

## PHYSICAL PERFECTION OF STUDENTS OF EDUCATIONAL INSTITUTIONS LAW ENFORCEMENT BY MEANS OF OUTDOOR GAMES

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**Annotation.** We consider the means and methods of use of outdoor games in physical perfection of students. Highlighted in the direction of professionally-applied physical skills of students. Proposed systematization of outdoor games. The brief content of the big games and the average mobility. Proposed themes and a summary of the single combat with the use of outdoor games. Particular consideration when choosing outdoor games should be given their focus on the development of skills to move freely on the carpet, the tackler and be free of seizures opponent chase the opponent. For strength training are recommended games that require short-term display of speed and power voltages of moderate load. For the development of endurance recommended games with multiple repetition of actions, with continuous motor activity.

**Keywords:** outdoor games, cadets, physical exercise, training, quality.

### Introduction

The efficiency of the training process of cadets is largely determined by the diversity of the employed means and training methods. Outdoor games in the training of the cadets at the stage of initial training provide an opportunity of complex development of physical qualities; with their help the lessons become various and interesting.

Constant repetition of moving actions in game conditions helps to develop in the cadets the ability safely and advisably to perform in their final form. It is important to teach the trainees to act the most advisably appropriate in different situations and to apply the acquired skills in non-standard conditions [3,5,6].

Historical parts of the outdoor games (content, form and methodical features) allow considering it as one of the important means of physical training.

It should be noted that the notion "method of game" involves not only any specific games, but also the application of the methodological features of the game in any physical activity. Such exercises, retaining its essential nature, become a kind of game implication. They engage the cadets in their emotionality, availability, diversity and adversarial character, help mostly correctly, but in a light form execute the elements of the studying techniques and tactical actions, and simultaneously help to educate physical qualities [4,5,6,7].

### Goal and tasks of work, material and methods

The goal of work is physical improvement of the cadets in educational institutions of law enforcement agencies.

The tasks of the research are the development of professional-applied physical skills of the cadets in educational institutions of law enforcement agencies by means of outdoor games.

Research methods. Theoretical analysis, generalization of the special and scientific-methodical literature. The learning of the best practices from experts in the field of theory and methodology of physical education.

### The results of the research

An outdoor game is the conscious activity which displays and develops the ability to analyze, compare, summarise and make proper conclusions. Engaging in games enriching participants with new feelings, ideas, concepts, and thus, contributes to the development of the ability to actions which are of importance in daily practice, engaging in games themselves and in gymnastics, sport and tourism as well [3,7].

The urgent question is about moving and sports games which are closely interconnected. Here we come to the truth about the benefits of outdoor games that can be played without special training at any age, as there is no complicated techniques and tactics, and rules can be changed as desired [5,6].

In pedagogical practice of physical education a special place occupies game competitions as relay races involving two or more teams. The personal responsibility of each participant for a team win and collective actions of the players is a valuable educational factor.

It is difficult to overestimate the importance of the relay in the development of agility, quickness and speed-strength qualities, improving movements' coordination, and the development of wits and ingenuity [7].

Collective outdoor games develop a sense of camaraderie, habits critically to treat to the actions of their comrades and their actions.

The opportunity to see and evaluate the beauty of agile, accurate, fast, purposeful movements and supportive concerted actions contributes to the aesthetic education of the players.

Engaging in games helps to improve coordinated, saved and concerted movements, acquisition of skills quickly and skillfully to perform a variety of moving tasks (emerging sometimes unexpectedly) displaying sometimes necessary effort and persistence [3,4,7].

### Systematization of outdoor games

In each physical exercises the elements of games can be expressed more or less clearly and fully depending on different requirements and conditions in which the exercise is conducted.

For the education of dexterity uses the games to encourage the participants to move quickly from one practice to another respectively in a changing situation.

To improve speed it can contribute the games that require instant answers to auditory, visual signals, the games with sudden stops, delays and renewal movements, overcoming the short distances in the shortest possible time.

For the training of strength it suits the games requiring the display of transient speed-strength tensions, moderate load.

To develop endurance it contributes the games with constant repetition of actions, continuous moving activity associated with significant effort and energy. However, it should be aware that in depending on fitness level of the players the total number of repeated actions and the duration of uninterrupted game activities differ.

In pedagogical practice it often distinguishes games by predominant displaying physical qualities of the players such as dexterity, speed, strength and endurance. Such a division of the games requires corresponding characteristics of the game actions (table 1).

Often the games are grouped according to the nature of their mobility. Grouping games by predominant displaying physical qualities of the players (Table 1).

Table 1

<i>Feature of game actions</i>		
The games which mainly display	Feature of game actions	Examples of games
Agility	Games that encourage immediately move from one practice to another; not lingering to combine their actions with other involved (for the sudden task, signals). Games that require the ability to focus simultaneously on some actions (running, jumping, playing with evading)	“Tags” “Smart service” “Smart and pointed”
Speed	Games requiring timely moving responses to the visual, sound signals, games with short dashes as catch me-run. Games with overcoming short distances in the shortest possible time. Games with running on speed in a changing conditions.	“Cones, acorns, nuts” “Day and night” The relay at the obstacle course
Strength	Games with short-term muscle tense with dynamic and statistical nature.	“Hurl” “Cocks Fight”
Endurance	Games with numerous repetitions of active and energetic actions associated with continuous intensive movements, in which the active actions alternate with short pauses to rest, transitions from one practice to another.	“Commands run” “Don’t give the ball to a wisher” “Drawing of the rope”

#### Games of great mobility:

1. All the involved actively and at the same time are running, jumping, thrashing about, throwing and catching combined with a run (leaps), resistance (force).

2. In the above-mentioned movements groups (teams) participate alternately.

#### Games of average mobility:

1. All or most players actively involve in such movements as rhythmic walking, free walking in combination with jumping, transfer, throwing, catching and throwing, as well as creative or imitative motions (without running and jumping).

2. In such movements as running, jumping, transfer, throwing, tossing and catching combined with a run (leaps), resistance the certain players or small groups (up to 4 people) participate.

#### Sedentary games:

1. In typical, for a game, movements one or two players actively relatively long time participate alternately.

2. All (or most) of the participants move freely (walk) or perform small quiet movements [3,4].

#### **Outdoor games in martial arts**

Outdoor games are used to promote the successful solution of the tasks of the special sports training and improve the overall physical fitness [1,2,3,4,5,6].

First of all, it is important to cultivate in the cadets courage, bravery, tenacity, the desire to win. For this in the content of the lessons is advisable to introduce the simplest forms of struggle - the struggle for the seizure of hands, fight without throws (someone who will detach from the carpet), the struggle of the feet, the struggle for the subject (stuffed balls, short sticks), “a riders battle”, “a cock fight”, pushing out from a circle, and also paired exercises in resisting and overcoming the weight of the opponent etc. Struggle in elementary forms is convenient because it can be arranged not only individually but in groups, teams, and it brings up the primary skills of group behavior, desire to fight for their team [1,2].

The particular attention when preparing outdoor games should be given the ability to freely move across the carpet, perform grips and be exempted from seizures of the opponent, chase the opponent, etc.

These skills are brought up at an early stage of training. Gaps in the education of these special skills in further the cadets are forced to perform independently according to their capabilities losing on that precious training time [1].

### Conclusions

The outdoor games are one of the most important means of physical education. There is a classification of games at the direction of their influence. The outdoor games are applied in the form of a lesson, in the sections, on holidays, and etc. One of the most characteristic signs of moving games are the game elements, and in this regard, a high emotional attitude of the cadets. As a rule, their application leads to the growth of physical abilities of the cadets.

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