTAN MEDICINA AKADEMİYASY AK «Оңтүстік Қазақстан медицина академиясы» АҚ</p> <p> SOUTH KAZAKHSTAN MEDICAL ACADEMY AO «Южно-Казахстанская медицинская академия»</p>	
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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 - rolling forward, backward. Stretching exercises.

Lesson № 49

1. Topic: Teach forward and backward somersaults.

2. Purpose: formation of sustainable motivation and need for a healthy lifestyle and physical self-improvement. Execution technique.

3. Learning objectives: teach the forward somersault technique.

4. Main questions of the topic: forward somersault, rolls. Initial provisions. Groups.

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

6.Assessment methods/technologies: assessment is carried out in accordance with the assessment criteria of 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 - forward somersault, rolls and somersault forward.

Lesson № 50

1. Topic: Shoulder stand 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 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: assessment is carried out in accordance with the assessment criteria of the gymnastics checklist

7. Literature:

<p> <small>ONTÜSTİK QAZAQSTAN MEDISINA AKADEMİASY</small> <small>«Оңтүстік Қазақстан медицина академиясы» АҚ</small> </p>		<p> <small>SOUTH KAZAKHSTAN MEDICAL ACADEMY</small> <small>АО «Южно-Казахстанская медицинская академия»</small> </p>
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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 - standing on the shoulder blades.

Lesson № 51

1. **Topic:** Training in the transition to half-split
2. **Purpose:** formation of sustainable motivation and need for a healthy lifestyle and physical self-improvement. Learn how to perform acrobatic exercises..
3. **Learning objectives:** teach the technique of performing a gymnastic exercise - half-split.
4. **Main questions of the topic:** stand on shoulder blades with transition to half-split.
5. **Methods/technologies of learning and teaching:** Individual work
6. **Assessment methods/technologies:** assessment is carried out in accordance with the assessment criteria of 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 - standing on the shoulder blades with the transition to a half-split.

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:** teach the technique of somersaulting forward, backward, and standing on the shoulder blades.
4. **Main questions of the topic:** somersaults forward, backward. Shoulder stand. Half - split. Stretching muscles, warming up leg muscles
5. **Methods/technologies of learning and teaching:** Individual work

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<p> Physical Education Center Metodological recommendations for practical classes </p>	<p> 64/11-2024 p 31 out of 36 </p>

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_Physical_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:** Completing the task is a stand on the shoulder blades with a transition to a half-split.

Lesson № 53

1. **Topic:** Goat jumping training.
2. **Purpose:** formation of sustainable motivation and need for a healthy lifestyle and physical self-improvement. Development of jumping ability.
3. **Learning objectives:** teach the technique of jumping on a gymnastic goat.
4. **Main questions of the topic:** run-up Dismount onto a gymnastic bridge. Crossing the gymnastic goat. Landing.
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_Physical_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:** Completing the task - running up, jumping onto the gymnastic bridge, crossing the gymnastics trestle and landing.

Lesson № 54

1. **Topic:** Running training.
2. **Purpose:** formation of sustainable motivation and need for a healthy lifestyle and physical self-improvement. Teach the correct run-up.
3. **Learning objectives:** teach running technique, jumping onto a gymnastic bridge
4. **Main questions of the topic:** run-up, bridge, gymnastic "goat", gymnastic mats.

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

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

7. Literature:

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

2. Methodology of teaching subjects in the specialty "Physical education and sports"

Ақнұр, 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_Physical_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: completing a task - running up, jumping onto a gymnastic bridge

Lesson № 55

1. Topic: Learning to cross a goat.

2. Purpose: training in the stability of the vestibular apparatus, coordination of movements, and the ability to maintain balance on limited support. Teach how to cross 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: assessment is carried out in accordance with the assessment criteria of the gymnastics checklist

7. Literature:

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

2. Methodology of teaching subjects in the specialty "Physical education and sports"

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8. Control: completing the task - run-up, push from the gymnastics bridge, crossing over the gymnastics trestle, landing on the gymnastics mat.

Lesson № 56

1. Topic: Training for vault jumps - legs apart.

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.

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3. Learning objectives: teach how to perform 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 legs apart.

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

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

7. Literature:

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

2. Methodology of teaching subjects in the specialty "Physical education and sports"

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

Lesson № 57

1. Topic: Strength training.

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: assessment is carried out in accordance with the assessment criteria of the gymnastics checklist

7. Literature:

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

2. Methodology of teaching subjects in the specialty "Physical education and sports"

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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

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1. Topic: MT-2. Gymnastic

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, half split

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: assessment is carried out in accordance with the assessment criteria of the gymnastics checklist

7. Literature:

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

2. Methodology of teaching subjects in the specialty "Physical education and sports"

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8. Control: passing standards 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 and squats.

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

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

7. Literature:


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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"

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8.Control: passing the final control.

