

FORMATION OF PERSONAL QUALITIES OF SCHOOLCHILDREN-TEENAGERS IN THE SYSTEM OF EXTRA-CURRICULAR SPORT ACTIVITIES. VOLLEYBALL.

*Iasibas Pavel¹,
Iasibas Maxim²,*

^{1,2}State University of Physical Education and Sports, Chisinau

Keywords: personal qualities, schoolchildren-teenagers, volleyball, extra-curricular sportactivity.

Relevance. In the context of improvement of the educational process, the role of forms of additional education for children increases. They are in many ways able to ensure the satisfaction of their individual abilities and needs. This fully applies to the physical education of the younger generation, especially adolescents who have specific age-related anatomical and physiological and psychological characteristics due to growth and development.

The purpose of the study is to study the formation of the motor abilities of adolescents in conditions of additional education in extra-curricular forms of activities-volleyball.

Organization and methods of research. The research was conducted in gmn. A.S. Pushkin in the city of Cimislia, RM with the participation of teenagers aged 11-12, systematically engaged in the sports section of volleyball with 12 boys.

The results of the research and their discussion. The full value of the educational process with the additional education of adolescents for the education of motor and personal qualities largely depends on the implementation of a complex of interrelated elements that predetermine the expected results.

The relevance of the problem is due to the fact that some important personal qualities, such as initiative, self-control, independence, courage, perseverance, discipline, and collectivism, are poorly formed among some graduates of secondary schools. The powerful health-improving potential of physical culture and sports gives an opportunity in the formation of moral-strong-willed qualities of adolescents and harmoniously developed personality.