

**DEVELOPMENT OF PHYSICAL QUALITIES OF SCHOOLCHILDREN 10-12
YEARS OLD IN TERMS OF TRACK AND FIELD TRAINING**

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Resolution of the President Sh.Mirziyoyev of the Republic of Uzbekistan on measures for the further development of physical culture and mass sport. In our society, large-scale work is carried out aimed at creating a healthy lifestyle, creating for the population, especially the younger generation, conditions that meet modern requirements for regular physical education and mass sports, strengthening youth through sports competitions of will, faith in their own strengths and capabilities, the development of courage, feelings of patriotism and devotion to the Motherland, the systematic organization of work on the selection of talented athletes from among the youth, as well as the further development of physical culture and mass sports.

Particularly noteworthy are the high achievements of the representatives of our country at the Olympic Games, World Championships, Asian Games and Championships, international competitions, the growing authority and sports potential of Uzbekistan in the world, the construction of majestic sports facilities in the regions of the republic that meet international standards, which are becoming increasingly popular among students. and student youth three-stage sports games "Umid nihollari", "Barkamol avlod" and "Universiade".

At the same time, widespread propaganda and explanation in all regions of our country of the importance of mass sports in the life of a person and family, as the basis of physical and spiritual health, protection from bad habits of young people who are embarking on a life path with great hopes, creating the necessary conditions for young people to realization of their abilities and talents, improvement of the system of selection and targeted training of gifted athletes from among them remain important and urgent tasks.

In order to further develop physical culture and mass sports in the regions of the Republic of Uzbekistan, to attract all segments of the population, especially young people, to regular physical education and sports, to increase the effectiveness of the effective use of the conditions created for this in the country:

1. Approve the Program for the further development of physical culture and mass sports in the Republic of Uzbekistan (hereinafter referred to as the Program) in accordance with the appendix.

Determine the main directions of the Program:

✓ further improvement of legislation aimed at developing the system of organization and management of the sphere of physical culture and sports;

- ✓ strengthening the material and technical base of the sphere of physical culture and sports, building modern sports complexes, equipping them with modern sports equipment and inventory, developing the private sector in this area;
- ✓ scientific and methodological support of institutions for training, retraining and advanced training of personnel in the field of physical culture and sports, as well as providing sports schools with highly qualified coaches and medical workers;
- ✓ organization of recreational, physical culture, mass sports activities among pupils and students of educational institutions, the general population, holding complex sports events, selection of talented athletes among young people and their targeted training;
- ✓ promotion of a healthy lifestyle among the population, conducting extensive information and explanatory work on the essence and content of the Program and the progress of its implementation with the active use of the media, the Internet.

2. Approve the composition of the Republican Commission for Coordinating the Implementation of the Program for the Further Development of Physical Culture and Mass Sports in the Republic of Uzbekistan (hereinafter referred to as the Republican Commission) in accordance with the Appendix.

Determine the tasks of the Republican Commission (Aripov A.N.):

- coordination of the activities of ministries, departments and local executive authorities responsible for the full implementation of the measures provided for by the Program;
- ensuring within a week the creation of regional working groups for the implementation of the Program in the Republic of Karakalpakstan, regions, the city of Tashkent, districts and cities;
- ensuring within two weeks the development by the Council of Ministers of the Republic of Karakalpakstan, khokimiyats of regions, the city of Tashkent and districts of territorial programs, based on this resolution and the Program;
- ensuring resolution within a month of all issues to support the proposals and initiatives of assigned sponsor organizations to provide them with practical assistance to the relevant republican and regional sports federations (associations) in all sports included in the calendar plan of sports and physical culture events of the State Committee of the Republic of Uzbekistan for Physical culture and sports;
- within two months, develop and approve the procedure for the systematic organization and control of work on the selection of talented athletes from among the youth and their targeted training.

3. Determine the sources of funding for the Program:

- ✓ funds of the State budget of the Republic of Uzbekistan;

✓ funds of local budgets of the Republic of Karakalpakstan, regions, the city of Tashkent, funds, sports federations (associations), clubs, foreign investors, physical culture and sports societies, as well as sponsorship funds of legal entities and individuals;

✓ other sources not prohibited by law.

