



## A DIFFERENTIATED APPROACH TO THE FORMATION OF STUDENTS' MOTOR ACTIVITY: BASIC PRINCIPLES AND METHODS

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### ABSTRACT

The article explores the importance of an individual approach to the development of motor skills in schoolchildren. The article discusses the basic principles of differentiation in the field of physical education, including taking into account the individual characteristics of each student, creating adapted training programs and using a variety of methods to stimulate interest in physical activity. The authors emphasize the importance of flexibility and creativity in planning physical education classes in order to maximize the needs of diverse students, contributing to the optimal development of their motor skills and overall physical fitness. This article provides valuable practical recommendations for teachers and specialists in the field of physical culture, taking into account modern requirements for individualization of education and care for the physical health of schoolchildren.

**KEYWORDS:** Differentiated approach, formation of motor activity, students, principles of differentiation, methods of teaching motor activity, individualization of education, adaptation of the educational process, characteristics of each student, pedagogical strategies, development of motor skills.

### INTRODUCTION

A differentiated approach in education is a key element of effective learning, including in the field of physical education. A differentiated approach to the formation of students' motor activity not only takes into account the individual characteristics of each student, but also contributes to the maximum disclosure of their physical potential. In this article, we will consider the basic principles and methods of a differentiated approach in the formation of students' motor activity.

Each student is unique, and their physical abilities, interests, and level of training can vary significantly[1]. A differentiated approach involves the creation of individual training programs and tasks, taking into account the level of training of each student. To ensure diversity in learning, it is necessary to provide different types of exercises, taking into account the preferences and characteristics of each student. This can include both individual and group classes. A differentiated approach requires a thorough analysis of each student's health. The training programs should be adapted to the physical capabilities and limitations of each individual.

Conducting testing and consultations allows you to determine the level of training, health and goals of each student[2]. Based on these data, individual training programs are formed. Within the framework of group classes, students can be divided by training levels to ensure the

effectiveness of training for each group. The use of specialized applications, virtual simulators and physical activity monitoring helps to adapt programs to the individual needs of students. A differentiated approach requires constant monitoring of each student's progress. If necessary, adjust the training program, take into account changes in health and achieve new goals.

In modern education, it is becoming increasingly clear that a standardized approach to learning is not always effective for all students. The differentiated approach is becoming increasingly popular in various fields of education, including the formation of students' motor activity. This approach allows teachers to take into account the individual needs, level of training and learning styles of each student. In this article, we will consider the basic principles and methods of a differentiated approach to the formation of motor activity.

An individualized approach involves adapting training programs to the level of knowledge and skills of each student. In the context of physical activity, this may mean changing the intensity of training, choosing different types of physical activity and taking into account the physical characteristics of students. Students may have different preferences regarding learning methods[3]. Some prefer visual learning, others prefer auditory learning, and still others learn better through practical application. The inclusion of a variety of methods in the physical education program ensures that the needs of different students are more fully covered. Students have different levels of physical fitness[4]. The differentiated approach provides for the creation of individual training programs, taking into account the current physical condition of each student. This allows us to provide optimal physical development for each student, regardless of their initial level.

Methods of the differentiated approach:

1. Group lessons with individual correction: The organization of group lessons with the possibility of individual correction allows teachers to simultaneously pay attention to all students and provide individual recommendations or corrections.
2. Task variability: Providing a variety of tasks and exercises allows students to choose activities that are more in line with their interests and preferences. This approach not only engages students, but also stimulates their activity.
3. The use of technology: The introduction of modern technologies such as training applications, virtual simulators and game elements can make the learning process more fun and differentiated. These technologies allow teachers to personalize learning programs and monitor the progress of each student.
4. Partner and group work: Working in pairs or groups allows students to interact and share experiences. This promotes the development of social skills and allows more experienced students to help less experienced ones by creating positive interactions.

In conclusion, a differentiated approach to the formation of students' motor activity is becoming an increasingly important component of modern education. Taking into account the individual characteristics, learning styles and level of training of each student contributes to the effective formation of physical activity and the creation of a favorable environment for the comprehensive development of personality.

## CONCLUSION

A differentiated approach to the formation of students' motor activity is an effective method that contributes to the individualization of learning and the development of physical abilities



of each student. He emphasizes the importance of taking into account a variety of factors, such as level of training, interests, health and preferences, which contributes to the maximum achievement of physical education goals.

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