**Ministry of Education and Science of the Republic of Sakha ( Yakutia ).**

**State autonomous institution of additional education**

**Republic of Sakha ( Yakutia )**

**Recreation and recreation center for children " Sosnovy Bor "**

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|  | APPROVEDDirector of GAU DO RS (Y) TsO and OD"Pinery"\_\_\_\_\_\_\_\_\_\_\_\_\_I. N. Ivanova"\_\_\_\_" \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2020 |

**WORKING PROGRAMM**

Additional education

**"STEP TO HEALTH"**

Age structure of children: 4-5 years

Middle group

Yakutsk 2020

**EXPLANATORY NOTE**

It is known that each nation, large and small, in accordance with the level of socio-economic development, natural and geographical conditions, has historically developed its own system of physical education.

For centuries, the system of physical culture of nationalities has been verified by the very practice of life, it not only developed moral and volitional personality traits, but also contributed to the artistic and aesthetic education of a person.

In national sports, the origins of traditional folk knowledge about nature, man and society are reflected to a certain extent. The history of the accumulation of this knowledge in the field of national physical culture will be of interest to scientists for a long time, because here, as well as in oral poetry, decorative and musical art, the northerners' understanding of beauty, harmony, order. In national games and sports, a peculiar philosophy of health of the peoples of the North. This philosophy is a harmonious system based on moral and aesthetic principles, on the eternal human striving for harmonious improvement.

The entire stay of children is aimed at the development of their intellect on the basis of well-thought-out various types of motor activity and deep knowledge of the dominant need of children for movement and play. The correct development of the motor sphere, sports activities have a positive effect on the formation of the child's intelligence, the spiritual quality of his personality. Various types of physical activity have the most favorable effect on the state of psychosomatic health of pupils.

Relevance. The work takes into account the interests and needs of each student, the child receives the necessary knowledge and skills that he can easily apply at home and in life. The implementation of the program provides a great opportunity for organizing informal communication, which will allow organizing and developing the independence of children, fostering personal qualities, forming activity, and forming key competencies.

1. **Targets and goals**

**The purpose of the program:**Increase in physical activity, Formation of initial ideas about a healthy lifestyle in children, the formation of a sustainable interest in physical education. Ensuring the diversified development of children aged 3 to 4 years, taking into account their age and individual characteristics.

    **Program objectives:**

***Educational***

- acquaintance with national sports, outdoor games of the peoples of the republic, as well as with little-known sports games of different peoples of the world.

- to encourage children to ask questions on their own, find solutions and draw conclusions.

- ***Developing***

- creating an environment for creative communication;

- personal growth of program participants through participation in various creative and sports competitions;

- creating in groups an atmosphere of humane and benevolent attitude towards all pupils, which allows them to grow up sociable, kind, inquisitive, proactive, striving for independence and creativity;

***Upbringing***

- motivation of children for a healthy lifestyle, sports.

- taking care of health, emotional well-being and timely all-round development of every child;

- maximum use of various types of children's activities, their integration in order to increase the efficiency of the educational process;

**Educational product:**upon completion of the program, the student receives knowledge and skills primary for a given age.

**As a result of the assimilation of the program, students:**

Improving the ability to control their movements, develop skills in fast and economical movement, overcoming obstacles, harmonious development of children.

The program is of great health value. Exercises require the dynamic work of many muscles, which makes it easy to regulate the load, improves the activity of the motor apparatus, internal organs, the central nervous system and the body as a whole.

    The program focuses on the development of the natural qualities of the individual, gives the child the right to master the level of program material that is available to him.

    As a result of mastering the program of a health-improving orientation and outdoor games, students must reach the next level.

    Cohesion of all children, based on common goals, interests, values, acceptance of rules and norms by all.

    Teaching foreign languages, teaching in the classroom for additional education, will provide an opportunity to stimulate creative activity, broaden horizons.

***Students' age:***4-5 years (middle preschool group).

***Term of implementation of an additional educational program***

The program is developed for 1 academic year.

Teaching methods:

*Verbal***-**story-introduction, part-search conversation, formulation of a cognitive task, explanation, story-conclusion .

*Visual*- didactic cards, digital educational resources: photographs, video clips, sound recordings, objects of interactive modeling;

Game - didactic, situational, role-playing games.

**Educational technologies**: play, learning in collaboration, technology of success, integrated lesson.

***The qualities of the student's profile, the formation of which is aimed at using educational technologies:***

1) Investigator

2) Analyzing

3) Open

4) Sociable

5) Thinking

6) Principled

7) Risky

8) Caring

9) Knowledgeable

10) Comprehensively developing

**Methods for measuring performance:**

Diagnostics of the results of the program is carried out by analyzing specific cases, analyzing one's own pedagogical activity in the final lesson.

