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**Thesis for the Degree of Doctor of Philosophy (PhD) in the direction of 6D010200 -  
«Pedagogy and methodology of primary education».**

### **Annotation**

The primary system of education is based on the ability of the student to develop personality, positive motivation and business acumen, reading, writing, arithmetic, language communication, creative self-expression, behavioral culture, etc. and many other life skills. The independent performance of students increases their learning activity. The best part of the developing exercises is carried out in physical education. They help primary school students learn agility, endurance, coordination, flexibility, body balance, accuracy, spatial and temporal orientation. The formation of skills is carried out effectively.

**Research topic:** «The development of skills of independence work of the primary school children through the developing exercises».

**The purpose of the study:** to determine the theoretical and methodological basis for the development of skills of independent performance of primary school students through general development exercises, to develop a methodology and to test its effectiveness through pedagogical experiments.

### **Objectives of the study:**

1. To determine the theoretical and methodological basis for the development of skills of independent performance of primary school students through general development exercises.
2. Clarify the essence and structure of the concept of "general development exercises".

3. Development of a structural and content model of the development of skills of independent performance of primary school students through general development exercises.

4. Develop a method of developing the skills of independent performance of primary school students through general development exercises and test its effectiveness in practice.

**Research methods:** analysis of theoretical and philosophical, psychological, pedagogical, physiological, methodological literature and research, identification, summarization, comparison, modeling of key issues related to the topic; empirical and pedagogical control, interviews with teachers, surveys of teachers and students, conducting pedagogical experiments, quantitative and qualitative analysis of its results.

**Basic principles proposed for defense (proven scientific hypotheses and other findings that are new knowledge):** 1. General developmental exercises are the basis of children's physical development and a qualitative source of improving the motor skills of students, improving their health and mental abilities. Therefore, it is necessary to have a clear theoretical and methodological framework for the formation of independent use of general development exercises in primary school.

2. «General development exercises» is a complex quality of personality, consisting of closely related components, such as knowledge of the subject, knowledge of its types in the classroom, understanding of the essence and function of games, competitions, the ability of students to perform general development exercises with Kazakh national elements.

3. The structural-content model of the development of skills of independent performance of primary school students through general development exercises is a structured system of theoretical and methodological frameworks and a detailed structure of internal content elements.

4. A special curriculum developed on the basis of the proposed model is a set of special methodological activities for physical education teachers and parents.

Consistency and validity of research results with a comprehensive analysis of the problem in identifying theoretical and methodological sources; as well as a systematic approach to the description of the course and results of the study; approbation of research results; using the mathematical method in the processing of the obtained data.

### **The main results of the study:**

1. The theoretical and methodological foundations of the development of the skills of independent work in primary school students with the help of general developmental exercises have been determined.
2. The essence and content of the concept of "general developmental exercises" have been clarified.
3. A structural-meaningful model of the development of independent performing skills of primary school students with the help of general developmental exercises has been developed.
4. A methodology for developing the skills of independent work of primary school students with the help of general developmental exercises has been developed, the effectiveness of which has been tested experimentally.

### **The novelty and significance of the results:**

The first result of the work is new, as it is the result of studying the domestic pedagogical heritage, domestic and foreign philosophical, psychological and pedagogical works related to the research problem. The second result is new, since the key term of the dissertation clarifies the meaning and content of the concept of "general developmental exercises", formulating the key provisions in the studied scientific and theoretical works. The third result is new, as it is the first time that a structural-substantive model has been developed that specifies the theoretical and methodological bases, components and criteria, methods, levels of self-performance skills of primary school students through general development exercises. This model contributes to improving the quality of teaching physical education in high school in accordance with the updated content of education. The methodology designed specifically to develop self-help skills in primary

school students through general exercises is new as the first work is being developed. The method was tested experimentally during the study and showed positive results

**Justification of the novelty and significance of the results obtained, compliance with the directions of development of science or state programs:** The research work includes the Law of the Republic of Kazakhstan "On Education", the Law "Status of Teachers", the Law of the Republic of Kazakhstan "state compulsory educational standards for all levels of education", the Concept for the development of physical culture and sports in the Republic of Kazakhstan up to 2025 "On the draft Decree of the President of the Republic of Kazakhstan on the State Program for the Development of Education and Science in the Republic of Kazakhstan for 2020-2025, the Strategic Program "Salamatty Kazakhstan", the Message of the President Kassym-Zhomart Tokayev on September 2, 2019, the Ministry of Education and Science fulfilled the requirements of the State Educational Standard.

**Description of the contribution of the doctoral student to the preparation of each publication:**

As a result of the initiative and scientific activity of the doctoral student on the research topic, the following scientific works have been published: 1. «Developing primary school students' skills on general developmental exercises and teachers' professional development on learning technologies in physical education» World Journal on Educational Technology: Current Issues Volume 13, Issue 1, (2021) 42-53. The doctoral candidate is the main author of the article. (50%)

2. Didactic bases of development of skills of independent work of younger students with the help of general developmental exercises // Scientific-theoretical journal "Theory and methodology of physical education". - Almaty, 2019. - No. 4 (58). - B. 78-86. Independent article on the topic of the dissertation.

3. General developmental exercises as a means of physical education for younger students // Scientific-theoretical journal "Theory and methods of physical education." - Almaty, 2020. - No. 1 (59). - B. 85-92. (Co-authors: 50%)

4. Psychophysiological foundations for the development of skills of independent activity of primary schoolchildren through general developmental exercises // International scientific journal "Science and Life of Kazakhstan". – Almaty;

5. «Development of independence of junior schoolchildren in physical education classes» // «Λόγος» der sammlung wissenschaftlicher arbeiten «Wissenschaftliche ergebnisse und errungenschaften. – 2020, december -25.

6. Teacher's Guide «General Development Exercises for Junior Schoolchildren». (Co-authors: 30%)