

DEVELOPMENT OF PHYSICAL TRAINING SKILLS AND FORMATION OF WILLPOWER QUALITIES IN EXTRACURRICULAR ACTIVITIES

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ABSTRACT

The subject of physical education is taught in general education institutions throughout the educational period and includes tasks such as the implementation of the process of physical education in various forms, interconnected, while maintaining coherence. It is the main form of teaching in secondary schools, and the activities of various extracurricular activities and sports sections lead to a positive change in the indicators of students' time management, health, quality of education. During the general education period, physical education teachers directly help students to realize their potential, such as a positive attitude to the subject of physical education, the acquisition of knowledge, skills and abilities, increasing the level of physical fitness.

Keywords: Physical training, extracurricular activities, willpower, skill, physical education.