• pedagogical observation: the activity of students in the classroom, personal contribution, the manifestation of creativity in the design of works, participation in the discussion of the results of research;

Parents are surveyed, changes in the behavior of children during classes are studied, and attitudes towards others are also investigated.

**Forms of summing up the results of classes**: participation in a collective game.

Thematic planning

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| --- | --- | --- | --- |
| No.P / p | Section | Month | Number of hours |
| 1 | National jumping | September October | 4 hours |
| 2 | Yakut spinner | Oak tember - November | 2 hours 40 |
| 3 | Balls | November December | 4 hours |
| 4 | Mass wrestling | January | 2 hours 40 minutes |
| five | Sled jumping | February March | 6 o'clock |
| 6 | World Games | April May | 6 hours . |

Content of the program

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Lesson topic | Goals and objectives of the lessons | Lesson content | Key competencies | Clock |
|   | National jumping |
| 1 | FamiliarizationJumping game | Correctly perform the basic movements in walking and running; Run at a steady pace | A set of general developmental exercises with a ball. Special play exercises , running | SocialHealth-savingCommunicative InformationActivity | 2 0 minutes |
| 2 | Jumping from the bench | Correct exercise | Exercises in walking, switchgear, jumping from a bench | Health-savingActivity | 4 0 minutes |
| 3 | Jumping to the bench | Correct exercise | Exercises in walking, switchgear, jumping from a bench | Health-savingActivity | 1 hour |
| 4 | Bounce game | Correct and attentive completion of tasks | Exercises in walking, running, OSU, game | SocialHealth-savingCommunicative InformationActivity | 1 hour |
| five | Bunnies game | Correct and attentive completion of tasks | Exercises in walking, running, OSU, game | SocialHealth-savingCommunicative InformationActivity | 1 hour |
| 6 | Jumping on one | Correct execution of the exercise, attention of the leader. | Exercises in walking, running, OSU, jumping on one leg | SocialHealth-savingCommunicative InformationActivity | 30 minutes |
| Yakut spinner |
| 7 | Rotating in place | Correct execution of the exercise, attention of the leader. | Exercises in walking, running, RPM, rotation in place, coordination and balance | SocialHealth-savingCommunicative InformationActivity | 20 minutes |
| eight | Work on a groan , somersaults forward | Correct execution of the exercise, attention of the leader. | Insurance and assistance during classes. OSU without itemsVarieties of walking.Running exercises. | SocialHealth-savingCommunicative InformationActivity | 20 minutes |
| nine | Work at the ston ur . 1 | Correct execution of the exercise, attention of the leader. | Insurance and assistance during classes. OSU without itemsVarieties of walking.Running exercises. | SocialHealth-savingCommunicative InformationActivity | 4 0 minutes |
| ten | Work at the ston ur . 1,2 | Correct execution of the exercise, attention of the leader. | Insurance and assistance during classes. OSU without itemsVarieties of walking.Running exercises. | SocialHealth-savingCommunicative InformationActivity | 4 0 minutes |
| eleven | Work at the ston ur . 1,2,3 | Correct execution of the exercise, attention of the leader. | Insurance and assistance during classes. OSU without itemsVarieties of walking.Running exercises. | SocialHealth-savingCommunicative InformationActivity | 40min. |
| Ball games |
| 12 | Catching and passing the ball | be able to : catch the ball correctly. | Walking and running with various tasks and elements of the technique of the game basketball. Complex ORU with a basketball. Catching and passing the ball with two hands from the chest | SocialHealth-savingCommunicative InformationActivity | 40 minutes |
| 13 | Playing in the ball | Be able : to repel the ball . | Walking joggingOSUTennis ball passing and batting. | Health-savingActivity | 40 minutes |
| fourteen | Playing in the ball | Be able to: start after hitting the ball. | Walking joggingOSUTennis ball passing and batting. Running at 15 m. | Health-savingActivity | 40 minutes |
| fifteen | Ball game | Be able to: hit a moving and non-moving target with a throw .  | Walking joggingOSUTransfer and hit by a throw on a moving and non-moving target. | SocialHealth-savingCommunicative InformationActivity | 40 minutes |
| sixteen | Ball game | Defining the command zone | Walking joggingOSUGame of wolves and hares | SocialHealth-savingCommunicative InformationActivity | 4 0 minutes |
| 17 | Ball game | Be able to: start after hitting the ball. | Walking joggingOSUGame of wolves and hares | SocialHealth-savingCommunicative InformationActivity | 4 0 minutes |
