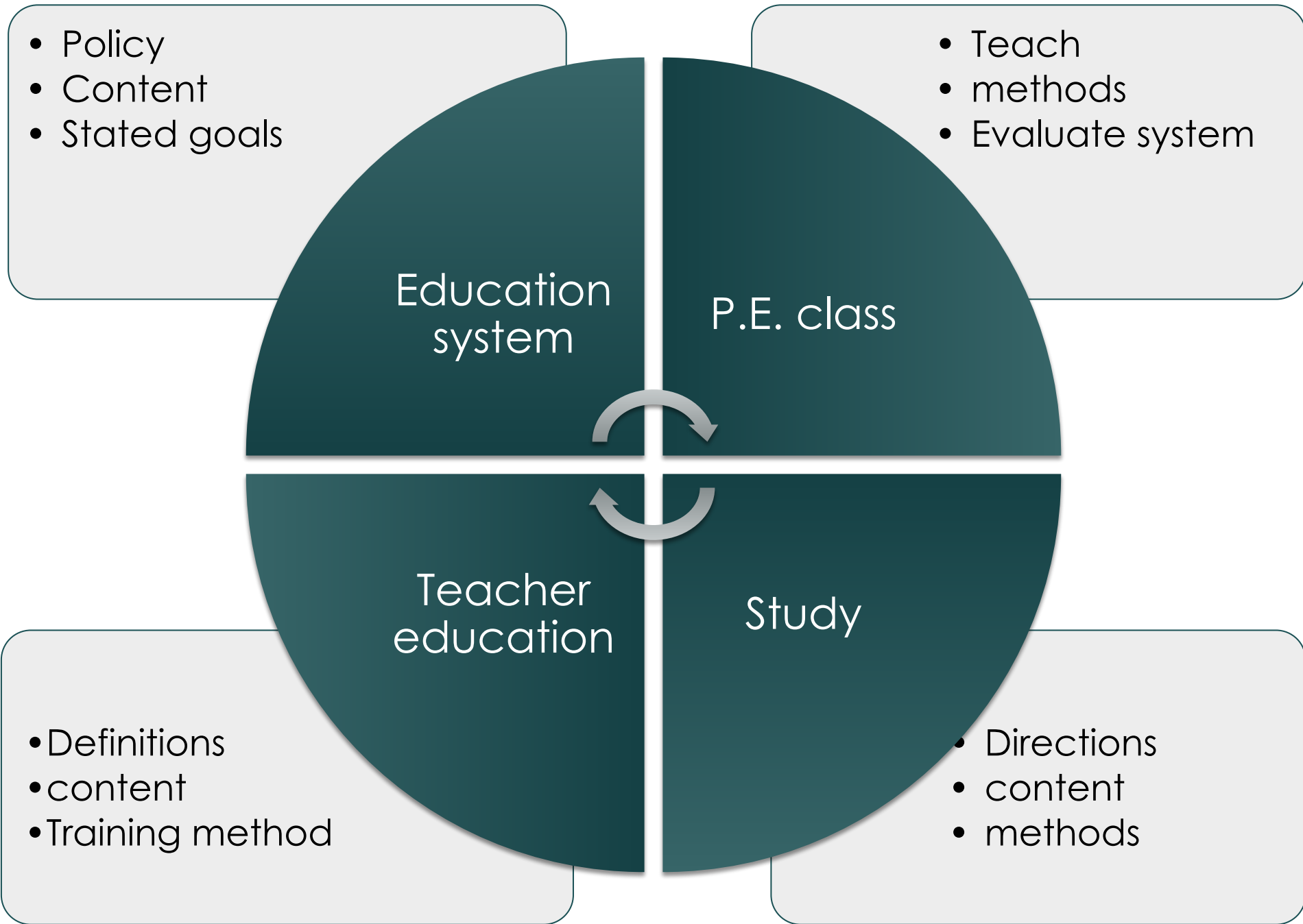




PHYSICAL EDUCATION

Russian Federation

SUMMRIZED BY HAN TIANFANG



System of Russian physical education (1) Policy

► **Policy**

Physical education's importance is written and passed in the **federal law of 2007 year, named «Physical education and sports in the Russian Federation»** by the Russian Federation State Duma and the Russian Federation Council.

► **Final goal of physical education (THE SAME)**

Captured the mind and body as a unit , through the understanding of the appropriate exercise of experience and understanding of health and safety ,Reach the goal of building the basis of exercise throughout life, maintenance healthy and enhance physical strengthen, foster an attitude of live happily.

