federal state budgetary educational institution

higher education

"Orenburg State Medical University"

Ministry of Health of the Russian Federation

**METHODOLOGICAL RECOMMENDATIONS FOR THE TEACHER ON THE ORGANIZATION OF THE STUDY OF THE DISCIPLINE**

HEALTH AND EDUCATIONAL TRAINING

in the direction of training (specialty)

*31.05.01 General medicine*

It is part of the main professional educational program of higher education in the field of study (specialty)*31.05.01 General medicine*, approved by the Academic Council of the FGBOU HE Orgmu of the Ministry of Health of Russia (protocol No. 9 dated April 30, 2021) and approved by the rector of the FGBOU HE Orgmu of the Ministry of Health of Russia on April 30, 2021

Orenburg

**Module 1**Self-organization and self-development of personality.

**Topic 1**.Self-organization as the basis of self-development of the individual.

**Type of lesson**practical lesson.

**Target:**create an idea of ​​the self-organization of the individual.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:An oral survey that reveals terminological literacy. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The concepts of "self-organization of personality" and "self-organized personality"2. The essence of self-development and its main characteristics3. Self-knowledge as the most important element of self-development4. Self-knowledge as a process and barriers in self-knowledge2. Development of practical skills and abilities:Make a table of existing theories of personality development, reveal their summary |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**Self-organization and self-development of personality.

**Theme 2**.Self-development and self-determination of personality

**Type of lesson**practical lesson

**Target:**create an idea of ​​self-development of the individual.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:An oral survey that reveals terminological literacy. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Consciousness and self-consciousness. The structure of self-consciousness2. Self-determination of personality3. Forms of self-determination: self-affirmation, self-improvement, self-realization, self-actualization2. Development of practical skills and abilities:Make a diagram that reflects the structure of self-consciousness, taking as a basis the concept of one of the scientists. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**Self-organization and self-development of personality.

**Theme 3**.Self-development and self-determination of personality

**Type of lesson**practical lesson.

**Target:**create an idea of ​​self-development of the individual.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:An oral survey that reveals terminological literacy. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Self-affirmation2.Self-improvement3. Self-realization4. Self-actualization2. Development of practical skills and abilities:Make a table "Forms of self-determination", highlighting the characteristics and results. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**Self-organization and self-development of personality.

**Theme 4**.Technologies of self-development and self-management.

**Type of lesson**practical lesson.

**Target:**create an idea of ​​the technologies of self-development and self-government of the individual.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:An oral survey that reveals terminological literacy. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Personal project management as a basis for self-development management
2. The main directions of self-design
3. Stages of self-development management

2. Development of practical skills and abilities:Draw up a diagram of the stages of self-development management |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**Self-organization and self-development of personality.

**Theme 5**.Means of self-development and self-management.

**Type of lesson**practical lesson.

**Target:**create an idea of ​​the means of self-development and self-government of the individual.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:An oral survey that reveals terminological literacy. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Self-education and self-education.2. Goals of self-education.3. Tasks of self-education.4. Ways and means of achievement.2. Development of practical skills and abilities:Make a self-education program and predict the results. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**Self-organization and self-development of personality.

**Theme 6**.Function and methods of self-development management.

**Type of lesson**practical lesson.

**Target:**create an idea of ​​the functions of self-development and self-government of the individual.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:An oral survey that reveals terminological literacy. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Ways of self-development.
2. Types of self-control.
3. Competence self-monitoring.
4. Self-Change Inventory
5. Revision of life and professional goals
6. Fixing achievements and failures
7. Self-control of one's condition

2. Development of practical skills and abilities:Give examples of the implementation of management functions in relation to self-development. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**Self-organization and self-development of personality.

**Theme 7**.Technology of structuring attention

**Type of lesson**practical lesson.

**Target:**create an idea about the technology of structuring attention

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:An oral survey that reveals terminological literacy. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Principles of Attention Structuring Technology
2. The principle of creating simple circuits
3. The principle of creating an image
4. The principle of materialization of information
5. The principle of filing

2.*Development of practical skills and abilities:*write a "Declaration of Personal Mission" - a document in which to formulate their goals and objectives in this world. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**Self-organization and self-development of personality.

**Theme 8**.Business game "Qualities of a successful person".

**Type of lesson**practical lesson.

**Target:**explore what qualities you need to have in order to achieve success in life; analyze what qualities are formed in life, whether they contribute to future success.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:An oral survey revealing the rules of the game. |
| 3 | **The main part of the lesson.**Game description:Discussion and selection of important qualities that characterize a successful person.A list of qualities is provided. You need to choose from them the five most suitable for determining a successful person. Students can add missing qualities. First, each determines for himself, then a discussion in the group and come to a common decision. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**Self-organization and self-development of personality.