4. The Ministry of Finance of the Republic of Uzbekistan, the Council of Ministers of the Republic of Karakalpakstan, the khokimiyats of the regions, the city of Tashkent, districts and cities to ensure the allocation of financial resources for sending the population, pupils and students to participate in sports events, at the expense of the funds provided for by the Calendar Plan of sports and physical culture measures based on reasonable calculations.

5. To the Ministry of Construction of the Republic of Uzbekistan:

to ensure, in accordance with the established procedure, the state examination of design estimates for construction, reconstruction and overhaul of sports facilities;

to establish state architectural and construction supervision over the quality of design and construction and installation works performed as part of the Program implementation, compliance with the norms and rules of urban planning, as well as systematic monitoring of the fulfillment by customers and contractors of the terms of concluded contracts.

6. Approve the proposals of the Ministry of Health and the State Committee of the Republic of Uzbekistan for Physical Culture and Sports on the organization of sports medicine departments in multidisciplinary medical centers and strengthening their material and technical base.

7. Assign the following tasks to the Ministry of Physical Culture and Sports of the Republic of Uzbekistan:

✚ provision of organizational and methodological assistance to the relevant ministries and departments, local government authorities and regional working groups for the implementation of timely and high-quality implementation of all measures determined by the Program and territorial programs developed on its basis;

✚ in order to ensure the successful participation of athletes of the national teams of Uzbekistan in training camps, world championships, Asian games and championships, international competitions, the implementation of in-depth analysis and systematic monitoring of the results achieved following the results of the competition;

✚ taking effective measures on an ongoing basis to ensure transparency and objectivity in the processes of selecting talented athletes from among young people, admitting talented athletes to specialized sports schools in the field of physical culture and sports, educational institutions and sports clubs, as well as conducting a critical analytical discussion of them on a quarterly basis at committee meetings.

8. To the Council of Ministers of the Republic of Karakalpakstan, khokimiyats of regions, Tashkent city:

- ✓ take measures to ensure the continuous functioning of sports facilities throughout the year, their efficient use, strengthening the material and technical base, equipping, if necessary, sports facilities with alternative energy sources;
- ✓ ensure in the respective regions the solution of all issues related to supporting the proposals and initiatives of assigned sponsorship organizations by types of practical assistance (free use of buildings and facilities, provision of financial resources and sports equipment, etc.) to sports federations (associations);
- ✓ the disposal of land plots (sports facilities of open and closed type) owned by sports educational institutions and complexes shall be carried out strictly on the basis of decisions of the Cabinet of Ministers of the Republic of Uzbekistan.

9. The National News Agency of Uzbekistan, the National Television and Radio Company of Uzbekistan, the Uzbek Agency for Press and Information, the Ministry for the Development of Information Technologies and Communications of the Republic of Uzbekistan to ensure regular and widespread coverage among the population of the essence and content of the Program, as well as organized events within its framework in the media , including through the Internet.

10. To impose control over the execution of this resolution on the Prime Minister of the Republic of Uzbekistan A.N. Aripov and State Advisor to the President of the Republic of Uzbekistan A.N. Yunuskhodzhaev.

At the lessons of athletics, the tasks of supporting and promoting health are solved. Promotes the development of endurance, speed, speed-strength qualities, perseverance, diligence, attention, perception, thinking.

Athletics - a set of sports that combines several disciplines - running; sports walking; jumps (long, high, triple, pole vault); throwing (disc, spear, hammer), shot put; athletics all-around. One of the main and most popular sports.

Among the urgent problems of school physical education, a significant place is occupied by such a specific problem as the development of basic physical qualities in children (speed, strength, endurance, dexterity and flexibility). The most important stage in the development of children, requiring the search for new and effective methods of education and training, is adolescence - the period of transition to adulthood, both in socio-psychological and biological terms. Teachers are well aware of the difficulties of adolescence, characterized by emotional instability, imbalance, reduced performance and fatigue. Therefore, for the correct planning and implementation of the educational process in physical education, it is so important to take into account the age-related features of the formation of the body of children, the patterns and stages of development of higher nervous activity, autonomic and muscular systems, as well as their interaction in the process of motor activity. One of the aspects of this important problem is the upbringing of a comprehensively and harmoniously developed person and the disclosure of the patterns of a growing, developing child's body. Also, the successful solution of this

problem largely depends on the correct formulation of physical education, starting from an early age. Only with a strict scientific approach does physical education become an effective means of preserving and strengthening the health of children, improving their physical development.

