



National sports and competitions in applied physical education of schoolchildren of the Sakha Republic: theoretical aspect

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Abstract

Objective of the study was to theoretically substantiate and develop the program content of applied physical education for schoolchildren of the Sakha Republic based on national sports and competitions and recommend it for practice.

Methods and structure of the study. The study was conducted during 2024 in schools of the Sakha Republic. The program and methodological support of applied physical education of schoolchildren was analyzed, pedagogical observations, conversations, questionnaires were conducted, the accumulated factual material was systematized, applied skills and abilities of household, hunting, fishing and other economic activities for productive life in local climatic and geographical conditions of residence were tested.

Results and conclusions. An analytical review of scientific and methodological literature on the subject of the work, pedagogical observations of practical classes, conversations, and software analysis showed that insufficient attention is paid to applied physical education in the schools of the Sakha Republic, training the younger generation for effective and productive economic, social, and everyday activities in difficult climatic, geographical, and natural conditions of life in the Sakha Republic. Based on the collected and systematized factual material, a variable program of applied physical education of schoolchildren of the Sakha Republic was developed, which includes the following sections: national sports of the Sakha Republic; applied exercises that form economic skills for traditional Yakut life; national exercises that form applied hunting and fishing skills; applied survival skills in the taiga and traditional forms of hardening the body from low temperatures. A correctly formed program of applied physical education of schoolchildren of Yakutia contributes to the formation of economic and everyday readiness of the younger generation for effective activity and living in the harsh natural and climatic conditions of the Sakha Republic.

Keywords: *program, applied physical education, national sports and competitions, schoolchildren, Yakutia.*

Introduction. At present, the applied focus in physical education of children and youth is of great importance, which includes, first of all, the preparation of the younger generation for future life, the formation of skills and abilities of household and household orientation, applied motor skills for professional activities, readiness to defend the Fatherland and to act in adverse natural conditions, in various natural disasters, calamities, environmental catastrophes, etc. Of particular importance is the applied focus of physical education of schoolchildren of the Sakha Republic living in adverse climatic and geographical conditions. As practice shows, insufficient attention is paid to the applied focus in physical education based on national sports and competitions

in schools of the Sakha Republic. This national-applied approach allows us to prepare the younger generation of the Sakha Republic for optimal and safe life in local conditions, to support age-old national traditions and historical ties that contribute to the survival of the local population in the harsh conditions of the North, to improve and perfect their surrounding life, etc. All this as a whole determined the relevance and subject matter of our research.

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Results of the study and discussion. As a result of the collected factual material and analysis of the traditions of the motor and competitive cultures of the local ethnic group, a variable program of applied physical education for schoolchildren of the Sakha Republic was developed based on national sports and competitions (Table 1).

The sections of the variable program of applied physical education based on national sports and competitions presented in Table 1 consistently form applied skills of household activities and safe behavior in the tundra and taiga in schoolchildren of the Sakha Republic in primary school, then in basic school the skills of cross-country running, hunting and fishing are consistently formed, hardening forms and means for the body from low temperatures of the environment are offered. In secondary school, sports skills of practicing national

sports are formed: «hapsagay» - Yakut national wrestling; stick tug (mas-wrestling); jumping over sleds; Yakut jumps: on one leg, multiple jumps and long jumps with a run; Yakut «vertushka», etc. Upon completion of each practical section of the program, control of the formed applied skills and abilities is carried out.

Conclusions. The developed variable program of applied physical training of schoolchildren of the Republic of Sakha allows for the progressive formation of applied skills of economic and national activities and life of the indigenous population in the younger generation of the republic, maintaining traditions and improving the national motor culture taking into account the requirements of modern reality and further progressive development and filling of the historical heritage and experience of the new generation of the Republic of Sakha.

References

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Table 1 – Variable program of applied physical education of schoolchildren of the Republic of Sakha based on national sports and competitions

№	Program material (sections)	Hours	Classes		
			1-4	5-9	10-11
1.	Theoretical section:	8	2	3	3
1.1.	National life, traditions and culture of the indigenous people of the Sakha Republic	2	1	1	-
1.2.	National games and competitions	3	1	1	1
1.3.	National sports	2	-	-	2
1.4.	Applied focus of national competitions and games	1	-	1	-
2.	Practical section:	50	14	20	16
2.1.	Exercise for developing household skills	12	8	4	-
2.2.	Applied exercises for developing hunting and fishing skills	11	2	6	3
2.3.	Formation of readiness for safe behavior and life in the conditions of taiga and tundra	8	2	4	2
2.4.	Formation of skills for hardening the body and readiness for the effects of unfavorable natural and climatic and geographical living conditions on the body	9	2	4	3
2.5.	National sports and competitions	10	-	2	8
3.	Control section:	10	1,5	4	3,5
3.1.	Functional control	2	-	1	1
3.2.	Physical fitness control	3	1	1	1
3.3.	Control of the formation of applied motor skills and abilities	2,5	-	1,5	1
3.4.	Theoretical control of knowledge of applied physical education based on national sports and competitions	1,5	0,5	0,5	0,5
4.	Total number of hours by sections	68	17,5	28	22,5