**Topic 9.**The competence of self-organization and self-development of the individual in modern society.

**Type of lesson**practical lesson

**Target:**create an idea of ​​self-organization and self-development of the individual.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method, which reveals the existing knowledge of students on issues of self-organization and self-development of the individual. |
| 3 | **The main part of the lesson.***Consolidation of theoretical material:*Reports on:1.The concept of time management and the causes of its deficit.2. Basic methods in time management.3. Eisenhower method.4. Pareto principle.5. B. Franklin's time management system. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**Self-organization and self-development of personality.

**Theme 10**.Time management in modern society.

**Type of lesson**practical lesson.

**Target:**To create an idea of ​​time management in modern society.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:An oral survey that reveals terminological literacy. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. How time management began.2. Emergence of "time management"3. What is the Time Manager system4. Time manager concepts5. Goal setting6.Planning7. Decision making2. Development of practical skills and abilities:Write practical advice on time management. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**Self-organization and self-development of personality.

**Topic 11**.Self-organization of students' time.

**Type of lesson**practical lesson.

**Target:**Create an idea of ​​the self-organization of students' time

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method, which reveals the existing knowledge of students on issues of self-organization and self-development of the individual. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Organization of time2. Working with the book3. Techniques for effective work with information4. Principles of competent thinking5. Operational self-regulation |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**Self-organization and self-development of personality.

**Topic 12**.Competitiveness of students

**Type of lesson**practical lesson.

**Target:**Create an idea of ​​the competitiveness of students

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:An oral survey that reveals terminological literacy. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Theoretical aspects of the competitiveness of the individual2. Competitiveness of the individual3. Diagnostics of students' competitiveness4. Competitiveness of first-year students5. Competitiveness of third-year students6. Comparative characteristics of students' competitiveness |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**Self-organization and self-development of personality.

**Topic 13**.Time Wasters: Causes, Identification, Ways to Fight

**Type of lesson**practical lesson.

**Target:**Create an idea of ​​time wasters

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method, which reveals the existing knowledge of students on issues of self-organization and self-development of the individual. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1.Features of time absorbers.2. Types of time absorbers:3. Methods for determining time sinks.4. Basic techniques for minimizing waste of time.2. Development of practical skills and abilities:Make a list of time wasters |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**Self-organization and self-development of personality.

**Topic 14**.Goal setting through various techniques and methods

**Type of lesson**practical lesson.

**Target:**Create an idea aboutgoal setting through various methods and

methods

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:An oral survey that reveals terminological literacy. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The psychological significance of goal setting2. Classification of students' goals3. Personal goals of students4. Professional goals of students5. Step by step goal setting method6. Principles of goal setting |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**Self-organization and self-development of personality.

**Topic 15**.Methods, techniques and tools for planning time and improving personal efficiency

**Type of lesson**practical lesson.

**Target:**Create an idea of ​​the methods, techniques and tools for planning time and increasing personal efficiency

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method, which reveals the existing knowledge of students on issues of self-organization and self-development of the individual. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:* 1.[What is personal effectiveness](https://kakzarabativat.ru/soveti/lichnaya-effektivnost/#chto-takoe-lichnaya-effektivnost)
* 2.[Why is it important to evaluate and improve personal performance](https://kakzarabativat.ru/soveti/lichnaya-effektivnost/#pochemu-vazhno-otsenivat-i-povyshat-lichnuyu-effektivnost)
* 3.[Who is recommended to improve personal effectiveness in the first place](https://kakzarabativat.ru/soveti/lichnaya-effektivnost/#komu-rekomenduetsya-povyshat-lichnuyu-effektivnost-v-pervuyu-ochered)
* 4.[When is personal effectiveness formed?](https://kakzarabativat.ru/soveti/lichnaya-effektivnost/#kogda-formiruetsya-lichnaya-effektivnost)
* 5.[The basis of personal effectiveness](https://kakzarabativat.ru/soveti/lichnaya-effektivnost/#osnova-lichnoj-effektivnosti)
* 6.[Methods for improving personal effectiveness](https://kakzarabativat.ru/soveti/lichnaya-effektivnost/#metody-povysheniya-lichnoj-effektivnosti)
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**Self-organization and self-development of personality.

**Topic 16**.Time management techniques

**Type of lesson**practical lesson.

**Target:**Create an idea abouttime management techniques

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:An oral survey that reveals terminological literacy. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Pareto Principle
2. Eisenhower Matrix
3. Mind maps or Mindmaps
4. Franklin Pyramid
5. ABCHD method
6. Eat the frog first (go from hard to easy)
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**Self-organization and self-development of personality.

**Topic 17**.Control and analysis of their actions

**Type of lesson**practical lesson.

**Target:**Create an understanding of the control and analysis of their actions

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method, which reveals the existing knowledge of students on issues of self-organization and self-development of the individual. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The concept and essence of control2.Typology and principles of control3.Structure of the control process4. Analysis as a function of managing your actionsAcceptance of control exercises (represented in the FOS) |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**Self-organization and self-development of personality.

