

THE ROLE OF PHYSICAL EXERCISES IN STUDENTS' HEALTH

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ANNOTATION

Our initial knowledge about which physical exercises to develop and which qualities of movement will also affect the manifestation of our body's ability to move.

KEY WORDS: Endurance ability, physical exercise, (exercise), performance of exercises, running exercise, demonstration of physical abilities, active development of your physical abilities, effort, junior school age, movement technique.

Different types of physical exercises have different effects on the body, and they make certain demands on our body to demonstrate the necessary or possible movement capabilities. Usually, we distinguish between physical exercises, depending on the level of impact, as physical exercises that require strength or exercises that require the manifestation of speed, etc. There are times when we don't like why we have to do exactly what we have done. Because it depends on a number of factors. They are physical load, mood, whether the stomach is hungry or full, tools, equipment, conditions, etc. If it is not difficult to carry out the norm of physical load imposed on the body through physical training in accordance with the readiness of our body, we will quickly feel its effects after the training. One of the next factors is our mentality. If we feel that we are not in a good mood when starting training, we should immediately pay attention to the norm of our load and its total volume during training. Overloading has a negative effect on mood. Coercion, intimidation, or engagement when the mind is preoccupied with another stimulus will not work.

that jogging and other exercises **on an empty stomach** or after a full meal will have a negative effect on our physical capabilities or some other abilities.

warm up the body to the required level, we feel pain in our muscles. Exercise is the preparation of organs for work, and it is of two types. General and special information. General prepares all members for work. A specific exercise is the process of preparing the muscles involved in the exercise to perform the action that must be performed.

One of the factors that affect the manifestation of our abilities is also closely related to **the conditions** created or chosen for **performing exercises**. For example, the path chosen for running, or the object chosen for lifting (barbell, barbell, dumbbell, bag filled with sand, etc.) or sports equipment is not comfortable for the participant, causing various negative consequences and emotions. it can.

Running causes pain in the heel, soles of the feet, and can impair the exerciser's range of motion. The reason for it may be the hardness of the running track, asphalt, gravel, hot (cold) weather, etc.

Our initial knowledge about which physical exercises to develop and which qualities of movement will also affect the manifestation of our body's ability to move.

Physical exercises affect the body's ability to work by demonstrating physical abilities. During long-term (mental or physical) physical work of a certain intensity, it is necessary for the body to show a certain level of efficiency. It is difficult for us to use the abilities of our body to perform physical exercises without strengthening the necessary preparation for achieving a high level of performance - breathing, cardiovascular system, blood circulation and other functional processes in the body. Below we have focused on the description of the formation of the abilities of your body during the various school years.

The period of 6-7 years of age of a person includes the active development of your physical abilities - strength, speed, agility, endurance, flexibility and muscle flexibility, and the process of improvement of previously acquired movement skills. At this age, we can affect the development of physical abilities by giving more physical loads to the large muscle groups of our legs, arms, and body. At this age, vigorous exercise requires caution. You can't let your muscles strain for too long to exert effort. Basically, the benefits of using more resistance training are great. At the age of 6-7, throwing exercises will not bring you much benefit, do not spend a lot of time doing them, your muscles are not yet ready for such loads. If you want to use it in Mabo, the mass of throwing equipment should not exceed 100-150 gr. Speed, Agility – In your strength training, you should focus on frequency of movement. It has been proven in practice that the amplitude of the movement performed in the development of agility, the effectiveness of more use of exercises performed with quick reaction is high.

In the development of endurance, it is necessary to increase the time of performance, distance, number of repetitions, stretching exercises, and 5-7 minute runs during long walks. Only flexibility and quality of movement begin to decrease with age. But except for 6-7 years old. In Table 5, we have brought to your attention the approximate normative norms of physical fitness indicators for 6-7 year olds.

The period of 7-10 years of age is the time to form and develop your physical abilities. At this age, the foundation for the culture of movement is created. You will successfully master new movements, your knowledge of physical culture will be enriched.

Indicators of physical fitness of children of junior school age (6-7 years old).

No	Indicators	Indicators in the style of norms	
		Children	Girls
1	Long jump, in cm	100	90
2	Bending and straightening the arms from the elbows while leaning on the gymnastic bench, thigh	10 times	8 times
3	Swim without timing any way you want	50 m.	50 m.
4	To cover a distance on foot with a brisk walk 5 km	70 minutes	70 minutes
5	1000 m. to race against time.	5 m. 20 sec.	5 m. 40 sec.
6	Cross 3 km. ha, minute	35	40
7	bicycle 10 km, per minute	60	60
8	Throwing a tennis ball, meters	18	18

Your lifestyle changes due to attending school will also require you to be more careful when planning strength and endurance loads for your undeveloped musculoskeletal system (arms and legs). Because during this period, your individual attitude towards exercise will begin to change. You will have a number of questions about why it is necessary to repeat the movements exactly as shown by the teacher, and your attempt to learn their "motive" and reason will increase.

Your range of motion will expand as you master new movements and their techniques during your early school years.

