

Аутизм спектрінің бұзылуы бар балаларда сөйлеуді қалыптастыру бойынша жұмыс жеке және баланың даму деңгейіне сәйкес болуы керек. Сонымен бірге сөйлеуді қалыптастыру бойынша жұмыс күрделі және ұзақ уақытқа созылуы мүмкін.

Аутизмде сөйлеу, жеке функция ретінде, қалыпты және тіпті жеделдетілген қарқынмен дами алады. Оның даму қарқыны қалыпты дамып келе жатқан құрдастарынан асып түсуі мүмкін. Алайда, көп ұзамай кері процесс байқалады, үш жасында мұндай балалардың сөйлеуі баяу жоғалады, содан кейін мүлдем жоғалып кетуі мүмкін.

Осылайша, зерттеуден жалпы сөйлеудің де, байланыстырып сөйлеудің де дамуы аутизм спектрінің бұзылуы бар балаларда қалыпты дамып келе жатқан балалардан күрт ерекшеленетінін көруге болады.

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DEVELOPMENT OF FUNCTIONAL LITERACY IN PHYSICAL EDUCATION LESSONS

Abstract

How to develop functional literacy in a physical education lesson? The developed literacies in the physical education lesson are physical literacy, health literacy, creative and critical thinking can be defined as the main components of functional literacy formulated in physical education lessons.

This article talks about the development of functional literacy in a physical education lesson? Developed literacy in the physical education lesson is physical literacy, health literacy, creative and critical thinking can be defined as the main components of functional literacy formulated in physical education lessons.

All students should be given the opportunity to learn how to be active in school. In addition, physical education programs are considered - this is not the same as opportunities and initiatives in the field of physical activity. During the analysis of the literature, many theoretical studies on this topic were revealed, but there are few works aimed at creating methods for increasing the level of mental or intellectual development through physical education and sports. Despite the existence of such methods, unfortunately, very few people are involved in the implementation of this technique. Their positive result is obvious. If you think that with the help of these methods it is possible to raise the general intellectual level of the entire generation of future children in our country, then the teachers who form the cultural and intellectual level of our children of preschool and primary school age can be called surprisingly short-sighted.

Keywords: Physical literacy, health literacy, creative thinking, critical thinking, skills, knowledge, moving.

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РАЗВИТИЕ ФУНКЦИОНАЛЬНОЙ ГРАМОТНОСТИ НА УРОКАХ ФИЗИЧЕСКОЙ КУЛЬТУРЫ

Аннотация

Как развивать функциональную грамотность на уроке физической культуры? Такие виды грамотности, как физическая грамотность, грамотность в области здоровья, творческие и критические мышление могут быть определены как основные компоненты функциональной грамотности, развиваемые на уроках физического воспитания. Всем учащимся должна быть предоставлена возможность вести активный образ жизни в школе. Кроме того, рассматриваются программы физического воспитания – это не то же самое, что возможности и инициативы в сфере физической активности. Несмотря на существование таких методов, к сожалению, реализацией этой методики занимается очень мало людей, хотя их положительный результат очевиден. С помощью этих методов можно поднять общий интеллектуальный уровень всего поколения будущих детей нашей страны.

Ключевые слова: физическая грамотность, здоровьесберегающая грамотность, креативное мышление, критическое мышление, навыки, знания, движение.

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ДЕНЕ ШЫНЫҚТЫРУ САБАҚТАРЫНДА ФУНКЦИОНАЛДЫҚ САУАТТЫЛЫҚТЫ ДАМУ

Аңдатпа

Дене шынықтыру сабағында функционалдық сауаттылықты қалай дамытуға болады? Дене сауаттылығы, Денсаулық сауаттылығы, шығармашылық және сыни ойлау сияқты сауаттылық түрлері дене шынықтыру сабақтарында дамитын функционалдық сауаттылықтың негізгі компоненттері ретінде анықталуы мүмкін. Барлық оқушыларға мектепте белсенді өмір салтын ұстануға мүмкіндік берілуі керек. Сонымен қатар, дене

шынықтыру бағдарламалары қарастырылады – бұл физикалық белсенділік мүмкіндіктері мен бастамаларымен бірдей емес. Мұндай әдістердің болуына қарамастан, өкінішке орай, бұл әдісті жүзеге асырумен өте аз адамдар айналысады, бірақ олардың оң нәтижесі айқын. Осы әдістердің көмегімен еліміздің болашақ балаларының бүкіл ұрпағының жалпы зияткерлік деңгейін көтеруге болады.

Түйінді сөздер: физикалық сауаттылық, денсаулықты сақтайтын сауаттылық, шығармашылық ойлау, сыни ойлау, дағдылар, білім, қозғалыс.