**Topic 18**.Training "Time management or the art of time management"

**Type of lesson**practical lesson.

**Target:**to expand students' ideas about the value of the concept of "time" as a person's ability to realize his plans. Developing time management skills to improve work efficiency and personal growth.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:An oral survey revealing the rules of the training. |
| 3 | **The main part of the lesson.**1. Working with metaphorical cards-Instruction for execution-Organization of work and discussion2. Exercise "Merchant and time"- Reading a story.-Instruction for execution-Organization of work and discussion3. Exercise "Time distribution".-Instruction for execution-Organization of work and discussion4. Exercise "Chronophages"-Instruction for execution-Organization of work and discussion |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

- material and technical (chalk, blackboard, multimedia projector).

**Module 1**.Self-organization and self-development of personality.

**Subject .**Psychological aspects of the study of personality

**Target**: Control of independent work.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson. |
| 2 | **The main part of the lesson.**1. Checking the test on the studied topic. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* announcement of points for the performance of control work.
 |

**Module 1**.Self-organization and self-development of personality.

**Topic 19.**History of Callanetics. Basic principles.

**Type of lesson**practical lesson.

**Target**: Create an idea about callanetics.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. 1.The history of the creation of Calanetics.
2. 2. Popularization of Calanetics.
3. 3. Efficiency of Calanetics classes.
4. 4. Who is suitable for Calanetics.
5. 5. Contraindications for classes.
6. 6. Methodology of classes.
7. 7. Classes with beginners.
8. 8.How to do it right.
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 20.**Modern complexes of gymnastic exercises Callanetics.

**Type of lesson**practical lesson.

**Target**: Create an idea about callanetics.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Goal setting2. How gymnastics helps3. Main directions and types of exercises.2. Development of practical skills and abilities:Compose and conduct a Calanetics complex |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 21.**Shaping: history, types and varieties.

**Type of lesson**practical lesson.

**Target**: Create an idea of ​​the shaping.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Goal setting2. History of shaping development3. Varieties of shaping4. I.V. Prohortsev and his contribution to the development of shaping5. Features of exercises and their effect on the human body |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 22.**The benefits of the "catabolic" and "anabolic" stages of shaping.

**Type of lesson**practical lesson.

**Target**: Create an idea of ​​the shaping.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Features of the "catabolic" stage2. Features of the "anabolic" stage3. The main conditions of the catabolic type of load4. The benefits of these Shaping stages for the human body |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 23.**Aerobics as a means of improving physical culture.

**Type of lesson**practical lesson.

**Target**: Create an idea of ​​aerobics.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. 1. Classification of physical exercises according to the nature of the impact on the human body.
2. 2. Basic terms of strength exercises.
3. 3. Factors ensuring the safety of aerobics classes.
4. 4. Recommendations for the selection of physical exercises for aerobics.
5. 5. Basic movements of the aerobic part of the classes.
6. 6. Variety of aerobic steps.

2. Development of practical skills and abilities:Compose and conduct an aerobics complex. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector.*

**Module 1**.Self-organization and self-development of personality.

**Topic 24.**Fitness through the ages. History of origin from prehistoric times to the present day.

**Type of lesson**practical lesson.

**Target**: Create an idea of ​​fitness.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Prehistoric times2. Ancient times3. Ancient India and China4. Middle Ages5. Renaissance6. New time7. Modern times |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 25.**Fitness methods in wellness training.

**Type of lesson**practical lesson.

**Target**: Create an idea of ​​fitness.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Fitness and health
2. Wellness direction of fitness
3. Endurance
4. The main directions of fitness
5. Adaptation to aerobic exercise
6. Basic guidelines for fitness
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 26.**Stretching is a type of medical orientation. History of origin.

**Type of lesson**practical lesson.

**Target**: Create an idea of ​​stretching.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. 1. Stretching. The essence of exercise
2. 2. Types of Stretching.
3. 3.Basic principles of training.
4. 4. The use of stretching depending on the goals of the classes.

2. Development of practical skills and abilities:Demonstrate back stretching exercises |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 27.**Stretching as a health-saving technology.

**Type of lesson**practical lesson.

**Target**: Create an idea of ​​stretching.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. 1. Flexibility. Types of flexibility.
2. 2.Various stretching options.
3. 3. Efficiency and rules for stretching.
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic28.**The benefits of water aerobics as a type of health systems.

**Type of lesson**practical lesson.

**Target**: Create a water aerobics performance.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. 1. The history of the development of water aerobics in Russia
2. 2. Classification of recreational water aerobics.
3. 3. Aqua aerobic exercises.
4. 4. Types of water aerobics.
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 29.**The history of the emergence of respiratory gymnastics. Kinds.

