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АЛТЫНСАРИН ОҚУЛАРЫ

«ИННОВАЦИЯ, БІЛІМ, ТӘЖІРИБЕ-БІЛІМ
БЕРУ ЖОЛЫНЫҢ ВЕКТОРЛАРЫ»

ХАЛЫҚАРАЛЫҚ
ҒЫЛЫМИ-ПРАКТИКАЛЫҚ
КОНФЕРЕНЦИЯСЫ

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ОПЫТ – ВЕКТОРЫ
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«Инновация, білім, тәжірибе-білім беру жолының векторлары»: 2023 жылдың 17 ақпандағы Халықаралық ғылыми-тәжірибелік конференция материалдары. II Кітап. – Қостанай: А.Байтұрсынов атындағы Қостанай өңірлік университеті, 2023. – 1231 б. = «Инновации, знания, опыт – векторы образовательных треков»: Материалы международной научно-практической конференции, 17 февраля 2023 года. II Книга. – Костанай: Костанайский региональный университет имени А.Байтұрсынова, 2023. – 1231 с.

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Жинаққа «Инновация, білім, тәжірибе-білім беру жолының векторлары» атты Алтынсарин оқулары халықаралық ғылыми-практикалық конференция материалдары енгізілген.

Талқыланатын мәселелердің алуан түрлілігі мен кеңдігі мақала авторларына заманауи білім беруді жаңғырту мен дамытудың, осы үдерісте қазақ ағартушыларының педагогикалық мұрасын пайдаланудың жолдарын, мұғалімдерді даярлаудың тиімді технологиялары мен форматтарын әзірлеу мен енгізу мәселелерін, ақпараттық қоғамдағы білім беру кеңістігінің ерекшеліктерін айқындауға, сондай-ақ педагогтердің инновациялық қызметінің тәжірибесін жинақтауға, педагогикалық үдеріс субъектілерін психологиялық-педагогикалық қолдауға мүмкіндік берді.

Бұл жинақтың материалдары ғалымдарға, жоғары оқу орындары мен колледж оқытушыларына, мектеп мұғалімдері мен мектепке дейінгі тәрбиешілерге, педагог-психологтарға, магистранттар мен студенттерге қызықты болуы мүмкін.

В сборнике содержатся материалы Международной научно-практической конференции Алтынсаринские чтения «Инновации, знания, опыт – векторы образовательных треков». Многообразие и широта обсуждаемых проблем позволили авторам статей определить векторы модернизации и развития современного образования, использования в данном процессе педагогического наследия казахских просветителей, вопросов разработки и внедрения эффективных технологий и форматов подготовки учителей, специфики образовательного пространства в информационном обществе, а также обобщения опыта инновационной деятельности педагогов, психолого-педагогической поддержки субъектов педагогического процесса.

Материалы данного сборника могут быть интересны ученым, преподавателям вузов и колледжей, учителям школ и воспитателям дошкольных учреждений, педагогам-психологам, магистрантам и студентам.

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- ✓ если обучающийся не справляется с группой вопросов на одном из уровней, то не стоит продолжать тестирование;
 - ✓ если он не запомнил новую информацию, то он не сможет её использовать на практике, лучше перенаправить обучающегося на повторение материала и попросить пройти тест снова;
 - ✓ обеспечить понимание того, какие мыслительные умения обучающимся необходимы;
 - ✓ научиться искусству аргументации, научить оценивать результаты своей деятельности.
- Таксономия Бенджамина Блума направлена на практическую помощь современному преподавателю, который осознаёт важность мышления высокого уровня в современном образовании.

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THE ROLE OF PHYSICAL EDUCATION AND SPORTS ON THE BASIS OF INVATIONAL APPROACHES IN STRENGTHENING HUMAN HEALTH

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Abstract

This article is about strengthening the natural health of the members of our society through physical education and sports

Key words: Sports, health training, mass sports, educational technologies, training, innovative approach, physical knowledge, physical education, immunity, pedagogical observation, loading, Olympic games.

Аннотация

Эта статья об укреплении естественного здоровья членов нашего общества с помощью физкультуры и спорта.

Ключевые слова: Спорт, оздоровительная тренировка, массовый спорт, образовательные технологии, тренировка, инновационный подход, физические знания, физическое воспитание, иммунитет, педагогическое наблюдение, нагрузка, олимпиада.

A number of practical actions have been taken in the field of physical education and sports in Uzbekistan. In addition to physical education and sports education, an innovative approach (far from old views, new methods, innovations) entered all areas of education. It is the honorable duty of each of us to train specialists in the field of physical education and sports, to strengthen their health, and to distance today's youth from foreign ideas.