One of the most important tasks of the modern school is the formation of functionally literate people. Functional literacy is the ability of a person to use the knowledge gained throughout his life to solve a wide range of life tasks in various areas of human activity, communication and social relations. Physical literacy, health literacy, creative and critical thinking can be identified as the main components of functional literacy formulated in physical education lessons



Physical literacy is a main and valuable ability that can be described as a predisposition of a person's personality, which includes motivation, confidence, physical competence, knowledge and understanding and these characteristics establish purposeful physical pursuits as an integral part of a person's life position.

For example:

Moving game "The fastest"

Each participant in the game creates a circle for himself and stands on it. The driver stands in the middle of the field. At his command: "one, two, three - run!" the participants of the game run to various places. The driver says: "one, two, three - run to the traffic light!" again and he himself is trying to get the circle. The one who does not have time for the circle becomes the leader.

Health literacy is a set of knowledge, skills and abilities of a person that allow them to find, understand and use information to prevent disease and maintain health.

A low level of health literacy leads to non-compliance with a healthy lifestyle, deterioration of mood and exacerbation of chronic diseases. It can significantly affect the state of health of a person, the possibility of his personal, social and cultural development, as well as worsen his quality of life.

A human with a good level of literacy in the field of health can take responsibility for both his own health and the health of his family and society.

Lesson topic: health promotion through motor activities



Purpose of training :

9.3.1.1 show the impact of a healthy lifestyle on health by your own example.

Task .

Match the performance of yoga exercises with their names and perform.

One of the components of functional literacy is creativity and critical thinking.

Critical thinking is a general concept of a wide range of cognitive skills and intellectual inclinations. Critical thinking helps students effectively identify, analyze and evaluate information, overcome individual points of view, draw and present reliable conclusions, and make reasonable and correct decisions.



The theme of the lesson: Running medium and long distances
7.3.3.1 understand the requirements for physical fitness of the body when performing exercises of various physical activities and their impact on the energy system of the body in terms of external and internal signs.

Task: Run in pairs.

Compare theoretical and practical real time.

Evaluate your results.

Creativity is the ability to productively create, evaluate, and improve ideas that can lead to effective solutions (competence).

The content of the curriculum of the discipline "physical culture" for the level of Basic Secondary Education consists of three sections on the updated content:

1. movement activities;
2. creative and critical thinking through motor skills;
3. health and healthy lifestyle.

In the " movement activities " section, students perform specific motor activities such as walking, running, jumping, and throwing.

It is the development of motor skills that is mandatory for the formation of physical literacy. When teaching the technique of walking, running, jumping and throwing, students apply their subject knowledge, capacities and abilities in everyday life. If in the lesson the student is taught the correct types of walking, then he can use this skill when crossing rough terrain, crossing an uneven surface, and on inclined planes or climbing a mountain. There are many types of walking. Among them: walking in place; walking; Nordic walking; sports walking.

If we consider sports walking, then this style of walking is distinguished by speed. It is necessary to try to move in the maximum speed mode. The benefits of walking in a sporty style affect the overall strengthening of the body, a person gets tired more during such a movement than when running.

When learning the running technique in the classroom, students complete training tasks and learn the stages of running. Running has a positive effect on the cardiovascular system, increases metabolism in the body, has a positive effect on the immune system, strengthens joints and muscles. Endurance increases with a long run.

The ability to jump correctly helps students to overcome any obstacles on a walk, such as a ditch, Wall, Spring, Hill. When students jump from a small height, subject knowledge about the correct swing landing is formed.

In physical education classes, students run and learn the technique of long jumps, jumps from place to place, high jumps, learn the phases of jumps (emphasis, push-ups, flight and landing on the ground). If we consider practical examples of the implementation of physical literacy in physical education lessons. In physical education classes, students develop motor skills not only through running, jumping, throwing and moving games, but also through elements of gymnastics. For example: simple acrobatic exercises. Rotation is the rotation of the body, turning forward, backward and sideways with the head while standing, contracting, bending and tilting and so on.

From an early age, students are taught to improve the coordination of movements, the ability to walk in space, as well as the ability to fall and stand correctly.

For example: let's take the engraving of the ball in the technique of a football game. In this exercise, the student tries to kick the ball with his feet as much as possible without touching the ground. Before performing the exercise, it is necessary to show a video or illustrative material in

which the technique of hitting the ball is shown. Students should understand how to perform this exercise correctly.

You can also point out mistakes that are often made when hitting the ball.

This is a simple and at the same time effective exercise that develops not only the speed of reaction, but also coordination of movements. Unexpected things happen in life, in which the speed of reaction and coordination of movements can help.