**Type of lesson**practical lesson.

**Target**: Create an idea aboutthe history of the emergence of respiratory gymnastics and its types

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method, oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The history of the emergence of breathing exercises
2. Strelnikova's paradoxical breathing exercises
3. breathing Buteyko
4. "Sobbing Breath" by Vilunas

Conditioned reflex breathing Durymanov |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 30.**Paradoxical gymnastics by A. Strelnikova.

**Type of lesson**practical lesson.

**Target**: Create an idea of ​​the paradoxical gymnastics of A. Strelnikova

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Mechanisms of action of Strelnikova's breathing exercises and its therapeutic effectiveness2. How to master Strelnikov's gymnastics3. Rules of breathing technique4.Recommendations for the implementation of the main complex*2. Development of practical skills and abilities:*Carry out a set of breathing exercises |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 31.**Breathing exercises Hatha Yoga.

**Type of lesson**practical lesson.

**Target**: To create an idea of ​​Hatha Yoga breathing exercises.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**: oral questioning. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Breathing techniques-Full yogic breathing-Ujjayi- Surya bhedanapranayama-Chandrabhedanapranayama- Nadi shodhanapranayama2.Sound technology-Bhramari- Bija Mantra Chakra*2. Development of practical skills and abilities:*Carry out a set of breathing exercises |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 32.**Breathing exercises "Body flex".

**Type of lesson**practical lesson.

**Target**: Create an idea of ​​breathing exercises"Body flex".

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Story
2. Advantages of the bodyflex system
3. Features of the bodyflex system
4. Three rules for a good result
5. Contraindications
6. Breathing technique

2. Development of practical skills and abilities:Demonstrate the complex of the bodyflex system for the upper body. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 33.**Breathing exercises K. P. Buteyko

**Type of lesson**practical lesson.

**Target**: Create an idea of ​​breathing exercises.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The history of the development of respiratory gymnastics K.P. Buteyko
2. Basic principles of respiratory gymnastics K.P. Buteyko
3. Types and features of respiratory gymnastics K.P. Buteyko
4. The main advantages of breathing exercisesK.P. Buteyko

*2. Development of practical skills and abilities:**Acceptance of the control exercise:*Carry out a set of breathing exercises |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 34.**Massage and self-massage as a health system.

**Type of lesson**practical lesson.

**Target**: create an idea of ​​massage and self-massage.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The history of the development of massage and self-massage as wellness systems
2. Basic principles of massage
3. Types and features of massage
4. What is self massage
5. Basic principles of self-massage

*2. Development of practical skills and abilities:*Demonstrate self-massage technique |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 35.**Acupressure as one of the types of health system.

**Type of lesson**practical lesson.

**Target**: Create an idea of ​​acupressure.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The history of the development of acupressure as a health system
2. Basic principles of acupressure as a health system
3. Types and features of acupressure
4. Key Benefits of Acupressure
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 36.**Acupressure for the prevention of SARS, influenza.

**Type of lesson**practical lesson.

**Target**: Create an idea of ​​acupressure.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The history of the development of acupressure as a health system
2. Basic principles of acupressure
3. Types and features of acupressure
4. The main advantages of acupressure for the prevention of viral diseases
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 37.**Acupressure according to A. Umanskaya.

**Type of lesson**practical lesson.

**Target**: Create an idea of ​​acupressure.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The history of the development of acupressure according to A. Umanskaya as a health system
2. Basic principles of acupressure according to A. Umanskaya
3. Types and features of acupressure according to A. Umanskaya
4. The main advantages of acupressure according to A. Umanskaya
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 38.**Non-traditional and auxiliary means in physical education classes.

**Type of lesson**practical lesson.

**Target**: Create an idea of ​​non-traditional and auxiliary means.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The concept of non-traditional forms of physical culture
2. Non-traditional types of physical activity

Athletic gymnasticsStretchingYogaWu-shuBreathing exercisesGymnastics for the eyes |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 39.**Relaxation treatment-and-prophylactic anthem­stick.

**Type of lesson**practical lesson.

**Target**: To create an idea of ​​therapeutic and preventive gymnastics.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. conceptrelaxation treatment-and-prophylactic anthem­stick
2. Peculiaritiesrelaxation treatment-and-prophylactic anthem­sticks

3. Types of relaxation therapeutic and prophylactic anthem­sticks |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Topic 40.**Autogenic training.

