

**UMUMIY O'RTA TA'LIM MAKTABI O'QUVCHILARINI JISMONIY
TAYYORGARLIGINI OSHIRISHDA SPORT TO'GARAKLARINING O'RNI**

Yuldashov Ikromjon,

fakultet dekani (PhD), Farg'ona davlat universiteti

Otadjonov Doniyor

magistr Farg'ona davlat universiteti

Sinfdan tashqari ishlarning musobaqa shakli umumiy ta'lim maktabida olib boriladigan jismoniy tarbiya jarayoni va bu jarayon tarkibidagi barcha jismoniy tarbiya ishlariga yakun rolini bajaradi, ommaviy tarzda uyushtiriladigan tadbirlardan biri sanaladi.

Sinfdan tashqari ishlar davomida o'tkaziladigan musobaqalarning asosiy shartlari - ommaviylik, stabillik, uyushganlik bo'lib, musobaqalarning tuman (shahar) bosqichi muddati bilan muvofiqlashtiriladi. Musobaqa davomida belgilangan yuklama va ularni o'quvchining yoshi, organizmini rivojlanganligi va tayyorgarligiga mosligi eotiborga olinadi.

Asosiy talab-o'tkazilayotgan musobaqalarni sinfdan tashqari ishlar vaqtida tashkillanishidir. Bunday tadbir albatta maktab direktorining shaxsiy nazoratida bo'lishligi bilan eotiborga loyiq.

Maktabning ichki musobaqalari. Hozirgi kunda Respublikamizning barcha umumiy ta'lim maktablarida «Umid nihollari» ning birinchi bosqich musobaqalari sinflar ichidagi va parallel sinflar orasidagi musobaqalar hisoblanadi. So'nggi bosqichi sinflarni guruhlab o'tkaziladigan musobaqalardir. 11-chizmaga qaralsin.

Maktabning ichki musobaqalaridan tashqari sinfdan tashqari ishlarning navbatdagi shakli sport musobaqalarini o'quvchilar uchun maktabdan tashqari shakli ham mavjud bo'lib, ikki maktabniki yoki uch va undan oshiq maktabning o'quvchilari o'zaro musobaqalashadilar. Bu anoanaga aylantirilishi mumkin.

Tuman maktablari zonalarga ajratiladi, ularning g'oliblari shu tuman (shahar) birinchiligi uchun musobaqalashib, ularning g'olibi yoki terma jamoasi (viloyat musoboqalari nizomi asosida) viloyat va respublika birinchiligi, chempionatlarida qator sport turlari bo'yicha g'oliblarni aniqlash uchun o'tkaziladi.

Sinovii harakteriga ko'ra maktabning ichki va tashqi musobaqalari shaxsiy birinchilik, shaxsiy-jamoa birinchiligi, jamoa va klassifikasiya (razryad) berish musobaqalari tarzida o'tkazilish qoidaga aylantirilgan.

Seksiya mashg'ulotlarining yangi olib borilayotgan davrida tashkillangan musobaqalar avvaliga soddalashtirilgan qoidalar asosida, sport texnikasi o'zlashtirilib bo'lgandan so'ng esa shu sport turi uchun yozilgan musobaqalarning qoidalari asosida o'tkaziladi.

Eng muhimi maktab sport musobaqalari o'quvchilar uchun kuchiga yarasha bo'lishi va keyinchalik sport mahoratini oshirish uchun stimol berishi bilan maktabning ommaviy-sport ishlarining samarasida namoyon bo'lishi lozim.

Har bir musobaqani o'tkazish uchun uzoq vaqt tayyorgarlik ishlari yo'lga qo'yilishi e'tibordan chetda bo'lmasligi shart. Mahsus tayyorgarlik jarayonidan so'nggina musobaqalarda qatnashishning ahamiyati katta. Tayyorgarliksiz musobaqalarda qatnashish man qilinadi.

