

## ANATOMO-PHYSIOLOGICAL CHARACTERISTICS OF PRIMARY CLASS STUDENTS

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### ANNOTATION

The process of physical education in school-age children requires us pedagogues to know the content and basis of the physical education process in order to carry out pedagogical activities in school, its organization, and the methodology of teaching (teaching) children for vital actions.

**The purpose of the physical education** process for children of primary school age is to enable them to acquire knowledge related to their physical maturity, to improve their physical status and indicators, and to introduce them to the essence of the concepts of community honor, honor, glory, nation, homeland. aimed at gaining knowledge and acquiring basic knowledge of physical culture of a healthy lifestyle.

**KEY WORD:** 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.

The main exercises in the elementary school physical education program are not adjusted according to the age, gender and physical fitness of the children. In addition, the age at which girls and boys should start loading has not been fully studied.

Lack of physical activity in elementary school students has a negative impact on the functions of the body and its activity, as a result, movement slows down the development of skills and basic physical qualities. Therefore, the use of new pedagogical technology to increase the effectiveness of physical education lessons for primary school students is one of the urgent tasks of teaching physical education in primary education.

It is noted that the development of physical qualities is different in children of the same age and with the same physical development. Therefore, creating individual programs for training physical qualities in boys and girls with different physical development, developing a complex of exercises, organizing teaching with an effective approach for each group during the lesson is one of the urgent issues in the process of physical education. .

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In the process of physical education of children of junior school age, **general and private tasks** are solved.

**The general tasks** of the process of physical culture education and upbringing are education, physical education and health.

**Special tasks** include the tasks of secondary special general state physical culture education in the program of the State Education Standard and include:

- 1) to acquire the manners of strengthening, developing and training the health of the student body;
- 2) development of age-specific physical qualities in order to be ready for various labor activities;
- 3) development of necessary movement skills and abilities for life and arming them with those that will be needed in the later period of life;
- 4) to provide students with new theoretical physical knowledge related to physical culture at the standard of general secondary education and to increase their reserve from year to year;
- 5) to make students interested in regular physical exercises and form a habit for it;
- 7) to connect the elements of spiritual education with moral, spiritual, aesthetic and work education in physical culture classes, to teach students, taking into account the fact that they grow older and increase their physical fitness, together with the tasks related to our values clarifying certain stages and a number of other tasks will be solved.

**Junior school age - 6 (7), 10 (11 )** (students of grades 1-4) is in the natural development of the organism, and it is considered the most favorable period for its harmonious physical development.

The control function of the central nervous system, activity of the movement-supporting apparatus, work of the cardiovascular and respiratory organs of these ages are further developed through training.

Emphasis is placed on keeping the body in shape and working on improving the appearance. With the addition of knowledge of personal hygiene rules to this process, educational activities related to the formation of the culture of body education are carried out. One of the general tasks of the physical education process **is the task of imparting physical knowledge to**



students, the rational technique of vital and necessary movements in everyday life, elementary knowledge of gymnastics, athletics, sports, cycling and other sports. It involves providing basic theoretical concepts of sports tactics.

The theoretical knowledge of preparation for passing the requirements and norms of "Normal Norms for Assessing the Level of Physical Fitness" is carried out.

**Means of physical education.** The tools of the multifaceted physical education process have a positive effect on its effectiveness. Basic gymnastic exercises, movement games, roller skating, cycling, excursions and trips, as well as games and physical exercises played in the heart of nature are taken as the leading means for physical education of children aged 6 (7) - (10) 11 years. . These age groups can be involved in regular classes for improving sports skills, specialized in gymnastics, swimming, and tennis.

As a result of the scientific examination of the functional readiness of school-aged children, it has been confirmed that physical exercise plays a decisive role in the development of the organism.

The results of experiments conducted by many scientists show that the dynamics of physical formation and physical training of a person depends on the student's ability to work and the nature and volume of regular physical exercises.

If the mobility is increased excessively, the benefit of physical exercise decreases and has a negative effect on the body.

The increase in excessive mobility has a strong effect, especially on a young athlete, and the body functions according to the type of non-specific adaptation syndrome.

In her research, G. Sodikova shows that the functional capabilities of the children's body, learning how to perform the load given to the muscles, determining the children's physical work ability, is currently an important issue.

YS Weinbaum said that the correct use of specially selected physical exercises, their correct amount, helps the natural, morphofunctional development of students. At the same time, the regulation of these processes ensures the normal growth of the functional capabilities of the organism.