**Type of lesson**practical lesson.

**Target**: Create an idea aboutautogenic training.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The concept of autogenic training
2. Features of autogenic training
3. The main parts of autogenic training

4. Types and benefitsAcceptance of control exercises (represented in the FOS) |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

-logistics:*multimedia projector*

**Module 1**.Self-organization and self-development of personality.

**Subject .**Self-organization of students' time.

**Target**: Control of independent work.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson. |
| 2 | **The main part of the lesson.**1. Checking the test on the studied topic. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* announcement of points for the performance of control work.
 |

**Module 1**.Self-organization and self-development of personality.

**Subject .**offset

**Target**: Determining the success of students in achieving learning outcomes in the academic discipline.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson. |
| 2 | **The main part of the lesson.**Protection of the project of students on selected topics.(represented in the FOS) |
| 4 | **Final part of the lesson:**- summing up the results of the lesson;- announcement of the disciplinary rating- issuing an offset |

**Means of education:**

-logistics:*multimedia projector*

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 1.**History of adaptive physical culture.

**Type of training session:**practical lesson.

**Target:**create an idea of ​​the history of AFC.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:* oral survey.
 |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. Domestic and foreign history of AFC.
2. History of AFK in individuals with hearing loss.
3. History of adaptive physical education and adaptive sports for persons with visual impairment.
4. History of adaptive physical education for persons with intellectual disabilities.
5. Special Olympic Movement.

*2. Development of practical skills and abilities:*List and characterize the stages of ROS development. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 2**Subject, purpose, tasks of AFC

**Type of training session:**practical lesson.

**Target:**create an idea of ​​the goals and objectives of the AFC.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:* implementation of the "basket of ideas" method;
* oral survey.
 |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. AFK subject
2. AFC goal
3. Tasks of AFC
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 3.**Stages of ROS development.

**Type of training session:**practical lesson.

**Target:**create an idea of ​​the development of AFK.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method, oral survey. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. AFK for persons with ODA lesions
2. Peculiarities of AFC for persons with musculoskeletal disorders
3. Stages of development of ROS with lesions of the musculoskeletal system

*Development of practical skills and abilities::*List and characterize the stages of development of ROS |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 4.**Adaptive motor recreation. Goals and objectives. Kinds.

**Type of training session:**practical lesson.

**Target:**create an idea ofadaptive motor recreation.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method, oral survey. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. conceptadaptive motor recreation
2. The history of the development of adaptive motor recreation
3. Features and typesadaptive motor recreation
4. Advantages and disadvantages of adaptive motor recreation

*2. Development of practical skills and abilities:*List and characterize the types of adaptive motor recreation. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 5.**Aquatic types of adaptive motor recreation.

**Type of training session:**practical lesson.

**Target:**create an idea of ​​aquatic types of adaptive motor recreation.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. conceptadaptive motor recreation
2. Features and water activitiesadaptive motor recreation
3. Advantages and disadvantages of aquatic speciesadaptive motor recreation
4. Classifications according to various criteria
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 6.**Special correctional and developmental classes during the period of recreational activities.

**Type of training session:**practical lesson.

**Target:**create an idea of ​​correctional and developmentalclasses.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson). |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. conceptcorrectional and developmental classes
2. Features and typescorrectional and developmental classes
3. Advantages and disadvantages of correctional and developmental classes
4. Classifications of special correctional and developmental classes
5. Feature of employment in recreational activities
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 7.**Therapeutic, preventive and rehabilitation measures during recreational activities.

**Type of training session:**practical lesson.

**Target:**create an idea of ​​rehabilitation.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. Structuretreatment-and-prophylactic and rehabilitation measures
2. Features and types ltreatment, preventive and rehabilitation measures
3. Advantages and disadvantages of treatment-and-prophylactic and rehabilitation measures during recreational activities
4. Classifications of treatment-and-prophylactic and rehabilitation measures
5. Feature of employment in recreational activities
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 8.**Simulators used in AFC.

**Type of training session:**practical lesson.

**Target:**create an idea of ​​the simulators used in adaptive sports.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Oral survey. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. Classification of simulators in AFC
2. Features and benefits of AFK simulators
3. Popular types of simulators

*2. Development of practical skills and abilities:*Make a set of exercises with the help of simulators for AFK. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 9.**Swimming for people with disabilities.

**Type of training session:**practical lesson.

**Target:**create an idea of ​​hydrorehabilitation.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. Structureswimming lessons for people with disabilities
2. Classifications
3. Features of working with people with disabilities
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 10.**Recreational diving.

**Type of training session:**practical lesson.

**Target:**create an idea of ​​hydrorehabilitation.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. Recreational diving concept
2. Advantages and disadvantages of recreational diving
3. Features of recreational diving
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop)

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 11.**Sports and game programs in adaptive motor recreation.

**Type of training session:**practical lesson.

**Target:**create an idea of ​​the game types of motor recreation

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. The structure of adaptive-motor recreation
2. Features and typessports and gaming programs in adaptive motor recreation.
3. Advantages and disadvantages of treatment-and-prophylactic and rehabilitation measures during recreational activities
4. Game classifications
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 12.**Recreational games with elements of individual confrontation.

**Type of training session:**practical lesson.

**Target:**create an idea of ​​games with elements of individual confrontation.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral questioning |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. The main types of recreational games with elements of individual confrontation.