Dastlab o'tkaziladigan **musobaqaning nizomi yoziladi** va uni **o'tkazish dasturi** qo'ra tashlashdan so'ng tuziladi. Har qanday musobaqa nizomining mazmuni quyidagi bo'limlarni o'zida mujassamlashtiradi:

- a) musobaqaning nomi, nimaga bag'ishlanishi;
- b) uning maqsadi va vazifasi;
- v) vaqti va o'tkazilish joyi;
- g) musobaqaga rahbarlik kim tomonidan o'tkazilishi;
- d) musobaqa dasturi;
- ye) musobaqa katnashchilari;
- j) o'tkazilishining sharoiti;
- z) g'oliblarni aniqlash;
- i) g'oliblarni taqdirlash;
- k) ishtirok etishini «bildirish» nomasi

Musobaqaning mazmuni yoki dasturi, musobaqaning turi va qo'yilgan vazifalari bilan belgilanadi. Maktabning musobaqalari mazmuni maktab jismoniy tarbiya darsi dasturi materialiy yoki sport seksiyasining dasturi materialidan chetga chiqmasligi maqsadga muvofiq.

Bellashuvlar yagona sport klassifikasiyasi yoki "Aholi jismoniy tayyorgarligini aniqlashning me'yoriy normalari"ni topshirishga tayyorlash musobaqalarini nazarda tutadi.

Musobaqa qatnashchilarining yoshi quyidagicha guruhlanadi:

- bolalar guruhi - 11-12 yosh;
- o'smirlar guruhi - 13-14 yosh;
- yoshlarning kichiklari guruhi – 15-16 yosh;
- yoshlar guruhi - 17-18 yosh

Ayrim sport turlarida sport turiga qarab qayd qilingan yosh guruhlarining gradasiyasi boshqacha bo'lishi ham mumkin. Musobaqaga qatnashuvchilarning yoshini aniqlash qatnashuvchining tug'ilgan oyini 1-yanvaridan boshlab hisobga olinadi. Musobaqalar bolalar guruhida 1-1,5 soatgacha, o'smirlar va yoshlarning kichik guruhiga 1,5-2 soatgacha,

yoshlarning kattalari guruhida 2-3 soatga bo'lgan vaqt sarflashni, bolani musobaqa bilan band qilishi me'yor sifatida belgilab qo'yilgan.¹

Har bir musobaqa qatnashchisining majburiyat tarzidagi bilimlari: shu sport turi bo'yicha musobaqa nizomini va shu sport to'rtining musobaqa qoidalarini bilishi; intizomli va xushfeol bo'lishi; sport bellashuvi davomida yuzaga kelgan bahsli, munozarali masalalarni hal qilish jamoa vakili yoki jamoa sardori orqali amalga oshirilishi, chiroyli sport formasiga, emblema va tagi yumshoq sport poyabzalini kiyish talabi qo'yiladi.

Musobaqani yaxshi o'tishi uni o'tkazish joyini tanlash va tayyorlash bilan, inventar anjomlar, shiorlar, bayroqlar, ovoz uchun mikrofon, uni kuchaytirigichi, bayonnomalar va hakamlar bilan bog'liq.

Agar musobaqalar zalda o'tsa snaryadlarni joylashtirish, tomoshabinlarga joy, hakamlar, katnashchilarning joyi oldindan belgilanishi lozim. Agar tashqarida, maktab sport maydonida o'tkazilsa, oldindan o'yin maydonlari va yugurish yo'laklarini chiziqlari yangilanishi, musobaqa boshlanishidan bir soat burun maydonga suv sepish zarur bo'ladi. Bayram muhiti, tantanali holat yuzaga keltirilishi, musobaqaning o'tishiga va o'quvchilarga ijobiy ta'sir qiladi.

