

PEDAGOGICAL PRINCIPLES OF IMPROVING PHYSICAL FITNESS OF GENERAL EDUCATION SCHOOL STUDENTS (IN THE EXAMPLE OF PRIMARY CLASSES)

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Decree of president Sh.Mirziyoyev of the Republic of Uzbekistan on measures to further improve and popularize physical culture and sports in the republic of Uzbekistan. In recent years, consistent measures have been taken in the republic to popularize physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for the physical rehabilitation of people with disabilities and ensure a worthy performance of the country in the international sports arena.

At the same time, there is a need to introduce into practice specific programs in the field of physical culture and sports that contribute to improving the health of the population, the wide involvement of young people in sports and the selection of talented athletes among them, the formation of national teams by master athletes who provide high results in sports, and creating additional conditions for trainers.

In order to determine priority areas aimed at improving the skills and knowledge of the population in the field of physical culture and sports in order to form in the country a comprehensively developed and physically healthy personality with a high culture, as well as the introduction of innovative forms and methods in the process of selection (selection) of talented athletes:

1. Determine the main directions of reforming the system of physical culture and sports until 2025:

- ✓ increase in the total number of the population regularly engaged in physical culture and sports, up to 30 percent, and youth involved in sports organizations and institutions, up to 20 percent;
- ✓ a gradual increase in the quality of the composition of coaches and specialists in state sports educational institutions, in particular, bringing the number of employees with higher education to 80 percent;
- ✓ development and local implementation of an effective and transparent four-stage system of selection (selection) of talented athletes among young people - organization - district (city) - region - republic;
- ✓ identifying talented athletes and creating a reserve for youth teams by holding "Children's Sports Games" among students of sports schools of the system of the Ministry of Tourism

and Sports of the Republic of Uzbekistan, as well as attracting students to regular sports through the organization of "Student Sports Games" among students of higher educational institutions;

- ✓ development of a system of stage-by-stage (district / city, region, republic) holding of the festival "Sport of secondary schools", the review-competition "Institution with developed physical training" and the establishment of a nomination for the title of the best secondary school, professional and higher educational institution with a developed level of physical training in order to popularize physical education among the general population, including students of general education schools, students and students of professional and higher educational institutions, to identify talented people among them;
- ✓ the development of sports tourism through the systematic holding, starting from 2020, of the international marathon "Tashkent Marathon", the international eco-marathon "Save Aral", sports competitions in rally and motocross;
- ✓ introduction of competitions among all segments of the population "Level of physical fitness";
- ✓ creation of integrated scientific laboratories for athletes of national teams in sports, the introduction of advanced innovative technologies in the preparation process and the establishment of effective medical and pharmacological support in the field of sports;
- ✓ introduction of a mechanism for conducting in-depth medical examinations on a regular basis of members of regional teams in sports under 18 years old in the teenage departments of regional children's multidisciplinary medical centers, members of territorial teams of older age - in district (city) multidisciplinary central clinics;
- ✓ introduction in stages, starting from February 1, 2020, of a system for sampling doping tests at republican sports competitions in Olympic sports;
- ✓ creation of infrastructure for winter Olympic sports, establishing a system for training professional athletes by popularizing these sports;
- ✓ organization of the Olympic Training Center for the systematic preparation of sports delegations of Uzbekistan for prestigious sports competitions in the Bostanlyk district of the Tashkent region;
- ✓ establishment of "hospital services" and the introduction of an additional (non-electronic) entry visa "Sport Visa" in order to widely attract foreign athletes and fans, as well as the effective use of sports infrastructure;
- ✓ taking the necessary measures to increase the participation of the private sector in the field of sports, including the reduction of the state share in sports organizations;
- ✓ expansion of the system of additional financing of sports by organizing sports lotteries;
- ✓ establishing the activities of extracurricular activities and circles in sports included in the program of the "Army Games" for students and students of educational institutions of the

system of law enforcement agencies and the Armed Forces, including "Temurbeklar Maktabi";

- ✓ wide introduction of modern information and communication technologies in the management system of sports and recreation, sports facilities and institutions, including ensuring the connection of sports facilities to telecommunication networks through the information system "Sport.uz";
- ✓ implementation of systemic measures to develop and increase the popularization of national sports, their inclusion in the programs of the Asian and Olympic Games.