In accordance with the "National Personnel Training Program" implemented in the country, and as an extremely important condition for the formation of physical and spiritual health of the growing young generation, striving for a healthy lifestyle and instilling love for sports, the development of mass sports for

children is recommended. It is important to form their mental processes, develop their speech, acquire various movement skills and skills, train them, and educate them hygienically.

At a time when fundamental reforms are being implemented in our society, human health is the basis of the priority directions of the activities of our state and government. The ultimate goal of raising a healthy generation is to ensure the nation's all-round harmony. As a result, a healthy nation creates a great state, a perfect, free civil society. The future of our country depends first of all on the well-rounded young people who are loyal to their homeland, selfless and have high moral qualities, who have mastered the achievements of modern science and technology. One of the most important issues in the development of a child's personality is physical health, mental endurance, freshness, deep thought, and thinking. Such issues are formed primarily in the family.

Today, a number of decrees and decisions are aimed at ensuring the birth of a physically and mentally healthy child in every family, as well as the health of mothers and children. It is necessary for our young people to understand how precious a place the family is before starting a family. This, in turn, requires taking into account the uniqueness of age periods in the formation of personality. Adolescence and adolescence can be called the period of physical and mental preparation of a child for building a family in the future. Children's attitudes towards physical education and sports are formed in the family, of course, if parents set a personal example and make physical education a family tradition and follow a healthy lifestyle. This is the main success of physical education in the family.

On the other hand, if the children in the family are engaged in some kind of sport, it is ensured that they stay away from harmful habits. For this, first of all, it is necessary for parents to understand the importance of a healthy lifestyle in the family. Physical education in the family is carried out in the following forms:

- morning hygienic gymnastics;
- morning fitness run;
- walking tours;
- travel and tourist walks;
- various action games;
- exercises (in the open air, in sunlight, in water);
- compliance with the hygiene of physical education in the family;
- doing physical work and so on.

Only a healthy, well-being, optimist, mentally resilient person with mental and physical work capacity, an active person can overcome professional and life difficulties. Establishing a healthy lifestyle is not only in terms of economic security, but health care also requires raising the spiritual, educational and cultural level of people. Therefore, the family is sacred, and today the place and role of the intellectuals of our society in raising a healthy and well-rounded generation is increasing more than ever. Many people today do not live an active enough life. According to the results of the research, children who are less active are prone to diseases, and serious diseases occur in them. It is necessary to get used to playing sports from school days. It helps to maintain health in middle-aged people. Daily morning physical training is the guarantee of health. It should become a habit for everyone, like washing in the morning. Regular walking has a positive effect on the child, improves his condition and increases his ability to work. It is known that the heart is a complex coordinated movement controlled by the nervous system, the entire muscular system of our body participates in its implementation. Thus, being outdoors for 1-1.5 hours every day is important for maintaining human health. Walking especially in the evening, before going to sleep, is very beneficial. It relieves stress during the working day, calms the agitated nervous centers, normalizes breathing.

In protecting and strengthening a person's health, his education about hygienic knowledge takes a big place. Hygienic education is a part of general education, and hygienic skills are an integral part of cultural life. Personal hygiene means that a person takes care of his body and keeps it gentle, the skin protects the human body from various diseases. Dirty skin can harm your health. In addition, people who are lazy and do not take care of themselves leave an unpleasant impression on those around them. All kinds of diseases are transmitted from sick people to healthy people through dirt, so it is necessary to wash hands and face before eating, after leaving the toilet, after performing daily tasks and before going to sleep. At the same time, personal hygiene includes issues such as clean air at home, cleanliness of clothes and bedding, creating comfortable conditions for sleeping and relaxing.

According to the statistics obtained from around the world, every year two and a half million people die among the living. Unfortunately, such a harmful habit as smoking does not spare teenagers. The reasons that encourage teenagers to join the ranks of smokers are the delusions of skill, interest, imitation of adults. Smoking causes frequent diseases of the upper respiratory tract, increased cough, sputum movement, and the occurrence of diseases such as allergic diseases of the respiratory organs. Smoking is also harmful to non-smokers. Even non-smokers can get various diseases when they inhale tobacco smoke. Alcoholism is a harmful and terrible habit. Addiction to alcohol occurs imperceptibly for the drinker and for those around him,

and ends with collective alcoholism, which creates a difficult psychological climate in the family. Such a climate has a strong negative impact on children's education and health. Alcoholism in children and adolescents is characterized by the manifestation of signs of addiction, which is manifested in excitability, irritability, anger, aggression, anger. Due to independence, physical education and sports, like all areas of development of our country, are developing within the priority directions of state policy. Pedagogical-psychological research of the teacher's work has proven that it has a great impact on the effectiveness of the students' educational activities. The scientific knowledge of the teacher, the positive qualities characteristic of his personality are the decisive factors in the formation of the education of students, their conscious activity and the activity of striving for independent creative knowledge.