Adabiyotlar

1. Юлдашов Икромжон, Парпиев Ойбек, & Абдурахмонов Шавкат (2022). ЖИСМОНИЙ ТАРБИЯ ТАЪЛИМИДА СПОРТ ИФОДАСИ. Central Asian Research Journal for Interdisciplinary Studies (CARJIS), 2 (Special Issue 2), 222-225.
2. Gennadevna, K. G. (2021). Athletics in the System of Physical Education of Student Youth. European Journal of Life Safety and Stability (2660-9630), 250-252.
3. Gennadevna, K. G. (2021). Athletics in the System of Physical Education of Student Youth. European Journal of Life Safety and Stability (2660-9630), 250-252.
4. Gennadevna, K. G. (2021). Athletics in the System of Physical Education of Student Youth. European Journal of Life Safety and Stability (2660-9630), 250-252.
5. Gennadevna, K. G. (2021). Athletics in the System of Physical Education of Student Youth. European Journal of Life Safety and Stability (2660-9630), 250-252.
6. Gennadevna, K. G. (2021). Athletics in the System of Physical Education of Student Youth. European Journal of Life Safety and Stability (2660-9630), 250-252.
7. Yuldashev Ikromjon, & Polatova Shakhnozakhon. (2022). Teacher of Physical Education Pedagogical Culture. Eurasian Journal of Learning and Academic Teaching, 9, 78–81. Retrieved from <https://www.geniusjournals.org/index.php/ejlat/article/view/1750>

¹ Ўзбекистон "Ёшлик" жисмоний тарбия ва спорт жамияти ходимлари учун фаолиятни тўғри ва самарали ташкил этиш бўйича қўлланма. Т.Тоировнинг умумий таҳрири остида. ЧП "АсадовУ.Н." босмах. Тошкент -1918 152 саҳ.

8. Yuldashev Ikromjon, & Mallaboev Farhod. (2022). A Healthy Lifestyle (Stt) And Its Constituent Components. Eurasian Research Bulletin, 9, 1–3. Retrieved from <https://www.geniusjournals.org/index.php/erb/article/view/1638>
9. Yuldashev Ikromjon, & Isaqova Sahibakhon. (2022). DEVELOPMENT OF PHYSICAL QUALITIES IN ATHLETICS TRAINING. Conferencea, 227–230. Retrieved from <https://conferencea.org/index.php/conferences/article/view/569>
10. Икромжон Юлдашов. (2022). ОИЛА ВА МАКТАБ ҲАМКОРЛИГИ ДОИРАСИДА ГЕНДЕР ТЕНГЛИКНИ ТАЪМИНЛАШГА ДОИР БИЛИМЛАРНИ РИВОЖЛАНТИРИШ ЗАРУРАТИ . World Scientific Research Journal, 2(2), 211–219. Retrieved from <http://wsrjournal.com/index.php/wsrj/article/view/97>
11. Юлдашов Икромжон, Махмуталиев Адхамжон, & Тухтаназаров Исматулла (2022). ЁШ ЎҚУВЧИЛАРНИНГ ЖИСМОНИЙ СИФАТЛАРИ НАМОЁН БЎЛИШИДА ЖИСМОНИЙ МАШҚЛАРНИНГ ЎРНИ. Central Asian Research Journal for Interdisciplinary Studies (CARJIS), 2 (Special Issue 3), 96-102.
12. Ikromjon, Y. (2022). METHOD OF ORGANIZATION AND CONDUCT OF PHYSICAL EDUCATION CLASSES IN PRE-SCHOOL EDUCATIONAL INSTITUTIONS. Conferencea, 219-223.
13. Gennadevna, K. G. (2021). Athletics in the System of Physical Education of Student Youth. European Journal of Life Safety and Stability (2660-9630), 250-252.
14. Юлдашев, И. (2010). Оила, маҳалла, мактаб ҳамкорлигида тарбиявий ишлар самарадорлигини ошириш. Известия ВУЗов (Кыргызстан), (6), 112-113.
15. Юлдашев, И. А. (2020). Сотрудничество маҳалли и кенгаша схода сельских граждан, школы, семьи в процессе формирования у подростков социальной активности. Редакційна колегія: АА Сбруєва–доктор педагогічних наук, професор (відповідальний редактор), 139.
16. Yuldashev, I., & Toshboltaeva, N. I. (2020). Analysis Of Personality Traits In Athlete Activities. In Психологическое здоровье населения как важный фактор обеспечения процветания общества (pp. 72-74).
17. Gennadevna, K. G. (2021). Athletics in the System of Physical Education of Student Youth. European Journal of Life Safety and Stability (2660-9630), 250-252.
18. Yuldashov, I., Parpiev, O., Makhmutaliev, A., Tukhtanazarov, I., & Umaralievich, K. U. (2021). Pedagogical bases of formation of physical culture and social culture in Youth. Asian Journal of Multidimensional Research, 10(11), 54-58.
19. Yuldashov, I., & Goynazarov, G. (2021). A need to improve the institutional system for increasing the social activity of young people at the stage of development. Интернаука, (12-3), 18-19.
20. Yuldashev, I. A. (2020). Pedagogical Bases Of Formation Of Social Activity In Pedagogical Sciences. Теория и практика современной науки, (5), 67-69.