Realizing the importance of the physical education of the younger generation, at present one of the strategic directions of education in Russia is the problem of preserving and strengthening the health of the children of the nation as a whole. Studies show that the traditional organization of the educational process creates constant stress overload in schoolchildren, which contribute to the development of chronic diseases. All this suggests that it is necessary to find ways and outputs of the most effective forms and methods of improving the health of the younger generation. The health of a growing person is not only a social problem, but also a moral one. Introducing schoolchildren to the problem of maintaining their health is, first of all, a process of socialization and education.

The main form of organized training in physical exercises in secondary schools is a physical education lesson. The traditional system of education and physical education, although it declares the principle of the comprehensiveness of the process of physical education, at the same time does not have adequate opportunities for its purposeful organization. In this regard, there is a contradiction between the requirements for the development of the personality of students and the modern system of education and physical education. The modern level of physical education requires long-term and hard work aimed at developing physical qualities, mastering the technique of skills and abilities, and educating psychological stability. The content of training sessions, forms, methods and their organization in the process of long-term training of athletes change significantly, while only general provisions regarding the means and methods of physical education remain unchanged. For the development of physical qualities, schoolchildren need to conduct training work that is large in volume and intensity. The loads on the body during such work are very high, but its results are not always proportional to the efforts expended, especially since the introduction of a three-time weekly cycle into the school physical education program.

The study and analysis of scientific and methodological literature made it possible to establish that the traditional means of physical education of secondary school students do not fully contribute to their physical development, physical and functional readiness of students. This situation has developed due to the extremely small developed theoretical and methodological support for the physical education of secondary school students, aimed at using popular non-traditional means of physical culture.

In this work, we managed to determine the pedagogical conditions for improving the physical education of schoolchildren on the basis of sectional work and experimentally substantiate the effectiveness of its implementation in the educational process. Determine the importance and effectiveness of sectional work.

As experimental data have shown, the created pedagogical conditions for improving physical training through sectional work allow more rational use of classroom and extracurricular forms of training, optimal dosage of physical activity, taking into account individual characteristics and the body's response to various training loads, gives reason to talk about the prospects of the technology of accentuated intensification of applied means in the system of physical education of the secondary school.

In the sectional work, the principles of an individual-personal approach are observed, which ensure the psychological comfort of students in the classroom, which helps to increase the motivation of activities.

School age is the main thing in the development of a person. At this age, a person receives a secondary education. It is during this period that the physiological “maturation” of the body takes place, the foundations of good health are laid, and a person is prepared for work, for military service. During the period of study at school, the child is in an environment of multifaceted education, one of the parts of which is physical education. It is indisputable that the harmonious development of the personality is possible under the condition of a rationally organized and systematically carried out motor activity of the child, as well as under the condition of the formation of the basic ideas about physical culture and a healthy lifestyle in the student.

School age includes children, adolescents and young men aged 6-7 to 17-18 years. In accordance with the system of general education, this age period is divided into three stages: junior, middle and senior.

The social and pedagogical significance of the directed use of physical education means is as follows:

- laying the foundation for harmonious physical development, good health, comprehensive physical education and upbringing;
- good physical and mental performance is maintained;
- children's leisure time is rationally organized;
- the moral, intellectual, aesthetic and labor culture is rising.

It is also necessary to proceed from the fact that everyday organized physical activity satisfies the natural need of a growing organism for movements and increases the body's resistance to adverse external conditions, and also allows you to control the intensive development of the forms and functions of the body. Unfortunately, the sad statistics show that more than 60% of schoolchildren have deviations in their health status, and during their studies from grades 1 to 8, the number of healthy children decreases by 3-4 times, and by the time they graduate from

school, only 20% of schoolchildren. There are a number of reasons for this situation. One of them: insufficient financial security and, hence, a weak material and technical base of the school (according to sanitary and hygienic standards, the need for general education schools in sports halls is satisfied only by 30%, and in swimming pools - only by 10%). Accordingly, it is impossible to speak about the full-fledged organization of physical culture and health improvement work at school. We must not forget that at present society is going through a difficult period of its development and this is reflected in the mental state of its citizens, especially young citizens who are not always able to explain to themselves the social difficulties of life. Constant mental tension cannot but have a negative impact on the health of children, who, at the same time, have to experience significant physical, intellectual and emotional stress during the period of study. In this regard, it is necessary to note not only the living and learning conditions in which a student of a modern school is forced to find himself, but also the quality of the education he receives, which does not always meet the requirements of today, especially in terms of physical culture, which is designed to equip students at school with knowledge and skills of physical education. self-improvement and prevention of the appearance of pathological changes in the body. The last thesis is confirmed by the above statistics.