The level of physical development and physical fitness of students during physical education classes is unique and has different individual changes.

Morpho-functional and psychophysiological changes occur in the development of the children's organism during the period of study in general secondary schools.

The growth and development of a child is characteristic of all organisms, including the human organism. IMSechenov said that "The concept of the organism also includes the concept of the external environment." Because the organism cannot live without the external environment.

Growth means an increase in the size of a living organism and the mass of substances as a result of the multiplication of body cells. Overall growth depends on the growth and development of the body skeleton.

The organism grows and develops on the basis of interdependent laws. However, the child can sometimes grow up quickly or lag behind in development. From the moment the egg cell is fertilized, a person begins to develop, this process continues until the end of life.

Physical development indicators include growth in height, weight, head circumference, chest circumference.

At the age of 4, 5, 6, the child's weight increases by 1.5-2 kg every year. From the age of 7, his weight increases rapidly.

Junior school age (6 to 11 years old or 7 to 12 years old). Ossification of the skeleton continues during this period. Body proportions change. The structure and function of the liver, kidneys, lungs, heart and other organs become more complicated.

An active movement pattern is one of the main factors in creating a student's movement pattern, maintaining and strengthening children's health, and all-round physical development. Movement, that is, physical exercises, first of all, all systems of the body: nervous, cardiovascular, respiratory. It is essential for the development of skeletal, muscular and muscular systems.

Young children experience a second period of "rounding" biologically. In them, compared to the previous youth, the coloring is a little slower and the weight increases significantly. The skeleton gradually ossifies.

The muscular system develops rapidly. with the development of the small muscles of the hand, the ability to perform small movements appears. The innervation apparatus reaches a high level of development, thanks to which the child successfully acquires the skills of rapid writing. The muscle strength of the legs increases a lot. At this age, the deep muscles of the shoulder are still weak, their tendons are not developed enough.

All tissues of the child's body are in a state of growth. The percentage of hemoglobin, fat, protein, and inorganic salts in them is lower than in the tissues of adults.

The mobility of young students is ensured by the creation of favorable conditions by the cardiovascular system; the size of the heart will be relatively large, and the heart openings and blood vessels will have a large width. By the end of this age period, blood pressure approaches the norm of adults.

During the junior school age, the nervous system also improves: the analytical and synthetic functions of the cerebral cortex are perfected, the weight of the brain increases significantly (from 1200 to 1400), and an adult reaches 90% of the brain's weight. the process of differentiation between acquisition and inhibition increases.

In young students, vascular-muscular sensations improve by 50%, visual sensations by 80%, color sensitivity by 45%. This period is a very favorable period for the development of all physical and mental powers of the senses.

Pupils should be taught to maintain their posture correctly. correct posture, in which the body and head are held correctly; The chest should be slightly stretched, the shoulders should be



slightly thrown back, the spine should be bent normally and naturally, the hips and knees should be fully aligned, the shoulder blades should be close to the chest. .

Correct formation of the figure is one of the tasks of physical education in grades 1-4 of the school, therefore, special exercises related to the formation of the figure are included in the physical education program.

In the period of preschool education (4-6 years old), the foundations of health and full physical development are laid, habits and character traits begin to form. This period is a particularly favorable time for acquiring and strengthening the necessary movement skills. Naturally, the child's development depends on the environmental conditions, their whole life, education, and in particular, how their physical education is organized.

Children of preschool age are growing rapidly, and their mobility is limited. The ratio of body sizes varies significantly. The resistance of the body increases.

The development of the nervous system is at a much higher level than that of children at a young age. It is worth noting that excitation processes prevail over inhibition processes. Children of small preschool age quickly tire of the same activities, their attention is extremely unstable, and they are easily distracted. Therefore, during training, you should not give them long-term, monotonous, loads that do not match their strength, because this will cause them to be overtired. At this age, it is very important to take into account the alternating use of different games and exercises. Quiet, peaceful games should take the place of noisy, active games.

Preschool children are not yet able to strain their muscles for a long time due to the relative weakness of the musculoskeletal system and the tendency of muscles to tire quickly.

Cardiovascular system in children is well adapted to the requirements of the growing body. Blood pressure in children between 3-7 years old fluctuates on average around 73-76 mm Hg. The younger the child, the higher the rate of heart contractions. At 3-4 years old, the heart rate is 100-110 beats per minute, and at 5-6 years old it is 90-100 beats per minute.

