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FEATURES OF PHYSICAL EDUCATION AND PHYSICAL EDUCATION IN FRANCE

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Annotation. The article discusses the features of the development of sports in France; disclosed the role and place of physical education; described features of physical education at school; main directions of sports are selected taking into account the wishes of students.

Keywords: physical culture of France, physical education of France, development of physical education.

France has become the founder of many sports in Europe. It was in France at the end of the 19th century the National Olympic Committee appeared, led by the nobleman Pierre Coubertin, who revived the ancient Olympics in its new capacity with unofficial motto: «Sport instead of war!».

In the territory of France for the XX and XXI centuries, five Olympic Games were held – two Summer and three Winter [4].

In 2005, a project of new Sports Code was created in France, which includes the legislative and regulatory parts. The most changes of Code related to new sports sector – outdoor activities, including gyms, water sports, acrobatic parks, horseback riding in the mountains, paintball, golf.

Borrowed, but already become the national sports of France:

- rugby with excellent National Center in Lina Marcoussis. During the Rugby World Cup in France in 2007, a ball was installed on the Eiffel Tower with three symbolic player names («roosters», «three-color» and «blue»). In 2023, the International Rugby Championship in France is planned;
- hockey. Although it is an important in Canada, the first games in Europe took place on a French ice rink in 1894. So the Magnus League came into being;
- golf. There are 530 fields in France;
- football. First tested by the French in Bordeaux in 1881, it immediately gained immense popularity and became professional in 1930. In recent years, while maintaining many traditional sports in France, destinations have become popular that contribute to the development of tourism and outdoor activities: diving, surfing, rafting, parasailing, horse riding, yachting, hang gliding and paintball.

The number of sports clubs working with tourists is increasing, for example, it offers its services in equestrian training camp in Rambouillet near Paris, and at the Grand Palace in March 2018, after a long break, took place the equestrian competitions of Saut Hermes.

One of the most prestigious sports in France is alpine skiing. The world-class resorts in Chamonix and Courchevel, La Planet and Val Thorens have all the conditions for lovers of this sport.

In France, over the past decade, the demand for the profession of physical education manager has increased. Higher sports education in higher education institutions of Nantes and Marseille, where future trainers and sports organizers study at several faculties. National Institute of Sports, Expertise and Performances, INSEP – Higher education institution in the field of sports in France [1].

Athletes studying at the Institute have the opportunity to develop their skills in the departments of table tennis, judo, diving, synchronized swimming, swimming, fencing, rhythmic gymnastics, wrestling, pentathlon, taekwondo, athletics, cycling, hockey, football, tennis, badminton, basketball, shooting sports, archery, biathlon, boxing, weightlifting.

A key role in the development of physical education and sports in the country belongs to school physical education. At the heart of the modern school system of physical education is the curriculum and

official orders that were adopted in 1969. These documents determine the number of weekly hours of physical education in primary and secondary schools [2].

Physical education classes for preschoolers (age 3–6 years) and primary school children (6–10/11 years old) are conducted under the guidance of a primary school teacher or an educator. Perhaps this situation is due to the fact that for a long time in French schools, the low status of a teacher of physical education was an urgent problem.

However, in 1962, a decision was made according to which physical education teachers were assigned to the Ministry of Education. In addition, until 1981, future teachers of physical education were trained only at a special vocational college (Ecoles Normales Superieures d'education Physique et Sportive, ENSEPS), but because of this there were not enough specialists. In 1982, it was decided to reorganize it into the National Institute of Physical Education and Sports (Institut National de Sport et Education Physique, INSEP). This educational institution had a significant impact on the school system of physical education in France. It provided educational institutions with highly qualified specialists in physical education. Now this institute conducts large-scale scientific research on the development of sports in general. Future teachers are taught in special university educational and research departments of sports and physical education (Unites d'Education de Reserche de L'Education Physique et Sports, UEREPS) [1]. Physical education classes are conducted by teachers – specialists in college, that is, from the 6th to the 3rd grade (in the French system the reverse order), and then – in the lyceum from the 2nd and the «Terminal» (class for preparing for exams at Bachelor) [3].

