



# **POLISH SCIENCE JOURNAL**

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**Abstract.** *The article is devoted to the actual problem of developing creative thinking in future physical education teachers as a key component of their professional competence. The essence of the concept of 'creative thinking' is considered and its importance for successful pedagogical activity in the field of physical education is substantiated. The possibilities of integrating methods and techniques aimed at stimulating students' creative activity into the educational process of professional disciplines are analysed. Specific pedagogical approaches, such as the use of problem situations, group work, game technologies, creative tasks and analysis of innovative practices that contribute to the development of the ability to generate new ideas, find non-standard solutions and individualise the learning process are described. The need to create a favourable learning environment that encourages experimentation and the search for original approaches is emphasised.*

**Key words:** *creative thinking, future physical education teachers, professional training, pedagogical methods, innovative approaches, creative activity, professional disciplines.*

The modern world puts forward new requirements for specialists in all fields, and the field of physical education is no exception. A future physical education teacher should not only have in-depth knowledge and practical skills, but also a creative personality capable of thinking outside the box, generating new ideas and effectively solving pedagogical tasks in a constantly changing environment. That is why the development of creative thinking is a key aspect of training future professionals in this field.

Creative thinking is the ability to generate new, original and valuable ideas, find non-standard approaches to solving problems, combine existing knowledge in new contexts and see things from a different perspective [1].

For a future physical education teacher, developed creative thinking is the key to successful professional activity, as it allows them to:

*Develop innovative methods and forms of teaching.* Instead of template lessons, a creative teacher can create exciting, non-standard lessons that will motivate students to actively participate and contribute to better learning. These can include game methods, interactive exercises, the use of non-standard equipment, and a combination of different types of physical activity.

*Find original solutions in non-standard pedagogical situations.* Unpredictable situations often arise in the learning process: different levels of students' training, limited

equipment, unexpected changes in the schedule, etc. A creative teacher is able to quickly analyse the situation and find an effective, non-standard solution.

*Create a motivating learning environment.* Thanks to their creativity, teachers can make each lesson interesting and emotionally rich, which will help to increase students' motivation to engage in physical education and develop a strong interest in a healthy lifestyle.

*Individualise the learning process.* Understanding that each student is unique, a creative teacher is able to develop individual programmes and tasks, taking into account the peculiarities of physical development, interests and needs of each student.

*Effective use of available resources.* Creativity helps to find non-standard ways to use existing sports equipment and facilities, as well as to attract non-traditional resources to organise interesting and useful classes.

The development of creative thinking of future physical education teachers should be integrated into the educational process at all stages of their training. Professional disciplines, such as theory and methods of physical education, sports games, gymnastics, athletics, should not only provide theoretical knowledge and practical skills, but also stimulate students' creative activity.

The analysis of scientific and pedagogical literature [2, 3] and personal pedagogical experience allowed us to identify methods and techniques that can contribute to the development of creative thinking in the classes of the disciplines of the professional cycle of future physical education teachers (Table 1)

Table 1

Methods and techniques that contribute to the development of creative thinking of future physical education teachers in teaching professional cycle disciplines

Methods and techniques	Application algorithm
Use of problem situations and case methods.	Students are offered real or simulated pedagogical situations to solve which require out-of-the-box thinking and original approaches.
Organise group work and brainstorming sessions.	Discussing problems together and generating ideas in a group helps to expand the range of possible solutions and stimulates the creative activity of each participant.
Application of game technologies and elements of competition.	Game-based learning makes the process of learning more exciting and helps to unlock students' creative potential.
Performing creative tasks.	Students are offered tasks that require the independent development of new exercises, combinations, scenarios for sports events, and non-standard use of equipment.
Analysis and discussion of innovative pedagogical practices.	Learning about the experience of creative practitioners, analysing their methods and techniques can be a source of inspiration and stimulate your own creative activity.
Encourage experimentation and the search for new approaches.	It is important to create an atmosphere where students are not afraid to make mistakes and try new ideas, even if they seem unconventional.
Use of interdisciplinary connections.	Integration of knowledge from other disciplines (psychology, pedagogy, art) can contribute to a more

	holistic and creative approach to solving pedagogical problems.
Reflection and self-assessment.	After completing the assignments, students are asked to analyse their creative process and evaluate the originality and effectiveness of their solutions.

The development of creative thinking is a long and systematic process that requires constant attention and purposeful efforts of both teachers and students. The integration of methods aimed at stimulating creativity into the educational process in professional disciplines will allow to prepare competent, proactive and creative physical education teachers who are able to work effectively in the modern educational space and form a sustainable interest in a healthy lifestyle among their students. After all, it is the creative approach to their profession that will make future physical education teachers real inspirers and guides to the world of movement and health.

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