Fifth grade students are in adolescence, in a period of ongoing motor skills improvement, great opportunities in the development of motor qualities. In children of middle school age, separate coordination abilities improve at a fairly high rate (in throwing for accuracy and distance, in sports and gaming motor actions), strength and speed-strength abilities; speed abilities and endurance moderately increase.

Middle school age is characterized by intensive growth and an increase in body size. The annual increase in body length reaches 4-7 cm, mainly due to lengthening of the legs. Body weight is added annually by 3-6 kg. The most intensive growth rate of boys occurs at the age of 13-14 years, when the body length is added per year by 7-9 cm. And in girls there is an intensive increase in height at 11-12 years old, by an average of 7 cm.

In adolescence, long tubular bones of the upper and lower extremities grow rapidly, growth in height of the vertebrae accelerates. It is also characterized by the strengthening of the articular and ligamentous apparatus. The spinal column of a teenager is very mobile. Posture is formed. At this age, the muscular system also develops rapidly. From the age of 13, there is a sharp jump in the increase in total muscle mass, mainly due to an increase in the thickness of muscle fibers. Muscle mass grows especially intensively in boys at 13-14 years old, and in girls at 11-12 years old.

Functional indicators are actively developing and improving: the blood transport system, the respiratory and cardiovascular systems. The processes of nervous activity are improved, the pathways of the brain, neuromotor components of movement support are developed.

After mastering the basics of athletics exercises in running, jumping and throwing, which are included in the content of the elementary school program, from the 5th grade, training in short and medium distance running, long and high jumps, and throwing begins. The main point in teaching track and field exercises at this age is the development of coordination of take-off run and take-off run with projectile release.

It is known that the age of 11-12 years is characterized by a high degree of sensitivity in relation to training influences aimed at the development of running coordination and, at the same time, the development of physical qualities that determine the formation of the ability to a high degree of concentration of efforts in different phases of jumping, throwing, running for speed. It is necessary to use these favorable conditions to the maximum for the development of certain physical qualities and coordination abilities of the child. If the directed development of motor quality is carried out during the period of accelerated age development, then the pedagogical effect is much higher than during the period of slow growth.

Therefore, not a single lesson should be held without the inclusion of special exercises that contribute to the development of certain physical qualities.

A special place in the development of motor abilities is occupied by speed-strength abilities, the high level of development of which plays an important role in achieving high results in athletics. Speed-strength abilities are characterized by unlimited muscle tensions, manifested with the necessary, often maximum power in exercises performed at a significant speed, but, as a rule, not reaching the limit value. They are manifested in motor actions, in which, along with significant muscle strength, speed of movements is also required (for example, repulsion in long and high jumps from a place and from a run, the final effort when throwing sports equipment, etc.). At the same time, the more significant the external burden overcome by the athlete (for example, when lifting a barbell to the chest), the greater the role played by the power component, and with less weight (for example, when throwing a ball), the significance of the speed component increases.

The development of these qualities should be carried out according to the technology that determines the strategy, tactics and technique of organizing the process of education in the field of physical culture and sports. The technology of educational activity is a set of methodological and organizational and methodological guidelines that determine the selection, layout and procedure for using educational tools.

The formation of motor function in children is determined by the maturation of the musculoskeletal system and the degree of maturity of the higher centers of movement regulation. In the period between 7-11 years, the coordination of voluntary movements in children improves significantly. Movements become more varied and more precise, acquire smoothness and harmony. Children of this age master the ability to dose their efforts, subordinate movements to a certain rhythm, and slow them down in time. Increasing the regulatory role of the cerebral cortex creates favorable conditions for the targeted impact of physical exercises on the development of motor qualities.

The most intensive physical qualities develop in the age period of 10-13 years. Systematic classes have a powerful impact on the development of motor abilities in childhood and adolescence. Unlike peers, whose motor activity is limited to physical education classes, young athletes develop physical qualities more harmoniously and at a much higher level.

Currently, age-related features of the development of physical qualities in school-age children have been identified, which include:

- heterochromic development of various physical qualities;
- the value of annual growth in boys and girls is not the same in different age periods;
- in most children of primary and secondary school age, the indicators of physical qualities are different in their level: for example, the level of power static endurance, as a rule, does not coincide with the level of development of dynamic endurance.