The nerve control of the heart is not perfect, so it is very easy to lose track of its contractions, and the heart muscles quickly tire under physical load. However, with a change in activity, the child's heart calms down and regains its strength in a short period of time.

A developing organism requires continuous replenishment of energy expenditure, supply of necessary plastic substances for building organs and tissues. The younger the age, the faster the formation and growth of cells and tissues. Unlike adults, young children spend more energy on growth and metabolism than on muscle activity.

Young school age (7-11 years) is characterized as the period of the least illness. It is as if the child gathers strength to move to the next step, which is seriously different from a young age. The growth of physical strength occurs at the same time as mental development. In the cortex of the brain, the inhibition process develops, which allows you to control your own behavior. The child acquires the ability to evaluate something before doing it. Height growth slows down, but body weight increases significantly. At the age of 11, the height reaches 140 cm,

and the weight reaches 34 kg. During this period, weight increases by 2-2.5 kg per year. Although the spine has taken on a specific shape, it is still soft, more mobile than the spine of adults, it can change and bend under the influence of the wrong position of the body or one-sided loading. Abnormalities in the position of the spine are often seen in the form of lateral curvature (scoliosis), as well as in the form of a flat or saddle-shaped shoulder, or a bent, arched shape. Muscle mass, therefore, their strength also increases.

At this age, the ratio of heart weight to body weight approaches that of adults. However, blood supply to all tissues in the body occurs almost 2 times faster than in adults, because the heart contracts more and the blood circulation is faster. In this way, a more intensive exchange of substances is ensured. Between 8-11 years of age, the pulse rate is between 90 and 84 per minute, and the arterial pressure fluctuates within the limits of 96-108 mm of mercury, these indicators increase by 3-4 mm per year.

The development process of the heart has not yet been completed, sometimes due to insignificant reasons, a sudden change in the pulse rate, a violation of the rhythm of heart contractions can be explained by this. At the same time, rapid adaptation to loads is observed. These phenomena are related to the fact that the inner part of the arteries is relatively wide in children at this age, and the blood vessels are pliable.

There is some weakness of the muscles involved in breathing. The breathing is not very deep, but it is compensated by the high rate - around 20-22 times per minute. Between the ages of 7 and 12, the living capacity of the lungs increases from 1300 to 2000 ml.

At this age, basic natural movements are improved. Interest in the result of the activity is replacing the previous interest in the process itself. Not only the activity of movement, but also the achievement of the set goal gives a sense of joy and satisfaction.

Improving the physical maturity of the young generation in our independent country is one of the urgent problems of today. For this reason, it was emphasized in the first chapter of the research that in our country, serious attention is being paid to the issues of raising the young generation to be perfect people, which will strengthen the independence of the Motherland.

Folk pedagogy has always emphasized that the all-round development of schoolchildren under the influence of national traditions is one of the important factors in education, and the use of these instructions in the process of physical education will undoubtedly be effective. It is known from the observations of a number of scientists that optimal movement provides a great opportunity for the physical development and growth of children's abilities.

According to a group of scientists and practitioners, elementary school age is the most favorable period for comprehensive development of physical qualities in students, increasing their attention to national values, and formation of spiritual and moral qualities.

The results of research conducted by many scientists show that the dynamics of physical formation and physical training of a person depends on the student's ability to work and the nature of consistent physical exercises. The most important issue is the proper organization



and conduct of lessons and exercises based on national and action games for the development of physical qualities of a primary school student.

According to the research of K.Balsevich, children's physical activity is as follows: all indicators of physical quality of 7-10-year-old children show a high growth rate. Only the rate of elasticity decreases during this period. In children of this age, there is a rapid development of biodynamic movement and, above all, coordination parts.

Between 7-10 years old, a very good ground is prepared for the manifestation of physical qualities and coordination ability, human movement activity. The results of physical training according to the indicators of FNNasriddinov, KHM, Makhkamjonov show that all indicators increase by a certain amount with age.

ANLivitsky research shows that the strength of the muscles of the paws reaches 13-14 kg at the age of 7 years. From this age, with the help of action games, there is a strong possibility of further development of these qualities. Some sharp stages in the dynamics of age change are defined, which are characterized by a set of morphological and functional characteristics.

According to the analysis of the data obtained by FNNasriddinov, KHM, Makhkamjonov on the physical development of school-age children, the physical development of a 5-7-year-old child goes smoothly, and by the time of junior school age, the process of development accelerates. Based on this, a set of physical exercises based on national action games was selected in the study.

