

## **THEORY AND METHOD OF ORGANIZATION SPORTS FESTIVAL AND SPECIES**

The economic reforms taking place in our country deeply affected the actual problem of a healthy lifestyle, the formation of a culture of health, physical education of students. The results of the studies have shown that the level of physical development, physical fitness and student health have a clear tendency to constant deterioration. In this regard, students must learn not only general knowledge but also to acquire practical skills and abilities in developing the physical and moral will qualities that are necessary for health promotion. Necessary in the present becomes qualitative preparation and organization of sporting events in the school.

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The purpose of the article is to consider the theory and methodology of organizing sports holidays and sights.

In sports represented virtually all types of human activity: cognitive, value-oriented, communication, etc. Therefore, in the process of physical education you can actively shape the consciousness and behavior of people in the right direction. In the process of sports activities carried out the mental education of participants. Here there are two types of communication: direct and indirect. In the process of training, there is also a moral development of those children engaged in sports. It aims at developing the social rights of the qualities that define its relationship to other people, to society, to himself and collectively represent what is called moral education, physically developed personality. Find out the basic issues of preparing and organizing sporting events in the school. Functions of teachers of physical culture and sports, organizers of competitions, sports judges and sports doctors related to the organization and conduct of sports competitions, vary depending on the nature of these people's activities.

One of the most important functions of the teachers of physical education and sports is the preparation of children for participation in sports competitions. Before allowing schoolchildren to enter official competitions, one should not only teach them the skills of sports techniques and tactics, give some knowledge, develop the necessary motor skills, but also teach them to compete. To do this they need to participate in control and training competitions. The rules in them can be simplified or changed by the teacher himself. For example, the number of attempts or sizes of sites decreases, the length of the distance is determined by the winner on the quality of performance of sports exercises, etc. The preparation of measures of organizational and methodical nature related to the conduct of sporting competitions, first of all, is the drawing up of a schedule of competitions for a particular sport. It indicates the name of the competition, the timing and venue of the competition, and responsible persons for their organization.

Another important measure of organizational and methodological nature is the drafting of a competition. It indicates: the name of the competition, the date, venue, the objectives of the competition, the program and the order of the days, the composition of the participants, the system of score (determination of the winners), the form of awarding.

In order to participate in the competition, it is necessary to submit the application in the pre-determined form, and then in the final form, in the prescribed time. The first application contains the desire of this team to participate in the competition. The second application contains information about participants' composition and some other information.

For the competition, it is necessary to take care of the place of carrying out, equipment and inventory in full accordance with the established rules, their high quality and the required quantity.

To maintain sporting competitions according to their type and scale, the school assigns a doctor and other medical staff.

The most important document governing the conduct of the competition and affects their results, are rules of competition for a particular sport. The main organizer and the head of the sports competition, responsible for their conduct and, to a certain extent, for the results achieved, is the sports judge appointed from among the teachers of physical culture of one or several schools.

Therefore, in order to raise the level of physical development of a person, physical fitness and the health of students, which has a clear tendency to permanent deterioration, it is necessary to instill love for sports, to carry out qualitative preparation and organization of sporting events at school. And physical education and sports events allow us to solve these issues.

During the sporting competitions, the tasks set out in the physical culture and sports classes are improved, in terms of improving the physical and theoretical training of the individual. The pleasure of sports, bright, emotional sights arises as a result of complicity in them the viewer. Sports competition must be properly and clearly organized. The success of a sports event depends on his competent construction.