In this regard, training by the same methods with the same volume and intensity of physical activity does not allow us to compare the data of children of different ages, gender, physical development, because gives a different pedagogical effect, which is higher during the period of natural increase (in the so-called sensitive periods) of the level of development of physical qualities in young athletes than the average level of development of the same qualities in children, adolescents and young men who do not go in for sports.

Age features significantly limit the possibilities of developing the speed of movements. The most favorable age is 11-12 years for girls and 12-13 years for boys.

At primary school age, a variety of exercises are used that require quick short-term movements and local movements. These are exercises with a short and long rope (running and running), relay races with running, exercises with throws and catching the ball, etc.

In middle school age, an increasing place should be occupied by speed-strength exercises: jumps, multi-jumps, jumps and jumps at a pace, variable accelerations in running, throwing. It should also include repeated overcoming of short distances (from 30 to 60 m) at maximum speed.

Overcoming external resistance or weights in fast movements is associated with significant muscle effort. Therefore, in sports practice, speed appears in specific forms of speed-strength qualities. Children 10-11 years old tolerate short-term speed-strength loads well.

By the age of 10, girls show the greatest increase in standing long jump results (20%). In boys, the increase in this growth at the age of 8-11 years is 8-9%, and its largest values are noted at 13-14 years.

In younger schoolchildren, unlike 13-14 year olds, there is no close relationship between running speed and body length growth: both tall and short ones can have approximately the same running speed.

Favorable morphological and functional prerequisites for the development of strength are created by the age of 8-10. An increase in strength is associated with an increase in muscle mass, an increase in the thickness of muscle fibers, an increase in their reserves of carbohydrates, proteins, energy-rich compounds, the intensity of biochemical reactions occurring in the muscle, and an improvement in nervous regulation.

Strength development is uneven. At the age of 8-11 years, strength increases intensively, at 11-13 years old, the rate of increase in strength slows down due to the period of puberty. From the age of 14-15, a significant increase in strength is again observed, and by the age of 18-20, the strength reaches its maximum values. These are periods of high sensitivity to dynamic strength exercises. Static efforts are accompanied by a rapid development of fatigue in schoolchildren aged 7-10. Both absolute and relative strength in young athletes increase under the influence of two factors: natural-age changes in the body and improving sports skills.

Due to the age characteristics of schoolchildren, the use of strength exercises in physical education lessons is limited. In primary and secondary school age, one should not force the

development of proper strength abilities. Exercises should have a speed-strength orientation, with a limitation of static components. However, the latter should not be completely excluded, since, for example, exercises associated with maintaining static postures are useful for developing correct posture. With age, the use of these exercises expands. At the same time, obligatory control over breathing is necessary, because prolonged holding of the breath has a harmful effect (especially on girls) and sometimes leads to loss of consciousness.

Typical means of developing strength are: at 7-9 years old - general developmental exercises with objects, climbing on an inclined bench, on a gymnastic wall, jumping, throwing; at 10-11 years old - general developmental exercises with heavy weights (stuffed balls, gymnastic sticks, etc.), climbing a vertical rope in three steps, throwing light objects at a distance, etc.; at 14-15 years old - exercises with stuffed balls, light dumbbells, power games such as "tug of war", pull-ups, racks, etc. True, the weight of external weights in adolescents is limited (about 60-70% of the maximum), except In addition, it is not recommended to perform exercises to failure.

The most effective in the development of motor qualities is a complex training, i.e. when in separate classes exercises for speed, strength and endurance from the means of general physical training are used.

In particular, it has been established that under the influence of training with the use of athletics exercises, the greatest changes in the development of speed are achieved by schoolchildren aged 10-12 years. In a number of works it is noted that in the process of initial sports activities, a significant place should be occupied by exercises of a speed-strength nature. The use of these exercises in order to develop speed and strength (up to 50% of the total training time) has a positive effect on physical fitness and the growth of sports results.

In classes with children 9-11 years old, it is proposed to carry out versatile physical training of children, using the means of athletics, acrobatics, outdoor and sports games. Moreover, great importance is attached to the use of outdoor games due to their great emotionality, interest and passion for games inherent in children.

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