

Physical culture area

Year 3-4

Content	
1	<p>Basic motor activity</p> <p>Organizational exercises. General developmental exercises. Exercises for body position in space. Elements of acrobatics. Children's fitness: logo aerobics, animal aerobics, fitball aerobics, dance aerobics. Walking, running, jumping. Exercises with a small ball (tennis or rubber). Jumping rope. Exercises for the development of physical qualities: strength, speed, endurance, flexibility, coordination. Selection of exercises for warm-up. The concept of athletics and gymnastics. Acquaintance with different types of inventory and equipment in physical education classes. General idea of the Olympic Games. The value of the achievements of famous athletes at the Olympic Games and other competitions for self-improvement.</p>
2	<p>Play and competitive activities</p> <p>Active games, folk games for active recreation. Exercises with a basketball. Exercises with soccer balls. Elements of handball. The concept of individual and team sports and the importance of fair play. The importance of folk, active games, entertainment, elements of folk festivals and ceremonies for the formation of personal physical culture. Symbols and ideals of the Olympic movement, acquaintance with the life of famous athletes.</p>
3.	<p>Health and safety</p> <p>General developmental exercises. General developmental exercises for posture formation. Exercises to prevent flat feet. Relaxation exercises. Breathing exercises.</p>



Exercises for the prevention of eyesight diseases.
Basic ways to regulate physical activity.
Self-monitoring of heart rate.
Positive and negative factors that affect health.
The role of different types of hardening for your own health.
The value of the rules of the game for the safety of their own and others.
Sanitary and hygienic requirements for training and sportswear.

Compulsory learning outcomes

Student:

- performs movement exercises (walking, running, jumping, climbing, swimming, sliding) with and without objects, evaluates the actual performance of motor actions and exercises for others (subject to appropriate conditions);
- recognizes, selects and performs physical exercises for morning gymnastics, exercise minutes and breaks; selects appropriate equipment for each sport, distinguishes and performs exercises in different sports for the development of physical qualities;
- performs motor actions in physical games during school and leisure activities;
- uses elements of self-control while performing physical exercises;
- analyzes the impact of positive and negative factors on human health; evaluates his well-being by heart rate and respiratory rate;
- regulates the intensity of the load (speed, duration, sequence of physical exercises) in accordance with the defined tasks;
- interacts effectively with peers to achieve common team goals during motor activities;
- adheres to the rules of safety during physical activity in the institution of general secondary education and outside it, explains the meaning of these rules and the consequences of non-compliance;
- adheres to the rules of fair play during physical activity; strives to win, is not upset by the defeat and takes it with dignity.