A teacher's outlook is an important component of his pedagogical culture and skill as an educator. Today, students and young people who dedicate themselves to the profession of pedagogy should know very well that the formation of a scientific worldview in the youth of today, the ability to hold debates on the most urgent and urgent problems of the present time, the ability to convince people, the ability to independently it is very important for them to acquire the ability to make conclusions and generalizations. Resolutions and other conceptual documents related to this field, their gradual implementation, and the Constitution of Uzbekistan "On Education" and "National Program of Personnel Training" The above-mentioned opinion is that special emphasis should be placed on physical education and sports in the Laws on is an expression. To this end, through the tireless research of the female coaches of our Republic, the development of mass sports in local, city, regional, republican and international competitions, as well as the development of the young generation towards the Olympic heights. In addition to teaching the secrets of sports to their students, women are sparing their strength in raising young people to be strong under the protection of our country.

The practical meaning of these documents is that in recent years, Uzbek sports have been glorifying the fame of our country in front of the world community with its high results, the construction of thousands of sports complexes that meet international standards, and the fact that the most prestigious international competitions are held in different regions of our country. is oatmeal. But not to miss high results, training of qualified, competitive athletes is directly related to training of young talented reserves. In the following decades, a process of rejuvenation is taking place in modern sports. Involvement of more young athletes in the training process imposes an innovative approach and great responsibility on the experts in the field of sports. Our female coaches are playing a very important role in the innovative development of women's sports. Currently, due to the lack of female coaches in the regions of our Republic, the development of girls' sports at the faculties and institutes of physical education of the whole Republic, in addition to the admission process, is the reason why the leadership of our government pays more attention to women's sports.

Accelerating the pace of development of women's sports, especially in rural areas, mass involvement of the growing generation in physical education and sports and creating conditions for their regular practice, improvement of the general secondary education system It is not a secret to anyone that it is possible to effectively solve urgent issues such as the consistent implementation of the plan's tasks on a global scale based on the national program of the State. In addition, the proper organization of sports for children, young people and women, and the development of their body is related to the need to take into account the specific sensitive periods of each physical quality and functional capabilities.

It should be noted that the effectiveness of physical education and sports training is determined not only by their continuity and regularity, but it should be based on the size and duration of training and the value of the impact, in which the role of mentors is incomparable. Therefore, determining the importance of female coaches in women's sports and creating conditions for them to regularly engage in physical education and sports and increasing the effectiveness of these conditions, related to material, legal, normative and organizational is important in the case of factors.

It is known that the development of women's sports is not determined only by the material and technical aspects of the issue, but we believe that it is important to attract this generation to physical education and sports on a global scale, to organize training on a national basis, and to make sports skills fundamental for the effective formation of female coaches. leaders paid attention to this, we teachers and coaches consider it our important task to educate the growing young generation into a healthy, dexterous, strong and well-rounded generation.

In those who indulge in alcohol, diseases of vascular respiratory organs, gastrointestinal tract are more common, the liver is severely damaged, and sexual activity decreases. Regular participation in physical education and sports also strengthens feelings such as self-confidence, pride and will in a person. Such a person brings benefits not only to himself, but also to the whole society, the nation, and leads others to a healthy lifestyle and health. Therefore, the development of the population's interest in physical education and sports today provides an opportunity to prevent many developing diseases. The role of physical education in raising the growing young generation to be physically mature is very important. In strengthening the health of

students, active games held in the physical education class of elementary schools of general secondary schools, during the big break and in the extended day group are also important.

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МАТЕМАТИЧЕСКАЯ ГРАМОТНОСТЬ В РАМКАХ ЭКОЛОГИЧЕСКИХ ПРОБЛЕМ

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Аннотация

Актуальность данной работы заключается в том, что, развивая математическую грамотность в рамках экологических проблем позволяет обратить внимание учащихся на экологические проблемы.

Цель предоставить примеры эффективных практик по развитию математической грамотности в рамках экологических проблем.

Ключевые слова: математическая грамотность, экология, задачи.

Аңдатпа

Бұл жұмыстың өзектілігі экологиялық мәселелер шеңберінде математикалық сауаттылықты дамыту арқылы оқушылардың назарын экологиялық мәселелерге аударуға мүмкіндік береді.