Acceptance of control exercises (represented in the FOS) |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2**.Adaptive physical culture and sports for the disabled

**Subject .**Volleyball for people with disabilities.

**Target**: Control of independent work.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson. |
| 2 | **The main part of the lesson.**1. Checking the test on the studied topic. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* announcement of points for the performance of control work.
 |

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 13.**Recreational games with elements of collective confrontations.

**Type of training session:**practical lesson.

**Target:**to create an idea of ​​games with elements of collective confrontations.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. Types of recreational games with elements of collective confrontations
2. Water polo as a type of recreational game with elements of collective confrontation
3. Volleyball as one of the types of recreational game with elements of collective confrontation
4. Basketball as one of the types of recreational game with elements of collective confrontation
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 14.**Peterbasket or radial basketball.

**Type of training session:**practical lesson.

**Target:**create an idea of ​​peterbasket.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. The concept of peterbasket
2. Peterbasket Features
3. Peterbasket rules and refereeing
4. Advantages and disadvantages of this sport
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 15.**Goalball and torball (for blind athletes).

**Type of training session:**practical lesson.

**Target:**create an idea of ​​goalball.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. Goalball Definition
2. Definition of Torball
3. Advantages and disadvantages of these sports for blind athletes
4. Peculiarities of refereeing and rules of goalball and torball

*2. Development of practical skills and abilities:*Goalball rules. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 16.**Football for people with cerebral palsy.

**Type of training session:**practical lesson.

**Target:**create an idea offootball for people with cerebral palsy.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Oral survey. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. Features of the game for people with cerebral palsy
2. Rules and refereeing
3. Differences of this type of football and the main advantages
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 17.**Sleigh hockey.

**Type of training session:**practical lesson.

**Target:**create an idea ofsleigh hockey.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. The idea of ​​hockey in a sleigh
2. Basic rules and refereeing of this game
3. Advantages and disadvantages of sled hockey
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 18.**Volleyball sitting.

**Type of training session:**practical lesson.

**Target:**create an idea ofvolleyball sitting**.**

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Oral survey. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. Feature of this sport
2. Refereeing features and basic rules of sitting volleyball
3. Advantages and disadvantages of this game for people with disabilities

*2. Development of practical skills and abilities:*Sitting volleyball rules. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 19.**squash

**Type of training session:**practical lesson.

**Target:**create an idea ofsquash.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. The concept of squash
2. Basic rules and refereeing of this game
3. Advantages and disadvantages of this sport for people with disabilities
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 20.**Dance types of adaptive motor recreation.

**Type of training session:**practical lesson.

**Target:**create an idea of ​​dance types of adaptive motor recreation.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. The main types of adaptive dances
2. Dancing in wheelchairs
3. Rhythmic gymnastics in wheelchairs
4. Psychological, motor aspects
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 21.**Rhythmic gymnastics in wheelchairs.

**Type of training session:**practical lesson.

**Target:**create an idea ofrhythmic gymnastics in wheelchairs.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. Representation of rhythmic gymnastics in wheelchairs
2. Age category of wheelchair rhythmic gymnastics
3. Advantages and disadvantages
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 22.**Adaptive motor recreation. adaptive tourism.

**Type of training session:**practical lesson.

**Target:**create an idea ofadaptive motor recreation.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time**Announcement of the topic, purpose of the lesson;Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method, oral survey. |
| 3 | **The main part of the lesson***Consolidation of theoretical material*Reports on:1. Structure of adaptive tourism
2. The main forms of organizing tourist events
3. Weekend hikes
4. Multi-day hikes of physical culture and sports orientation
5. Tourist rally
6. Health tourist camp

*2. Development of practical skills and abilities:*Demonstrate tourist knots |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 23**.Adaptive Physical Rehabilitation.

**Type of training session:**practical lesson

**Target:**create an idea about the subject of adaptive physical rehabilitation

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Adaptive Physical Rehabilitation
2. Types of PRA
3. Features, goals, tasks of the PRA
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2.**Adaptive physical culture and sports for the disabled.

**Topic 24**.Massage as a kind of physical rehabilitation.

**Type of training session:**practical lesson

**Target:**create an idea ofmassage.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Massage as a kind of physical rehabilitation
2. The main types of massages

Acceptance of control exercises (represented in the FOS) |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop).

