

Educational and Methodological Support for Extra-Curricular Physical and Sports Activities for High School Students of the Boarding Lyceum

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Abstract: The content of sectional athletics classes has been developed and implemented within the framework of extracurricular physical culture and sports activities for girls aged 15 to 17 years old studying at the polytechnic boarding lyceum of the Federal State Budgetary Educational Institution of Higher Education “Tambov State Technical University”. The content of the presented classes is designed for one academic year and includes all types of sports training for track and field athletes, taking into account the volume of training facilities that meet the requirements of a comprehensive physical education program for grades 1–11. To assess the impact of the presented additional athletics activities on the physical development and physical fitness of high school girls, somatometry and motor tests were carried out at the beginning and end of the school year. The initial and final data were analyzed. Positive dynamics in all control exercises were noted.