|   | Mass wrestling |
| 12 | Familiarization | Correct execution of the exercise, attention of the leader. | Varieties of walking. Running exercises.ORU complex with balls.Hanging and stop exercises. Balance exercises.Combinations | SocialHealth-savingCommunicative InformationActivity | 20 minutes |
| 13 | Running with sticks | Attention to the leaderCorrect task completion | Insurance and assistance during classes. OSU without itemsVarieties of walking.Special running exercises. | SocialHealth-savingCommunicative InformationActivity | 40 minutes |
| fourteen | Hanging and stop exercises. Equilibrium | ***Demonstrate a***set of exercises***Master***exercises: pull-ups in hanging and stops | Varieties of walking.Running exercises.ORU complex with balls.Acrobatic connection. Hanging and support exercises:Balance exercises.Combinations from previously mastered elements of technology |   | 20 minutes |
| fifteen | Technical exercises  | ***Be able to:***perform a deadlift on command of the hands . commands***Master***the tug technique | The combination of hand movements with walking in place and in movement, with bounces, with squats, with turns.ORU with sticks. Jumping ropetechnical training |   | 40 minutes |
| sixteen | Compound in balance. Flexibility | ***Show***quality power during exercise***Correction:***exercise ***techniques***. | Varieties of walking. Shuttle run with sticks.ORU in pairs. Compound in balance. Flexibility exercises and abs. |   | 40min. |
| 17 | Improving technology  | ***Be able to:***perform a deadlift on command of the hands . commands***Master***the tug technique | The combination of hand movements with walking in place and in movement, with bounces, with squats, with turns.ORU with sticks. Jumping ropetechnical training |   | 20 minutes |
|   | Sled jumping |
| 18 | Control of knowledge, motor skills and jumping skills | ***Know:***instruction on TB in the classroom***Master*: The**versatile skills associated with organizing exercises. | Overcoming obstacles. Sport games. Development of endurance. | ***Communicative:***use speech to regulate your actions, and the actions of your partner. | 1 hour   |
| nineteen | High jump from a run. Medicine ball throw | ***Simulate***exercise complexes, taking into account their goal: to develop strength, speed, endurance | OSU in motion. Running exercises. High jump technique with a run - acceleration, repulsion, landing. Medicine ball exercises | ***Communicative:***define the goals, functions of participants, ways of interaction | 1 hour |
| 20 | Jump technique. Medicine ball throw | ***Simulate***exercise complexes, taking into account their goal: to develop strength, speed, endurance | OSU in motion. Running exercises. High jump technique with a run - acceleration, repulsion, landing. Medicine ball exercises | ***Communicative:***define the goals, functions of participants, ways of interaction | 1 hour |
| 21 | Improving jumping technique | ***Be able to:***jump high | Uniform running. OSU in motion.Running exercises.Learn to take off in the long jump by the "bending legs " method .  | ***Communicative***follow the actions of other participants in the course of group or game activities | 2 hours |
| 22 | Improving jumping technique | ***Be able to:***jump high | Uniform running. OSU in motion.Running exercises.Learn to take off in the long jump by the "bending legs " method .  | ***Communicative***follow the actions of other participants in the course of group or game activities | 1 hour |
|   | World Games |
| 23 | Catching and passing the ball | be able to : catch the ball correctly . | Walking and running with various tasks and elements of the technique of the game basketball. Complex ORU with a basketball. Catching and passing the ball with two hands from the chest | SocialHealth-savingCommunicative InformationActivity | 1 hour |
| 24 | Playing in Rounders | Be able : to repel the ball . | Walking joggingOSUTennis ball passing and batting. | SocialHealth-savingCommunicative InformationActivity | 2 hours a |
| 25 | Playing in Rounders | Be able to: start after hitting the ball. | Walking joggingOSUTennis ball passing and batting. Running at 15 m. | SocialHealth-savingCommunicative InformationActivity | 1 hour. |
| 26 | Playing in Rounders | Be able to: hit a moving and non-moving target with a throw .  | Walking joggingOSUTransfer and hit by a throw on a moving and non-moving target. | SocialHealth-savingCommunicative InformationActivity | 1 hour |
| 27 | Final game of rounders | Defining the command zone | Walking joggingOSUGame of wolves and hares | SocialHealth-savingCommunicative InformationActivity | 1 hour |
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