

## Methodology for Carrying out Swimming Training Lessons for Children 9-10 Years Old

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### Abstract:

The article deals with the problems of applying the methodology of swimming training sessions for children of primary school age. It is recommended to pay special attention to the correct implementation of the swimming technique, the rational setting of breathing and fixing the effect of training loads on the functional performance of children through heart rate indicators.

**Keywords:** young swimmers, training, swimming, warm-up, swimming technique, methodology, school age.

**Introduction.** In modern society, there is a significant decrease in the physical health of people and their life expectancy. It is possible that the health of the younger generation is deteriorating every year due to a decrease in physical activity. According to various statistical studies, less than 25% of young people under the age of 18 are characterized by normal indicators of physical development and physical health [1, 2].

Most educators and medical workers point out that improving the health of children and adolescents is one of the main tasks of modern society. The upbringing of a physically developed nation is the key to the future prosperity of the country. Only physically healthy young people are the basis for successful education, professional growth, and increasing physical performance. According to scientific studies, persons with a high level of physical fitness are usually characterized by a high intellectual level of development [3, 4, 5].

The most relevant and effective means of the harmonious development of a young organism is the use of recreational and sports swimming. It is during the lessons of this sport that the natural development of all physical qualities occurs, the indicators of functional fitness improve, the activity of the musculoskeletal system improves, the health of young athletes is tempered and strengthened [6, 7].

To determine the effect of swimming lessons on the children's body, the author developed and implemented a series of training sessions that did not require a special level of preparedness and were designed for children who do not have high sports achievements. Each training session consisted of the necessary components: a warm-up (general - on land and a special one - in the water), the main part (the main tasks are performed exclusively in the water), the final part (various recovery exercises in the water, organizational debriefing of the lesson) [8, 9].

Warm-up is an important component in the overall construction of a lesson, the main purpose of its application is to prepare the muscles and other body systems, both the cardiovascular system and the muscular cover for physical activity [10, 11, 12]. The duration of the warm-up depends on the number of children in training from 10 to 15 minutes. The warm-up can be divided into several aspects, such as warming up the whole body and its individual parts and exercises in the water.

Warming up in the water allows the child to get used to the aquatic environment. Usually, exercises in the water are less dynamic, but it allows you to repeat all the basic swimming movements. The

warm-up in the water is carried out in two stages: without additional swimming facilities and with planks, when individual movements are practiced.

The main part of the lesson is aimed at fulfilling the tasks of the training. The content and dosage corresponds to the topic of training. The load value is calculated for each child individually and has only a general concept. It all depends on the reaction of the body to the work performed. During the performance of work in the main part of the training, much attention is paid to the rational setting of breathing, since the effectiveness and possibility of high-quality performance of exercises in water largely depend on the correctness of breathing [13, 14].

All work in the pool during the main part of the lesson takes place with additional equipment that makes it possible to simplify or complicate the technique of performing swimming movements and increase the effectiveness of training work. By means of auxiliary equipment, the training work is differentiated and the intensity and overall magnitude of physical activity are adjusted. At the end of the training session, the coach suggests swimming in full coordination with fixing the influence of training loads on the functional performance of children due to heart rate indicators.

The final part of the training is aimed at restoring all body systems to their original level. Usually, in this part of the lesson, recovery exercises are used, which are quite important in content.

So in the final part it is advisable to use starting jumps into the water, turns in the water, all kinds of outdoor games. The final stage of the training session is the organizational and methodological summing up of the results of the session with the obligatory fixation of the positive moments of the training and notification of home individual tasks for each young athlete.

During the training in the technique of crawl swimming on the chest, all the basic principles must be observed. The content should clearly correspond to the objectives and allow you to achieve a positive effect from the training. In training, an additional means that significantly increases the learning process should be used shoulder blades.

The duration of the workout should be 50 minutes. During the training session, young athletes must overcome a total distance of 900 meters. Most of the time is spent explaining the tasks, as well as the slow implementation of swimming movements with additional equipment. During swimming in full coordination, athletes receive the maximum load, so long rest pauses are used after passing each 25-meter segment before the start of the next one.

The fulfillment of the tasks of the second training session involves the improvement of the crawl swimming technique on the chest. Various additional devices were also used in the training, which contributed to improving the quality of assimilation of the crawl swimming technique on the chest. Special boards and blades are used as auxiliary equipment, which allow you to separate the work of the hands from the legs and increase the amount of load during swimming. When improving the swimming technique in full coordination, young athletes are given a specific task related to the specifics of overcoming the distance.

As a result, the duration of the training was 55 minutes. During the training session, young athletes in total overcame a distance of 1100 meters. In contrast to the previous lesson, young athletes mostly performed swimming due to which the swimming technique was improved by this style.

**Conclusions.** One of the promising areas for increasing the level of physical fitness is swimming, which, due to the involvement of all the basic physical qualities, allows you to comprehensively influence the development of the child's body. During the study, in a group of children aged 9-10 years, swimming lessons were used, which consisted of special exercises with additional equipment. The duration of the classes was 45-55 minutes with an average load. Almost all

exercises were performed in the pool under the close attention of the coach. The volume of training work was in the range from 800 to 900 meters.

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