In the section "Creative abilities and critical thinking through motor skills", not only physical literacy is formed, but also critical thinking, communication skills and communication skills are developed through play. Students develop different tactics and strategies in sports and moving games. Develops critical thinking, leadership skills in teamwork. All these knowledge, understanding, application, top-level skills are used by students to become indispensable services that they can use in life

- critical thinking;
- effective formation of a communicative strategy
- skillfully use various tactical communication techniques, come up with new ideas, as well as possess the creativity and skills of a leader.

Take, for example, the moving game "Catch up". A moving game is a kind of exercise in which students develop certain skills.

A moving game contributes to the development of social skills, the ability to work in a team, and students also need to establish the conditions of a competitive environment and take appropriate actions.

Moving games for schoolchildren strengthen physical health, teach life situations, and help the child develop properly.

For example, what is the distance of the obstacle?

The speed of running can increase due to muscle strength, how are the muscles of the legs, arms developed? My respiratory system What exercises to do to restore the body?

In this task, students learn to think critically, to work collaboratively with others.

If we consider the training of technical methods of football.

For example: cheating gestures (fits). Demonstration of football techniques "feint Garrinchi" and "feint Zidane" (Marseille roulette).

As a rule, these punches are used to create a gap in the conditions of a tight fit of the defenders of the attacker.

Allow students to complete the task first in pairs and then in a small group of three students. This task develops students' physical and mental qualities, intuition and the ability to improvise.

A special role is played by the fact that, for example, the concept is broad, the speed of reaction, the height of the center of gravity of the body, speed and general physical fitness.

The content of the section "**Health and healthy lifestyle**" is aimed at the formation of knowledge about personal hygiene and a healthy lifestyle, the study of the influence of physical activity on the state of the body at various levels, on the functioning of its organs and systems, as well as the formation of risk management skills during physical exertion.

For example, in this section, students are taught to correctly measure the pulse. Your heart rate is a measure of how many times your heart beats per minute. By counting these strokes, we can get an idea of our health and physical fitness.

Students apply this knowledge in everyday life, during physical activities. Various exercises in the lesson develop the muscular system of students, which helps to cope with various physical activity in everyday life.

Consider an example of the development of health literacy.

Jumping with a skipping rope is one of the most common cardio load options, which is used to improve the physical properties of the body. They are used in any sport: fitness, martial arts, CrossFit and others.

Jumping with a skipping rope improves the vestibular apparatus, coordination, strengthens the respiratory system, heart and blood vessels, develops endurance, speed, reaction.

Jumping with a skipping rope is not recommended for people with problems with the cardiovascular system, damaged joints and ligaments of the knees, legs or forearms.

Compliance with safety precautions in physical education lessons is one of the main tasks of the discipline. Incorrectly performed exercises on gymnastic projectiles in acrobatics, lack of warm-up before running, incorrectly selected equipment pose a real threat to various injuries.

To get acquainted with the rules of safety and injury prevention in physical education classes, you can use the materials of the Online-Mektep platform.

All tasks are designed for students to be able to apply and analyze their knowledge to solve the health-improving orientation, comply with hygiene requirements and safety rules, as well as widely apply them in life.

First, the student gets acquainted with the content of the lesson, which reveals his subject knowledge on the topic, then he can watch a video about safety in athletics lessons, and after everything that has been read and seen, move on to performing test tasks on the topic of the lesson.

Studying the materials of this lesson, students learn about the rules of Safety, get acquainted with the main measures to prevent injuries, will be able to determine the cause of injuries, and learn how to provide first aid in case of accidents.

The sources of the "Online Mektep" platform can be used not only to learn safety techniques, but also other department materials.

The platform presents a large amount of theoretical material on the educational topics of the discipline "physical culture". Using these resources, students can independently study not only safety techniques, but also the rules of sports games, the technique of performing physical exercises, the history of sports games, etc.

Adolescents who lead a healthy lifestyle in adulthood may experience cardiovascular disease, cancer, diabetes, and other dangerous health disorders.

For the development of basic physical qualities, strength, speed, dexterity, coordination of movements of a person, physical education classes alone are not enough, it is necessary to lead an active lifestyle, in free time from classes, perform physical exercises, play sports and moving games, run, swim.

Formation of functional literacy in physical education lessons help students in aspects like:

- understand the need to follow the rules of personal hygiene;
- development of communication skills;
- development of critical and creative thinking skills;
- formation of research skills and the ability to solve problems;
- use of physical activity aimed at the formation and improvement of a healthy lifestyle;
- apply knowledge and skills in everyday life.

Summing up the above, I would like to draw your attention to the fact that modern society needs people who are healthy, educated, businesslike, think rationally, easily adapt to society, and can independently make responsible decisions in the face of choice.

We have presented to you some examples of the formation of functional literacy of students in physical education lessons. I would like to note that the process of forming functional literacy should be systematic and include specific life circumstances.

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