The variety of your stock of actions increases. Developing your movement coordination becomes your main task in training. At the end of 7-10 days of your age, you will know the level of your motor skills, what kind of sports you can use them in, or what results can be achieved by using them in physical training. Not having a full understanding of your body's capabilities can cause you to make a mistake in choosing a sport or physical activity or a favorite exercise to do independently for a number of years. Swimming, gymnastics, acrobatics and other sports that you should be doing at your age are only allowed in the preparatory group. You should not miss the necessary, favorable period, time to start working.

The important part of this period is that the anatomical-physiological formation of the organs and structures of your body, which is of great importance for the manifestation of movement activity, accelerates. Although they have not yet developed to the required level, their intensive growth and strengthening continues at a high level.

During this period of your age, your passion for mastering movement techniques is so high that many of your movement skills are formed quickly even without special instructions and preparations. As the movement technique is mastered, you will be able to master difficult exercises easily compared to teenagers and young adults. As a result of summarizing your emotions, you will surprise your coaches and teachers by mastering the movement technique in detail. The use of this "phenomenon" in mastering the movements, in the application of teaching methods, rather than the method of "teaching in pieces" in a "whole" state without dividing it into parts. It is very useful in teaching. That is the reason why you have no difficulty in demonstrating, mastering and strengthening the skills necessary for riding a bicycle, roller skating, ball rackets and other sports games through independent observation at the age of 7-10.

At this age, the biodynamics of your movement and, above all, the components of movement coordination develop rapidly. It has been proven through scientific researches that in the period of 7-10 years of age, all the physical qualities, which are the basis of human movement, are formed at a high level. If the basis of the necessary physiological potential is not created during this period, the harmony arising from the laws of development of movement activity will occur.

Your junior school age requires you to know the following about the quantitative and qualitative indicators of STT physical culture according to the level of your physical abilities

1. Personal hygiene rules;
2. Performing morning gymnastics with the help of adults;
3. Getting your basic knowledge about training your body;

4. Being able to create and use the agenda with the help of adults;
5. Basic motor skills and skills, posture, walking, running, jumping, throwing, crawling, swimming, catching and passing a ball, roller skating, skiing in winter i fly and so on.
6. Knowing how to prepare to meet your fitness test standards and submit standards based on Table 9 (see Table 9, page 116).
7. Knowing the rules of one of the action games and small sports games (small football, small volleyball, small handball, small basketball) following the simplified rules.
8. Interest in assessing the level of his physical fitness.
9. Interest in events about sports, physical culture in the family, conversations on the topic of sports, leading athletes, participation in the discussion of their results in the family.
10. To know the basic rules of independent training, the simplest control methods of one's physical ability, to have basic knowledge of load selection;
11. Switching to doing morning gymnastics independently, taking a break in physical education, getting used to doing individual trainings;
12. Being able to organize a sports or action game with peers;
13. An attempt to acquire theoretical knowledge and practical skills related to the techniques, tactics, and methods of various sports exercises
14. of your physical fitness indicators based on the norms in Table 6 and participate in its competitions;
15. To participate in team training sessions with peers, to get used to independent training based on the assignment of a sports coach or physical culture teacher;
16. Increase his constant interest in improving his physical fitness and training his body;
17. To have interesting information about the history of sports of his school, district (city) and the country, examples of health achievements through physical culture and sports, participation in meetings with people who have reached physical maturity;
18. Being aware of the daily happenings and events related to sports life will be the leading tool for his STT to become physically cultured.

Control indicators of physical ability of children of junior school age (7-10 years old).

No	Indicators	Indicators in the style of norms	
		Children	Girls
1	Running, 2000 m.ha	10	-
2	Run, 1000 m.ha min/s	-	5.20
3	foot 10 km, hour	2	2
4	Run, 60 m.to, sec Cross 5 km.ga, m/s Riding a 20 kmbicycle	10.8	11.1
5	Lying on the floor, straighten the arms by bending the elbows	8	5

6	3 straight jumps, m	4.9	4.4
7	Long jump, cm.	165	155
8	Running long jump, m.	2.9	2.7
9	Running high jump, sm.	90	85
10	Throwing a tennis ball	25	12

The formation and improvement of the physical abilities of **middle schoolers is completed at the same time as the biological maturation of the organism.** At this age, individuality can be formed in actions characteristic of adults. Adolescence is characterized by a slight violation of movement coordination, as opposed to the intensive development of quickness, speed and strength. The formation of the mood, the character, is a difficult process, and it stops with the formation of taste, taking a clear direction with its specific aspects.

Adolescence is a time when we like to be noticed by doing physical exercises and showing physical abilities. you must have started. If you haven't started by this age, there is no tomorrow or night. Start doing some kind of sport right away.

The functional activity of your body creates the ground for the manifestation of your physical abilities. The functional activity of the body corresponds to the daytime. In the morning, the adrenal glands, known as endocrine glands, secrete adrenaline and no-adrenaline into the blood, increase the activity of the nervous system and thereby speed up the work of the heart. It has a positive effect on the efficiency of muscle contraction. It improves the work of the gastrointestinal tract, increases the body temperature, the frequency of heart contractions, keeps the arterial pressure at the required level, increases the maximum volume of oxygen consumption, and ultimately causes the functional state to decrease to a minimum level by 15-17 hours. Note that the mentioned glands are only one of the glands in our body and they have such an important effect. So, we need to learn the service of our glands.

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