System of Russian physical education

(2) Teaching content (MAINLY THE SAME)

<p>Physical education (Education on practice) (328 academic hours per academic year) (Focus on physical strength)</p>	<p>Track-and-field athletics (running, jumping, throwing) Ball games (football, volleyball, tennis, basketball) Skiing during the winter season Gymnastics Elective classes (Scandinavian walk, ball games, shaping and fitness, single combat)</p>
<p>Health Education (Education on theory) (72 academic hours per academic year) (focus on knowledge of health)</p>	<p>Knowledge about physical education (mental health education, knowledge of self-control, methodology of P.E., writing the individual study plans, prevention of injury and illness, healthy life style, how to organize P.E. classes (University's P.E.), forming the esthetic sense, moral knowledge etc.)</p>

System of Russian physical education

(3) Staged goals

▶ Primary school

Grade 1~4	Develop the ability of thinking, judgment, characteristic of sports, skills, physical strength, cooperation, build the attitude of fair, health, safe, and willingness of exercise, basics of ball games, basic athletics, basic gymnastics, forming the full understanding of healthy life-style importance
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▶ Middle school (5-9 grade)

- Knowledge about different sports and handle skills.
- Enhance physical strengthen and be aware of fairness of competition.
- Develop ability of teamwork and balance of physical and mental
- Enjoy sports by do moderate practice on the basis of safety.
- Developing of 5 physical abilities (strength, stamina, speed, plasticity, **twist (??? I don't know how to correctly translate the 5th ability)**)

System of Russian physical education

(3) Staged goals

▶ Senior high school (10-11)

- Do exercise deliberately to enhance the skills along with the deepening of the knowledge.
- Do exercise to improve their physical fitness which based on self condition.
- **Various classes: organization of P.E. class depends on region's features, local ethnic groups, individual wishes and possibilities of a child, local climate's conditions etc.**
- Ensure health and safety, enhance the awareness of fair, cooperation, responsibility and participation.
- foster the intelligence and ability to continue the exercise for the rest of their lives.

▶ University

Decide by university department.

For example, SSU at 2016 created an elective P.E. course for every student. The kind of course depends on student wish, so every student could choose the most appropriate P.E. kind. There are: swimming, shaping, Scandinavian walk, ball games, single combat)

Class of Russian physical education

- ▶ **Teaching plan of P.E. class (PDF):**
- ▶ For 45minutes lesson the plan is: 12-18 minutes are for warming the body up (increase the pulse from standard 80 bpm to 120-130 bpm); 28 minutes are for main lesson part (depends on grade and preferences); 3-5 minutes are for finishing the lesson (resting, recovering the bpm from 120-130 to standard 80)
- ▶ **4 principle of good P.E. class**
 - Students are practice as hard as they can
 - Strength and skills improved
 - Find new things
 - Students can play with others well
 - **Teacher has prepared the tools to organizing the class**
 - **Psychological condition of students and teacher is well**
 - **Balanced physical and mental efforts**
- ▶ **Major teaching methods**
 - Demonstration
 - Game/match
 - Group practice
 - Share experience
 - **Individual practice**

Class of Russian physical education

- ▶ **Evaluate system (for students/for teachers/for class)**
 - Test of physical strength (for students)(PDF)(as a part of score of Physical education)
 - Formative evaluation of physical education(for class)
 - No common used evaluate system except the **federal law of 2007 year, named «Physical education and sports in the Russian Federation»**
 - **Every 3 years each teacher of P.E. should to pass the Increasing Qualification Test, which includes not only physical preparing, but also psychological and sociological knowledge. For the Increasing Qualification Test SSU invites high-level P.E. teachers and professors from Moscow, Izhevsk, Saint-Petersburg.**

Education of physical education teachers

► **Definition of top rank P.E. teachers**

- Friendly to children and understand feelings of children
- Responsible with sense of mission
- Full with knowledge and continue to learn
- Explain clearly
- Good performance
- Reflect after lessons
- Always patiently and effectively
- **Have good physical and mental health condition**
- **Have the flexibility to change the structure of a class during the class and according to some new circumstances**

Education of physical education teachers

▶ Educate content

- History of Russian physical education (as a system it starts since Peter The First)
- Decisions of the State Duma and the Russian Federation Council concerning the P.E. in Russia
- How to make lesson plan
- Safety management
- How to evaluate students
- **How to motivate students for P.E. classes**

▶ Training method

Lessons and practice (PDF) 体育科教育法

Study of Russian physical education

► **Research Directions**

- Teaching plan
- Teaching method
- Teaching tools
- Teaching achievements
- Psychology of teachers and children
- **Sociology of teachers and children**
- **Conflictology of teachers and children**
- How can improve practical ability of P.E. teachers
- Compare studies
- Evaluate scales

Study of Russian physical education

- ▶ Research methods(as far as I know) **(ALMOST THE SAME)**
 - Questionnaire (testing)
 - Case study
 - Behavior observation
 - Principal component analysis
 - Comprehensive analysis