

Methodology for Teaching Elements of Struggle to Physically Challenged Students

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Annotation: *This article presents information about adapted techniques and effective methods by which teaching approaches support the physical and social development of students. Specially designed techniques for students with limited range of Motion are adapted to their physical capabilities and are illuminated to help them achieve success in their sporting activities. In the educational process, techniques adapted to personal needs, exercises aimed at ensuring safety and increasing physical development are studied. Also, the progressive teaching approach encourages students to master complex techniques step by step, which makes the learning process efficient and understandable. At the first stage, information is presented on how to master the basic skills and prepare them for the subsequent execution of complex tasks.*

Keywords: *social skills training, individuality, development of movement coordination, stimulation, skills strengthening, progressive teaching approach, customized techniques, customized physical training.*

Introduction.

Personalized physical training makes it possible to adapt the exercises according to the physical condition of each student. This helps to improve themselves physically for students, to improve health and to expand their ability to move.

The social adaptation-oriented approach, on the other hand, encourages students to actively participate in society and communicate effectively with others. By developing social skills, increasing emotional intelligence, and creating systems of mutual support, students are able to find their place in society.

Such approaches provide physical and mental development for students, increasing their self-confidence and expanding their chances of success in sports.

Materials.

The purpose of the article: methods of using a special methodology for teaching elements of struggle to students with disabilities.

The sport of wrestling can be a challenge for physically challenged students, thus the following methodologies have been developed:

Customized techniques are instructional techniques designed specifically for students with limited range of motion and tailored to their physical capabilities. This approach is generally applied to students who have limitations in self-expression or sports activities. For example, students with limited leg movement are provided with techniques that allow them to use their hands instead of using their feet. With the help of such techniques, students can achieve success in wrestling or other sports that suit their capabilities.

Adaptation to movement restrictions: Some students may have physical limitations (e.g. difficulties with foot or hand movements). In these cases, it is necessary to change the sports or wrestling techniques and adapt them to their needs. For example, for students with limited leg movement, emphasis is placed on

fighting techniques related to the middle or upper parts, which means they will have to use more hands. Through this, they change their movements and learn techniques that suit them.

Research and methods.

Emphasis on hand techniques: for students with limited foot movement, more emphasis is placed on hand techniques, such as hand strikes, grips, or protective techniques. Such techniques, when it is difficult to use their feet, allow students to feel safe and effective in the fight. Hand movements can be taught in many sports, such as judo, boxing, or techniques used in other martial arts, taught in a form adapted for them.

Special support equipment: for students with limited mobility, techniques can be adapted using special equipment and technologies. For example, with the help of special fireworks, catching devices or other aids, students perform wrestling techniques. Such equipment expands their physical capabilities and helps them fully realize their activities.

Individual approach in the educational process: with the help of adapted techniques, an educational process is drawn up depending on the physical capabilities and needs of each student. For example, leg movements are most important for one student, while hand movements may prevail for another. Therefore, personal techniques and strategies are developed for the student, which increases his passion for sports activities.

Safe execution of techniques: it is important for students with movement restrictions to ensure that the techniques are performed safely and efficiently. During training, physical trauma and injury can be prevented with techniques adapted for them. This approach increases the student's activity and supports his passion for wrestling.

Physical and mental development: with the help of adapted techniques, students develop not only physically, but also mentally. Their self-confidence increases because they succeed through techniques that suit their capabilities. This will help students realize their abilities and make their participation in sports more comfortable.

With adapted techniques, students with limited range of motion learn techniques that are appropriate and safe for them. This method optimizes the participation of students in wrestling or other sports activities, making it possible to operate them effectively and safely. It also increases their self-confidence and keeps their motivations high.

Results.

The progressive teaching approach is a method based on teaching students step by step, actions and techniques, depending on the level of mastery. This approach involves introducing students to the simplest and most basic elements at the first stage and then gradually teaching them to complex and advanced techniques. This method helps students to carry out their learning in the most efficient way, as they acquire basic first-stage skills and are then prepared to complete more complex tasks.

Teaching basic movements and grip techniques: at an early stage, students learn basic movements and grip techniques necessary for wrestling or other sports. At this stage, students acquire the basics of physical fitness and correct execution of techniques. For example, techniques such as simple grips, starting strokes, motion control, and balance keeping may be included. At this stage, students begin to master movements and techniques, which gives them the opportunity to correctly perform more complex techniques later.

Development of basic skills: in the process of training, it is required to perfectly perform the actions of the first stage. When such basic skills are taught, students improve their physical and technical potential.

At this stage, students not only learn technical skills, but also begin to prepare themselves better physically. Once they have mastered these skills, they move on to the next level.

Transition to complex techniques: once the student has mastered basic movements and grip, complex techniques are taught in the next step. At this stage, students are introduced to advanced fighting techniques, combinations, and tactics. Complex techniques can be more interconnected movements or multistage movements. For example, in the first stage, a student who studies only the medium catch or shot, then learns to perform several movements in a row.

Strengthening and developing skills: students must repeat the learned techniques and actions many times to perform them correctly and efficiently. In a progressive teaching approach, students regularly repeat and reinforce the actions and methods they have mastered in stages. This process makes it possible to put into practice and strengthen the trained techniques. The process also prepares students to properly perform complex techniques at a higher level.

Discussion.

Practical training and repetition: frequent repetition and practical training can help make the techniques learned more effective for students. When each new technique is taught, students should be encouraged to work in accordance with it, which prepares them for more difficult tasks. Performing simple methods and techniques correctly at first will help to perform more complex actions and combinations later.

Advantages of a progressive approach:

- Gain experience: students gain more experience by practicing the techniques they are learning.
- Effective learning: step-by-step teaching makes the learning process effective for students, since at each new stage they strengthen the previous skills.
- Motivation: the transition from simple to complex encourages students, as they see their achievements and increase their enthusiasm for mastering new techniques.

Teacher role: the teacher plays an important role in the progressive teaching approach. It needs to properly guide students at each stage, explain techniques in a clear and understandable way, track learned skills and support students. The motivating approach of the teacher increases the students' enthusiasm for working with new techniques.

Through a progressive teaching approach, students are taught on time and with the right techniques, which makes their learning process much more efficient and understandable. Step-by-step teaching provides an approach that is physically and mentally accessible to students, as well as they perceive their progress and go through each stage with success. This approach prepares students for success and helps them fully realize their potential in wrestling or other sports.

Conclusion: a social adaptation-oriented approach develops students' social skills such as interacting, working in a group, being active in society. With this approach, students feel confident, active, and effective members in the community. Success in social communication plays an important role in their physical and mental development and helps them to be successful in social life.

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