**Module 2**.Adaptive physical culture and sports for the disabled

**Subject .**Basketball for people with disabilities

**Target**: Control of independent work.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson. |
| 2 | **The main part of the lesson.**1. Checking the test on the studied topic. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* announcement of points for the performance of control work.
 |

**Module 2**.Adaptive physical culture and sports for the disabled.

**Subject .**offset

**Target**: Determining the success of students in achieving learning outcomes in the academic discipline.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson. |
| 2 | **The main part of the lesson.**Answers of students on credit cards.(represented in the FOS) |
| 4 | **Final part of the lesson:**- summing up the results of the lesson;- announcement of the disciplinary rating- issuing an offset |

**Module 3Mind games**.

**Topic 1.**Chess. History of chess.

**Type of training session:**practical lesson

**Target:**create an idea of ​​the history of chess

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment (the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:- Oral questioning |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. History of chess
2. Age category of this game
3. Basic rules of the game
4. Refereeing features
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (multimedia projector, laptop, chessboards)

**Module 3Mind games**.

**Topic 2**Chess. Chess board.

**Type of training session:**practical lesson

**Target:**introduce the basic concepts of the game of chess

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Basic rules and maneuvers
2. Refereeing features
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (multimedia projector, laptop, chessboards)

**Module 3Mind games**.

**Topic 3.**Chess pieces and their initial arrangement.

**Type of training session:**practical lesson

**Target:**to acquaint with chess pieces and their arrangement before a chess game.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Types of chess pieces
2. Basic rules of the game
3. Initial arrangement of figures
4. Ways to move different types of shapes
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (multimedia projector,

laptop, situational tasks, chess boards, chess pieces)

**Module 3Mind games**

**Topic 4.**Moves and captures

**Type of training session:**practical lesson

**Target:**study the moves and capture of pieces; contribute to the formation of logical thinking, the ability to comprehend one's actions

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Basic rules of the game
2. Basic moves of pieces
3. Ways to capture pieces
4. Game maneuvers

*2. Development of practical skills and abilities:*Solving chess problems |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (multimedia projector, laptop, chess boards, chess pieces)

**Module 3Mind games**.

**Topic 5.**The value of chess pieces

**Type of training session:**practical lesson

**Target:**form a system of new concepts about the value of chess pieces

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Differences of different types of figures
2. Ability to maneuver pieces
3. Hierarchy of chess pieces
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (multimedia projector, laptop, situational tasks, chess boards, chess pieces).

**Module 3Mind games**.

**Topic 6.**Chess. Chess combination

**Type of training session:**practical lesson

**Target:**form ideas about chess combinations and their use during the game

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Basic Rules
2. Combinations and their types

*2. Development of practical skills and abilities:*Solving chess problems |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (multimedia projector, laptop, situational tasks, chess boards, chess pieces).

**Module 3Mind games**.

**Topic 7.**Checkers. Historical review. The emergence of checkers games

**Type of training session:**practical lesson

**Target:**create an idea of ​​the history of checkers

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The concept of checkers
2. Age category of this game
3. History of checkers
4. Basic rules of the game
5. Refereeing features
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (multimedia projector, laptop)

**Module 3Mind games**.

**Topic 8.**Chess code. Refereeing and organization of competitions.

**Type of training session:**practical lesson

**Target:**to create an idea about refereeing, organization and rules of draughts competitions

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The main points of the drafts code
2. Basic Rules
3. Refereeing features
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (multimedia projector, laptop).

**Module 3Mind games**.

**Topic 9.**Rules of the game. tournament discipline.

**Type of training session:**practical lesson

**Target:**learn the basic rules of chess

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Basic rules of the game

2. Development of practical skills and abilities.*Checkers rules* |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (multimedia projector laptop, situational tasks, checkers board, checkers)

**Module 3Mind games**.

**Topic 10.**Backgammon. History of occurrence

**Type of training session:**practical lesson

**Target:**create an idea of ​​the history of backgammon

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method, oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The concept of backgammon
2. Age category of this game
3. Backgammon history
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (multimedia projector, laptop).

**Module 3Mind games**.

**Topic 11.**Backgammon. Rules of the game

**Type of training session:**practical lesson

**Target:**to form an idea of ​​the basic rules of the game of backgammon

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method, oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Basic rules of the game
2. Refereeing features

*2. Development of practical skills and abilities:*Backgammon rules |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop, situational tasks, backgammon).

**Module 3Mind games**.

**Topic 12.**Bridge. History of occurrence

**Type of training session:**practical lesson

**Target:**create ideas about the history of Bridge

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method, oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The concept of obridge
2. Age category of this game
3. Bridge history
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop, test tasks).

**Module 3Mind games**.

**Topic 13.**General Rules for Playing Bridge.

**Type of training session:**practical lesson

**Target:**Familiarize yourself with the basic rules of playing Bridge

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method, oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Basic rules of the game2. features of refereeing |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* logistical (chalk, blackboard, multimedia projector, laptop, deck of cards for playing Bridge).

**Module 3Mind games**.

**Topic 14.**Chinese sports intellectual game Go.

**Type of training session:**practical lesson

**Target:**create ideas about the Chinese intellectual sports game Go

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method, oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The concept of Go
2. Age category of this game
3. Main rules of the game
4. Refereeing features
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* logistical (multimedia projector, laptop, Go board, stones, bowls, watches).