21. Hamrakulov, R. (2021). THE IMPORTANCE OF THE ORGANIZATION OF PHYSICAL CULTURAL ACTIVITIES BASED ON ADVANCED PEDAGOGICAL TECHNOLOGIES. CURRENT RESEARCH JOURNAL OF PEDAGOGICS, 2(05), 114-119.
22. Khamrakulov, R., & Abduzhalilova, K. (2022). FEATURES OF PHYSICAL EDUCATION IN GRADES 5-6 OF SECONDARY SCHOOL. *Academicia Globe: Inderscience Research*, 3(05), 82-90.
23. Р.Хамроқулов, & Н.Мухаммадов. (2022). ВОЛЕЙБОЛЧИЛАРНИНГ ЖИСМОНИЙ СИФАТЛАРИНИ ВА ҲАРАКАТЛИ ҲИЙНЛАР РИВОЖЛАНТИРИШ . *World Scientific Research Journal*, 2(2), 185–192. Retrieved from <http://wsrjournal.com/index.php/wsrj/article/view/93>
24. Hamroqulov, R., & Nishonov, S. (2022). Methods of increasing physical faiths during the training of football players. *Texas Journal of Multidisciplinary Studies*, 8, 130-132.
25. Khamrakulov, R., Karakulov, K., & Jabbarov, A. (2019). TECHNOLOGY TO IMPROVE THE DURABILITY OF CONCRETE IN THE DRY HOT CLIMATE OF UZBEKISTAN. *Problems of Architecture and Construction*, 2(1), 74-77.
26. Gennadevna, K. G. (2021). Athletics in the System of Physical Education of Student Youth. *European Journal of Life Safety and Stability (2660-9630)*, 250-252.
27. Hamrakulov, R. PEDAGOGICAL BASES OF FORMATION OF PHYSICAL EDUCATION AND SPORTS TRAINING IN HIGHER EDUCATION SYSTEM.
28. Hamrakulov, R. PEDAGOGICAL BASES OF FORMATION OF PHYSICAL EDUCATION AND SPORTS TRAINING IN HIGHER EDUCATION SYSTEM.
29. Ismoilov, S. (2021). PEDAGOGICAL PSYCHOLOGICAL OPPORTUNITIES FOR THE DEVELOPMENT OF STUDENT THINKING ACTIVITY IN SCHOOL AND FAMILY COOPERATION. *Galaxy International Interdisciplinary Research Journal*, 9(12), 1209-1212.
30. Ismoilov, S. (2021). PEDAGOGICAL PSYCHOLOGICAL OPPORTUNITIES FOR THE DEVELOPMENT OF STUDENT THINKING ACTIVITY IN SCHOOL AND FAMILY COOPERATION. *Galaxy International Interdisciplinary Research Journal*, 9(12), 1209-1212.
31. Ismoilov, S. (2021). Developing A Valued Attitude Towards the Family in Students as A Topical Pedagogical Problem. *Zien Journal of Social Sciences and Humanities*, 3, 91-93.
32. Ismoilov, S. D. (2022). О ‘SMIR YOSHDAGI О ‘QUVCHILARDA OILAVIY QADRIYATLARNI RIVOJLANTIRISHNING О ‘ZIGA XOS MUҲИМ JIXATLARI. INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. *SCIENTIFIC-METHODICAL JOURNAL*, 3(5), 96-100.

33. Ismoilov, S. (2021). SPECIFIC FEATURES OF FORMATION OF FAMILY VALUES IN STUDENTS IN THE EDUCATIONAL PROCESS. *Galaxy International Interdisciplinary Research Journal*, 9(12), 693-696.

34. Gennadevna, K. G. (2021). Athletics in the System of Physical Education of Student Youth. *European Journal of Life Safety and Stability* (2660-9630), 250-252.