Physical education, due to its potential ability to directly influence the nervous processes that determine the physical and mental health of a person, can and should reduce the mental tension of children and, thus, reduce its negative impact on the child's body.

The versatility and diversity of physical education itself should be considered through the following main categories that characterize its essence: good health, good physical development, the optimal level of development of motor abilities, knowledge and skills in the field of physical culture. The above categories determine the direction and content of the tasks solved in school physical education, which are divided into general and particular.

Among the most common tasks of physical education, the following can be named: general physical training (basic), special professional physical training, active recreation and health improvement, sports training. Each direction is revealed by a number of particular tasks, which, having a common structure, change their content, taking into account the main direction of work. So, for example, each general task will be differentiated by three main groups of private ones: health-improving, educational and upbringing. Principles, methods and means of school physical education:

The process of implementation of these tasks should be based on the principles of the system of physical education, didactic principles, as well as the principles of methods for developing physical qualities and teaching motor actions. Let's recall the main ones.

The system of physical education can function effectively provided that: the principle of harmonious and comprehensive development of the individual is observed; the principle of applicability (the relationship of physical education with labor and defense practice); the

principle of health-improving orientation of physical education. The system of school physical education contains the same fundamental principles, and a person related to this system, of course, must be guided by them in his professional activities.

The principles of consciousness and activity, visibility, accessibility and individualization, systematicity and dynamism constitute the methodological basis of didactics and therefore are directly related to the methodology of conducting school physical education lessons, where the processes of learning and directed development occupy a leading place. Each of these principles has its own place for implementation in the course of planning the educational process and in the learning process, the methodology of which is selected taking into account the specific tasks, the age of the children and their readiness.

Separately, we single out the modern principles of school physical education: the principle of developmental education, the principle of nurturing development and nurturing education, which combine the patterns of building the processes of education, development and education. For further effective perception of the methodological foundations of building a school physical education lesson, it is necessary to repeat the previously covered material.

The methodology of school physical education, like any other methodology, contains a set of methods, means and methodological techniques that are in a strictly defined relationship and sequence and allow solving the set tasks.

Methods of physical education are divided into two relatively independent, but interconnected groups: general pedagogical methods and exercise methods.

The use of certain methods of physical education in physical education classes at school will be determined by the task, the age of the children and their readiness. So, for example, the task of a physical education lesson may be aimed at teaching some element, but, given the difference in the technical and physical readiness of children in this class, the teacher can use holistic or dissected (analytical) teaching methods to solve this problem in various cases.

The situation is the same with the use of methods of predominant development of physical qualities (standard-continuous, repeated-variable, etc.): the focus of the lesson on solving the problem of developing general endurance will determine the use of the standard-continuous method, but at primary school age to solve such a problem the teacher will give preference to combined exercise methods associated with frequent changes in tasks, the pace and time of completing tasks, since it is difficult for children of this age to perform a long and monotonous load.

Basic requirements for the use of exercise methods in the learning process:

1. Simple exercises are effective as long as there is a need to overcome coordination difficulties;
2. Not all motor actions should be brought to a skill, since some of them are not used in everyday life, work, sports, and some will continue to be improved taking into account the

changed level of physical development. It follows from the foregoing that the nature and specific order of the combination of methods is determined by:

3. The tasks of the educational process;
4. Features involved;
5. Features of the studied material;
6. External conditions of educational work.

If the methods of physical education are the ways to solve the set task, then the means of physical education are the necessary “tools” with which we achieve the goal. Let us recall the main groups of means of physical education:

1. Physical exercise;
2. Healing powers of nature;
3. Hygienic factors.

Physical exercises, of course, are the main group of means of physical education at school, since, as follows from the definition, physical exercises are motor actions specially organized to solve the problems of physical education. At the same time, physical exercises have all the necessary properties for the strict organization and regulation of the process of school physical education: they are well dosed, they can have both local and general effects, their implementation is always under the control of the student and teacher, etc.

