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## **APPLICATION OF THE PLAYING METHOD OF PHYSICAL EDUCATION IN PRACTICAL STUDIES OF PHYSICAL CULTURE WITH DIFFUSION HEALTH STUDENTS**

Properly organized systematic exercise is the most important means of improving the student's health. Based on personal experience with students assigned to a special medical group, teaching staff selected methodically and practically tested sedentary and mobile games.

**Key words:** physical culture (FC) of students, special medical group (SMG), therapeutic physical culture group (THC), sports playing method of physical education.

**Introduction.** The main task of physical education at university are health promotion, proper development, necessary professional motor skills, education of physical, volitional and moral qualities.

Properly organized systematic exercises are most important means of improving the student's health. They upgrades physical develops, motor skills of an organism of special medical students group (SMG) and rehabilitate health of therapeutic physical culture group students (THC) and physical preparedness.

High efficiency lessons achieved by proper selection of teaching methods. Defining the content of each lesson, the teacher should be able to select and use the most rational means and methods of physical education that meet the health condition and level of physical preparedness of the students, and at the same time take into account medical contraindications and pedagogical recommendations. It is very difficult to choose the individual approach lessons to the students respected (for various diseases it is not recommended to perform various exercises). In addition, the contraindications on the content of classes, presented in the scientific and methodological literature, are given in accordance with clinical diagnoses and are of a general nature. This causes teachers who work with students of SMG and exercise therapy to have certain difficulties in choosing the means and methods of classes, since they cannot determine which specific exercises can't be used with a particular category of students.

In order not to harm the health of those involved SMG and THC groups, to achieve max effect HC lessons, lecturers must know exercises, which contraindicated to abnormalities health students.

In the theoretical and methodological developments leading teachers KazNU named after. Al-Farabi, who has extensive experience working with students of SMG and THC groups, indicates that it is necessary to impose some restrictions on physical education classes depending on the most common nosological form of the disease and the recommended types of recreational exercises.

In the process of many years of practical work of the faculty of the department of physical education and sports of the university, came to the conclusion that it is necessary to expand and systematize the material, which is shown and contraindicated to the majority of those involved SMG and THC.

Sports playing method of physical education has found wide application in working on physical culture and sport practice with schools, colleges and universities students.

From the generation, mobile games are a kind of schools in which young people get physical and spiritual hardening, know the world around them, learn to work, act in a team and seek victory. Emotionally sublime, bright and diverse in content, the games are at the same time

social in their essence, as they develop the experience of social relationships, experiences, moral and physical health, a model of human behavior.

For mobile games, such an organization of actions of participants is characteristic, in which you give them creative initiative in choosing ways to achieve goals. The game process is associated with pleasant physical and motor actions, it often contains an element of a new, unknown [1].

Based on personal experience with students assigned to a SMG, we selected the most frequently used, methodically and practically tested sedentary and mobile games, which nurture students' determination, perseverance, intelligence, dexterity, courage and discipline in the stages of recovery and rehabilitation, positively affecting the work all of the organs and systems of the body.

### **The empty place**

**Methodology:** the players stand up into a circle, choose the leader. Starting the game, he runs past the players, one of them "blurs" and continues to run further in a circle. "Stained" quickly runs in the opposite direction from the driver.

**Winner:** who of them first reaches the free space in the circle, he takes it, and the latecomer becomes driving.

### **Rescue**

**Methodology:** on opposite sides of the site two houses mark lines, the distance between them is 10-20 meters. The participants of the game are divided into two equal groups and occupied at home. In the middle of the site is driving. Players need to move from one house to another. The driver does not let them pass, he tries to "plow" those who run over. "Salted" out of the game.

**Winner:** the winner is the group in which there is a greater number of players at the end of the game.

### **Rushes with rescue**

**Methodology:** the game takes place as simple dashes, only on the site, not far from the lines of the houses, two circles are outlined. Players who are "bursting in" with leaders do not leave the game, but get up in one of the circles. They can help out the players of the same team. Passing by, the player takes the "burnt", which stands in a circle, by the hand and runs with it to the house of his team.

### **Cat and mouse**

**Methodology:** playing before the start of the game, they choose a cat and a mouse, take each other's hands and stand in a circle. The cat is behind the circle, the mouse is in the circle. The cat tries to enter the circle and catch the mouse, but the players close the entrances before it. She tries to crawl under the gate, playing squat, and do not miss it in a circle. When the cat gets into the circle, the players immediately open the gate and the mouse runs out of the circle. And they try not to let the cat out of the circle. If the cat catches the mouse, then they stand in a circle, and the players choose a new cat and mouse.

### **Mouse and two cats**

**Methodology:** for this game you need to choose two cats and one mouse. The players stand in a circle and hold hands. On opposite sides of the circle, the gate is open, the cats rush into the circle and run out of it only into the open gate. Before the mouse, the players open any gates. If one of the cats managed to catch the mouse, she stands in a circle with her, and the second cat chooses the cat and the mouse to play the other.

### **Run to and run away**

**Methodology:** on opposite sides of the site, lines are drawn at a distance of 10 meters from each other - these are at home. The players are divided into two - three groups and stand at the same line. The players appointed by the leaders, go to the opposite side and stand at the line, each opposite to their group.

First numbers start the game. On a signal, they run to the opposite line, reach the driving ones, hit them on the outstretched palm and quickly return. Drivers are trying to catch up with the runaways and "pester". If a player is "pestered", then he goes in the direction of the driver and

stands in front of him. Players who managed to escape "not pester", stand at the end of their series. The game ends when the last players of the groups run.