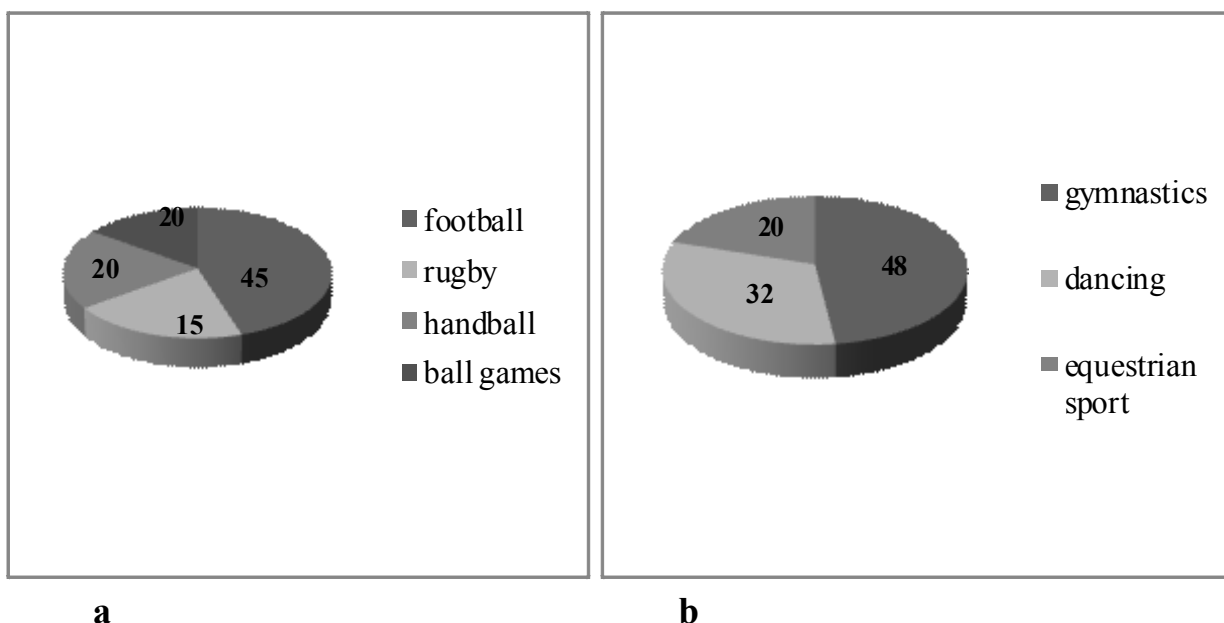
From the last century and until now, the French system of physical education has been focusing considerable attention on extracurricular activities. So, since 1987, two basic extracurricular physical exercises programs have been functioning for primary school students in France, the purpose of which is to attract students to systematic physical exercises. For a long time, the participation of teachers in the programs was only on a volunteer basis and was carried out mainly under the guidance of the sports association at school and university (Association du Sport Scolaire et Universitaire (ASSU, 1962-1978) [1].

The first program included voluntary sports for students in the afternoons on Wednesdays, and the second «tiers-temps» on Saturday morning – various types of physical activity. By 2000, about 50% of children became active participants in the tiers-temps program [3].

Such a centralized policy enabled children without exception of all schools to actively participate in sports and provided the opportunity for training of talented youth.

Most sports that primary school students can practice are supported by an independent association, the Union Sportive de l'Enseignement Primaire, USEP. Representatives of this organization and sports federations conduct training sessions directly to schools in order to increase the interest of elementary school students in specific sports, as well as looking for talented youth. Many elementary schools in France are specialized in certain sports [1].

In addition, a reform is starting in France, according to which in the lyceums, afternoon will be allocated to sports, taking into account the needs of students.



Picture 1. The results of a survey of students 10-12 years old for choosing the type of sports specialization (%); **a** – boys; **b** – girls

It is established that a usually boys choose football, rugby or handball, that is, usually ball games. Girls – gymnastics, dancing, equestrian sport.

Findings. Traditionally, physical education and sport in France plays an important role in public life. Significant impact on their

development have both state and local governments. The increase in the competitiveness of French sports, thanks to significant investments, helps to establish patriotic feelings among citizens and increase the international prestige of the state.

A physical education lesson in France is compulsory, starting from kindergarten. However, their number, the possibility of passing the exam depends on the age of the students. In the French system of physical culture, considerable attention is paid to extracurricular forms of physical exercises, which are held in the afternoon, taking into account the interests of children.

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