In the educational school, children mainly receive basic physical and technical training and therefore the leading role in the learning process, for example, is played by basic exercises, which are based on natural movements and analytical movements used to develop the coordination abilities of students; leading and preparatory exercises, which are auxiliary, form the basis of the methodology for teaching the technique of motor actions (especially from various sports) at the first stage. Groups of more narrowly focused exercises, such as competitive, imitative, ideomotor exercises also take place in the school methodology when solving educational problems.

Analyzing the results of the pedagogical experiment revealed a number of indicators obtained before and after the experiment. Also, the exercises of the proposed complexes were used in other sections of the program as developmental exercises throughout the academic year. Classes were held twice a week.

At the beginning of the pedagogical experiment, an introductory test was conducted for the control group and the experimental group to determine the level of development of dynamic and static flexibility and coordination abilities (Table 1).

Table 1 Indicators of the level of development of dynamic and static flexibility and coordination abilities in primary school students of the first year of study at the beginning of the experiment

Tests		control group	experimental group	Difference		P
				ed.	%	
1	Shuttle run 3x10 (sitting forward from the stop, s)	10,8	10,9	0,1	0,93	>0.05
2	Cross twine (before distortion of technique, cm)	10	13	3	30	>0.05
3	The twist of the gymnastic stick (the distance between the hands is measured, cm)	30	38	8	26,7	>0.05

The results of the testing, obtained at the beginning of the pedagogical study, did not reveal any differences in the indicators of the level of development of dynamic and static flexibility and coordination abilities of students in both groups. When performing the tests, there were no impressive distortions in the execution technique, however, in the control exercise No. 2 “Transverse twine”, the students made such mistakes as: they violated the straight line of the legs, did not perform fixation at the extreme point, did not straighten their backs. Such typical mistakes were made by children of both groups. In general, it should be noted that the results of the introductory testing showed an insufficient level of development of dynamic and static flexibility and coordination abilities in both groups, which was confirmed by normative indicators.

To determine the effectiveness of the proposed sets of exercises, after conducting a pedagogical experiment, repeated testing was organized and conducted among primary school students (Table 2).

Table 2 Indicators of the level of development of dynamic and static flexibility and coordination abilities in primary school students of the first year of study at the end of the experiment

Tests		control group	experimental group	Difference		P
				ed.	%	
1	Shuttle run 3x10 (sitting forward from the stop, s)	9,6	9,3	0,3	3.125	>0.05
2	Cross twine (before distortion of technique, cm)	7	9	2	28.57	>0.05
3	The twist of the gymnastic stick (the distance between the hands is measured, cm)	28	29	1	3.57	>0.05

When conducting a pedagogical study during the implementation of the proposed sets of exercises, emphasis was placed on the technique of performing a motor action. In this regard, during the re-testing, the students in the experimental group demonstrated an improvement in the formation of motor skills and abilities (amplitude, pace, starting position, operational posture).

Experimental substantiation based on the identification of pedagogical conditions, the organization of extracurricular activities to increase the level of physical fitness of primary school students in taekwondo classes, as well as such physical qualities as dynamic and static flexibility and coordination abilities, was based on mathematical statistics in terms of the Student's t-criterion. This criterion is based on the difference in the performance of the two testing groups at the beginning of the experiment and at the end of the experiment. At the end of the experiment, the performance of the experimental group improved by a higher rate than that of the control group. In particular, the exercises involved both global and regional and local muscle groups, the starting position varied when performing movements. A set of exercises for muscle stretching was also presented, which made it possible to improve strength development indicators. Experimental sets of exercises included a number of special preparatory tools that were aimed at preparing for control tests.

Thus, the physical education of schoolchildren plays an important pedagogical role. It brings up a healthy spirit in the student, helps him in the future, to achieve success, to be physically prepared for difficulties. Physically educated schoolchildren become healthy people and full-fledged citizens in society. The pedagogical conditions for organizing extracurricular activities to improve the level of physical fitness of primary school students in taekwondo classes have been studied, which is represented by an interconnected structure that has the character of a long-term, year-round, continuous and successive both in terms of the development of physical qualities and in the process of forming motor skills and abilities. A staged (stepwise) approach in the system of training an athlete implies a gradual increase in the indicators of sports results and the ability for a teacher to make a sports selection. At each stage of training, the volume and intensity of the load, the requirements for the level of physical, technical, tactical, psychological, theoretical training are distributed.

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