**Winner:** the group in which there are less "fallen down" participants of the game wins

#### **Baskets**

**Methodology:** the players are divided into pairs and diverge around the court. Take each other's hands and form cups of the basket. Two leading ones stand at some distance from each other, one of them is "tag", he catches up with the second player. The runner runs between the pairs and, in order not to be bewildered, quickly names one player from any pair by name. The player, whose name was called, runs away, in his place gets a player leading pair. If the tag pestered off the evader, then they take each other's hands and form a basket.

#### **Top ball**

**Methodology:** The players get up in a circle, the leader goes to his middle and throws the ball with the words: "Ball to the top!". The player at this time becomes as far as possible to run away from the center of the circle. Leader catches the ball and shouts: "Stop!". Everyone must stop, and the driver, on the spot, throws the ball at the one who stands closest to him. Stained becomes driving. If the driver has missed, then he remains again and the game continues.

#### **Beat the ball out of the circle**

**Methodology:** players stand in a circle at a distance of two steps from each other, hands are held behind their backs. Leader gets up in the center, puts the ball on the ground and, kicking with his foot on it, tries to roll out of the circle. The players do not miss the ball, beat them with their feet leading. Who will miss the ball, he goes to drive.

**Variation.** Players stand with their backs to the center. Tags should be no more than four person.

#### **Meeting**

**Methodology:** two lines are conducted on the site at a distance of 4-6 meters. The players are divided into equal groups and stand against each other behind the lines. Everyone has a ball in their hands. At the signal, everyone simultaneously rolls balls to each other, but so that they meet. Players whose balls met the leader gives a point.

**Winner:** the pair wins, which will have more points at the end of the game.

#### **Low mobility games**

##### **The rope**

**Methodology:** take a long rope (rope), the ends of it are tied. Participants of the game stand in a circle and take the rope in their hands. In the middle is tag. He walks in a circle and tries to touch the hands of one of the players. The player, lowering the rope, quickly hides his hands behind his back. As soon as the tag departs, he immediately takes the rope. Whom the tag hits the hand, he goes to tag.

##### **Pass with the ball**

**Methodology:** players are built in two columns at a distance of 2-3 meters, a line is drawn from the columns. Each player plays a badminton racket with a ball. Put the ball on the racket, go to a dash without dropping the ball and go back. Pass the racket to the next player.

**Winner:** the team that performs the task first wins.

##### **Roll the ball on the racket**

**Methodology:** the location of the teams is the same as in the previous game. Rackets at the first and second player in each column. The first player, holding the ball on the racket, reaches the line and comes back. Pass the ball from the racket to the racket to the second player. He performs the movement forward, and the first passes the racket to the third, and so on.

**Winner:** wins the team that finished the game first. The penalty point is given to the team that dropped the ball.

##### **Pass the ball to the racket**

**Methodology:** Teams stand in a circle at arm's length. Each of players have a racket, and the ball one in a circle. The player must put the ball on the racket to the adjacent partner. The player tries to hold the ball and pass it to the next.

**Winner:** the team that allowed fewer drops of the ball wins.

**Hit the ring or shield**

**Methodology:** at a distance of 5-7 meters from the basketball backboard, players stand in a semicircle. The player tries to hit the ring or shield with a racket blow on the bottom.

**Winner:** getting into the shield is estimated at one point, in the ring - two points.

**Pebbles**

**Methodology:** the player takes three balls for table tennis in his hand ("pebble"). One throws up, and two puts on the table. The thrown ball catches and again throws it up. And while he is flying, you need to have time to touch the "pebbles" lying on the table.

**Variants.** The same game, but you need to transfer the "pebble" from hand to hand.

**Ball to wall**

**Methodology:** distance 1-2 meters from the wall draw a line. The players stand in the field for the line freely, as you like. The driver stands at the line facing the wall and hits the ball with the ball so that it flies over the line. In the field, catch by the player who easy to do it . Caught the ball throws it to the tag. If the driver catches him, then he goes to play in the field, and in his place is the one who threw the ball. If the throwing ball does not catch, then it remains to be led against the wall.

**Variants.** The game can be complicated if the players give two or three balls and choose two or three leading ones.

**Conclusions.** The educational value of games is diverse. Their systematic use improves motor abilities and provides a full-fledged mastering of the "school of movements", which primarily includes running, jumping, throwing, and games related to the motor structure of certain sports (sports, athletics, gymnastics, etc.). If desired, this circle can be significantly expanded and can include the whole range of vital skills. Under the influence of gaming conditions, these skills turn into skills that greatly expand the possibility of their use in a variety of conditions and combination.

Using of methodical techniques characteristic of the game (figurativeness, competition element, naturalness of movements, etc.) can be expressed in exercises brighter or weaker, more or less completely. It depends on the various requirements for the use of exercise and the conditions in which it held. With the help of the gaming method, the teacher can quickly create a joyful atmosphere of communication, awaken the desire to engage in the most likely to engage in the proposed activity.

**Practical recommendations.** In the influence of the inherent game of the competition, all physical qualities, and above all speed, agility, strength and endurance, develop more actively. All this contributes to the formation of the body's motor sphere.

The teacher-lecturer on the lessons of physical culture can use different mobile games, applying special methods and means, observing strict dosage and varying the intensity of the load for the contingent of students assigned to the SMG and THC.

**Literature**

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