**Module 3Mind games**.

**Topic 15.**Intellectual games of the peoples of the world.

**Type of training session:**practical lesson

**Target:**create ideas about the intellectual games of the peoples of the world

**Lesson plan**

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| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method, oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The main types of folk intellectual games

Acceptance of control exercises (represented in the FOS) |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (chalk, blackboard, multimedia projector, laptop, test tasks).

**Module 3Mind games**.

**Topic 16.**Preparation and holding of intellectual games ("Own game", "What? Where? When?", "Where is the logic")

**Type of training session:**practical lesson

**Target:**to teach the preparation and conduct of intellectual games

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:Implementation of the "basket of ideas" method, oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. Basic rules of the game "Soy game"
2. Basic rules of the game "What? Where? When?"
3. Basic rules of the game "Where is the logic?"
 |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* logistical (chalk, blackboard, multimedia projector, laptop)

**Module 3**Mind games.

**Topic 17**. functional tests. autonomic nervous system.

**Type of lesson**practical lesson

**Target:**create an idea offunctional tests.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The concept of a functional test
2. The concept of the autonomic nervous system

3. Influence of the autonomic nervous system on the human body*Development of practical skills and abilities.*Run a test and interpret the results |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (multimedia projector, laptop).

*- Tonometer, stopwatch.*

**Module 3. Mind games.**

**Topic 18**. The cardiovascular system. orthostatic test. Martinet test.

**Type of lesson**practical lesson

**Target:**create an idea offunctional tests.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The concept of orthostatic test
2. The concept of the cardiovascular system

3. Sample options4.Principles for evaluating the orthostatic test1. The concept of the Martinet test2. Features of this sample4.Rules of execution5. Evaluation of the test results6. Atypical reactions.*2. Development of practical skills and abilities.*Acceptance of control exercises (represented in the FOS)Run a test and interpret the results |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (multimedia projector, laptop). Gymnastic mat, stopwatch

**Module 3. Mind games.**

**Topic 19**.Respiratory system. Vital capacity of the lungs. Genchi test.

**Type of lesson**practical lesson

**Target:**create an idea offunctional tests.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The value of WELL.
2. Apparatus for measuring VC.
3. Complications with a decrease in VC.
4. Rules for measuring life index
5. Holding the breath while exhaling.
6. Rules for holding
7. Evaluation of the result.

*2. Development of practical skills and abilities.*Run a test and interpret the results |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (multimedia projector, laptop).

**Module 3. Mind games.**

**Topic 20.**Neuromuscular apparatus. Tapping test. The accuracy of muscle effort.

**Type of lesson**practical lesson

**Target:**create an idea offunctional tests.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. The concept of "tapping test"
2. What does the tapping test include?
3. Features of this test
4. What does the human neuromuscular apparatus include?
5. Features of its structure and functioning
6. The concept of "accuracy of muscle effort"
7. What does this concept include?

*2. Development of practical skills and abilities.*Run a test and interpret the results |
|  | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (multimedia projector, laptop).

*- test form, stopwatch*

**Module 3. Mind games.**

**Topic 21.**Methodology for conducting and compiling a complex of morning hygienic gymnastics.

**Type of lesson**practical lesson

**Target:**create an idea ofa complex of morning hygienic gymnastics.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson.Motivational moment(the relevance of studying the topic of the lesson) |
| 2 | **Entrance control, updating of basic knowledge, skills**:oral survey. |
| 3 | **The main part of the lesson.**1. Consolidation of theoretical material:Reports on:1. What does morning exercise include?
2. Types of exercises

2. Development of practical skills and abilities.Acceptance of control exercises (represented in the FOS) |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* presenting current grades in the educational journal.
 |

**Means of education:**

* financialtechnical (multimedia projector, laptop).

**Module 3**Mind games.

**Topic 17.**Chess

**Target**: Control of independent work.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson. |
| 2 | **The main part of the lesson.**1. Checking the test on the studied topic. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* announcement of points for the performance of control work.
 |

**Module 3**Mind games.

**Subject .**Checkers.

**Target**: Control of independent work.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson. |
| 2 | **The main part of the lesson.**1. Checking the test on the studied topic. |
| 4 | **Final part of the lesson:*** summarizing the lesson;
* announcement of points for the performance of control work.
 |

**Module 3. Mind games.**

**Topic 8.**offset

**Target**: Determining the success of students in achieving learning outcomes in the academic discipline.

**Lesson plan**

|  |  |
| --- | --- |
| No.p/n | Stages and content of the lesson |
| 1 | **Organizing time.**Announcement of the topic, purpose of the lesson. |
| 2 | **The main part of the lesson.**Answers of students on credit cards.(represented in the FOS) |
| 3 | **Final part of the lesson:**- summing up the results of the lesson;- announcement of the disciplinary rating- issuing an offset |