

ANALYSIS OF MODEL PROGRAMS FOR YOUNG KARATEANS IN SPORTS
SCHOOLS

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Annotation: This study analyzes standard educational programs designed for training young karate athletes in sports schools. The relevance of the topic is determined by the pedagogical significance of the "Origins" program developed and implemented by E.V. Golovikhin, as well as the insufficient representation of physical exercise methods within its structure. The research employed methods such as analysis of scientific and methodological literature, pedagogical observation, and evaluation of obtained results. The study examines the scientific approaches of S.L. Apshen, V.N. Platonov, Y. Ebernetti, M. Tabben, and H. Chabbeni regarding lesson planning, teaching karate techniques, and developing physical fitness. The findings show that designing karate training content requires adherence to the principles of systematicity and consistency, consideration of age-specific characteristics, incorporation of exercises that develop all major muscle groups, and a balanced use of static and dynamic activities. The study highlights the necessity of a scientifically grounded approach for creating effective training programs for young karate practitioners.

Keywords: physical and motor development, program, exercise, educational process.

Annotatsiya: Abstract: This study is devoted to the analysis of standard curricula for training young karateka in sports schools. The relevance of the topic is explained by the pedagogical significance of the "Origins" program, developed and implemented in practice by E.V. Golovikhin, as well as the insufficient coverage of physical exercises in this program. During the research, methods of analysis of scientific and methodological literature, pedagogical observation, and analysis of results were used. The scientific views of S.L. Apshen, V.N. Platonov, Y. Ebernetti, M. Tabben, and H. Chabben on planning the educational process, teaching karate techniques, and developing physical fitness were studied. The results showed the importance of systematicity, consistency, consideration of age characteristics in the formation of the content of karate training, orientation of exercises towards the development of all muscle groups, ensuring the combination of static and dynamic exercises. The study emphasizes the need for scientifically based approaches in the development of effective training programs for young karateka.

Relevance of the topic and its study. E.V. Golovykhi, in his many years of scientific research, developed and implemented educational and methodological programs for the training of karate athletes. This program defines practical recommendations for standardizing various forms of work with children, optimal loads corresponding to the level of physical fitness of the child. The "Origins" program considers the possibilities of ensuring the full, comprehensive development of each child and the formation of their creative abilities. This program takes into account the individual characteristics of each child. The "Origins" program is recommended for preschool children to receive inclusive education.

However, one of the shortcomings of the standard general education program of preschool education "Istoki" is the insufficiency of means of using physical exercises in the educational

process. The program provides knowledge about a healthy lifestyle, hygiene, and health-improving means, as well as teaching basic types of movements - walking, running, jumping, and karate.

Research objective: Analysis of model programs for young karateka in sports schools.

Research task: 1. Analysis of literature on the topic. 2. Studying the methods of teaching an element made with a ring.

Methods of research organization: analysis of scientific and methodological literature, pedagogical observation and analysis of the obtained results.

Research results and discussion. According to S. Lapshen, he emphasized the importance of developing the basics of teaching attacking techniques in karate. In the organization of physical education in a preschool educational institution, a leading role is played by planning - the distribution of physical exercises and methods of their implementation in various forms of physical education work over a certain period of time. Along with solving health and educational problems, it implements the division of classes into stages, ensures the assimilation of program material, and allows for a targeted influence on the upbringing of children's physical culture.

In many years of scientific research, V.N. Plotonov stated that the main goal of planning is to ensure the high quality of physical and motor development of children. Planning is a complex, labor-intensive, and creative process, ultimately determining the effectiveness of the teacher-mentor's activity. There are many factors in planning that require constant change and improvement. The most important factor in developing planning is that the entire pedagogical process is managed and aimed at achieving results in the chosen sport.

According to J. Ebernetty, the planning work in the sport of karate, in its content, differs significantly from the planning of other areas of education and training of trainees. The specifics of the process of teaching karate movements, the structure of the program, and the solution of educational and upbringing tasks are determined by the need for a targeted impact on improving the physical development of the participants and their health improvement.

Planning work in the sport of karate is carried out according to the following principles: 1. Plans show the consistency and interdependence of all forms and types of organization of motor activity. Increasing the effectiveness of work in physical education helps by emphasizing the volume of motor activity, the number of repetitions of movements, and establishing a system of teaching and upbringing methods. Ensuring the quality of calendar planning is associated with the development of a long-term plan, the distribution of physical exercises for three months or more. To ensure systematic planning, it is advisable to compile a schedule of the main types of activities for each week of the month in accordance with the program of each age group, which will allow optimizing the time spent on preparing the plan.

In a general education preschool, it is planned to conduct all types of motor activity for children:

1. activities of the organized joint movement;
2. independent motor activity of children;
3. physical culture and health improvement activities during the day
4. Physical culture events (vacations, holidays, etc.).

Activities that indirectly affect the effectiveness of physical education and health improvement work are also planned: in particular, they emphasized the importance of forming relationships between physical education teachers and medical workers, parents, teachers, and other specialists. Before learning basic movements, the coach carefully considers the system of preparatory and conductive exercises, taking into account the basic principles of physical education - systematicity, consistency, cyclicity, etc. When planning pedagogical work, it is

necessary to take into account the stages of training that ensure the systematic assimilation of program material. In the plan developed for karate, it is advisable to indicate specific goals, training methods, forms of work, material and technical base, methods of interaction with parents, etc., which contribute to the successful implementation of tasks.

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Conclusion. When developing the content of karate classes, it is important to adhere to the following principles: in particular, it is necessary to sort the exercises so that they develop all muscle groups: arms, shoulders, lower back, abdominal cavity, leg muscles, increase the necessary physical activity of children when performing exercises and develop all physical qualities, it is important to replace complex exercises with easier ones, to use more dynamic exercises after tactical exercises.

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