" Physical adjectives " and " physical The term " preparation " is special books as is used . These are a person movement of possibilities some sides determine . Physical adjectives to the dynamics the terms " development " and " education " are used is used . The term " development " is qualitative healthy changes to go characterizes . And " Education " . mover quality indicators to growth effect of transfer activity and orientation mean holds \_

Physical refers to qualities ( strength , endurance , flexibility , quickness , agility ) . Physical education in the process physical adjectives bring up and actions with to teach strong huddled goes \_ Physical education this sides learning and some looking exit of them each one's to himself special features deeper knowing to get will help .

School age in children physical adjectives bring up of the organism development and growth with connected series properties has :

1. Adolescence and youth in their youth one quality development another physical adjectives to growth positive effect shows , in teachers physical adjectives to educate complex approach necessity Demand will be done .
2. The body developed on the way physical of adjectives growth some in young people especially fast happened gives \_ This sensitivity ( or it is emphasized as sensitive ) periods . For example , muscle power for of growth the most a lot speed level to 13-15 year olds characteristic , in girls endurance indicator is 11-13 years old the most fast grow up , son in children and - 14 years old , experts opinion according to 8-11 years promptness opportunities

bring up for the most it is convenient . Agility children with comparison according to in teenagers and adults and young people with comparison according to bring up trick more difficult will pass

3. Physical adjectives bring up big physical downloads with observed . Children and teens their little by little to growth without deviating compliance when done organism for loss without delivery transfer ability they have

The most important qualities of a person are his spiritual wealth, purity of will, and physical improvement.

These include good health, appropriate physical development for one's age, acquisition of vital movement skills and competencies, and high levels of work ability.

Physical and mental are closely related, it is just two different sides of the process of development of the person.

Any qualitative change in the child's psyche affects the functional structure of his body and various changes in his brain, as well as physical development.

The normal physical development of the child depends primarily on living conditions, health, and nutrition.

From a physiological point of view, primary school students mainly have some symptoms of 1st grade students in the musculoskeletal system, and in school, most students have many symptoms of not being able to see the core. occurs.

Lack of physical fitness among elementary school students is the result of poorly organized physical education at school and in the family.

Elementary school students are sitting for a long time, short active rest between classes, being in the fresh air for a short time, year after year decrease in physical activity, less sleep - all this has a negative impact on children's physical development, physical fitness and mental development.

In some rural schools, physical culture lessons are not organized and conducted at a high methodological level in primary grades. As a result, students cannot acquire sufficient knowledge, skills and competences.

Such lessons have no practical effect. Therefore, children waste their valuable time and as a result, it has a weak effect on strengthening their health.

After the independence of our republic, the education system was reformed, and in order for our country to stand on its independent and strong footing, it requires working together in all spheres in a sympathetic, like-minded manner.

This requires us, that is, specialists working in the field of physical education and sports, to work hard.

According to scientific data, the 2-hour physical education classes conducted during the week can develop the students' movement activity by only 11%.



Nowadays, most of the healthy children in school get various diseases during their studies. Of these, 40% are more complicated, more than 63% are stunted, and about 12% of students suffer from anemia.

But raising a healthy generation cannot be done without the participation of the general public. According to scientists, the health of the next generation depends 50% on lifestyle, 15-20% on social and medical conditions, genetics and similar factors.

It is known to everyone that physical education programs for elementary school students are developed by the Ministry of Public Education, in which plans are made for children's health, physical fitness, weather conditions, and national types of physical exercise.

Organized physical culture programs are aimed at improving the health, education and education of students, and require the use of physical exercises and the use of physical education tools in full accordance with the purpose of the lesson.

The effectiveness of physical culture lessons depends not only on the content of the program, but also on how the students' activities are organized, and on the method and methodology of teaching exercises. If the lessons of physical culture are carried out on the basis of the program, the health, physical development and physical fitness of elementary school students will improve, while the mastery of other subjects will be at a higher level. stretched.

In the process of physical education, various methods are used: practical, verbal and instructive.

Practical methods, the method of exercises is based on movement. They show a certain alternation of loading and relaxation.

Before starting to teach the structure of practical methods in physical education, it is necessary to get acquainted with the volume and intensity of the load and its characteristics when performing physical exercises.

When loading physical exercises, its volume and intensity differ from each other.

The size of the load means the long-term effect of certain exercises, as well as the total amount of physical work performed in a certain time (in certain exercises, microcycle, phase, period). The intensity of the load means the certain effect it has on the body of the exerciser during physical exercises.

In the initial state of the organism, there is an equality between the load and the reaction to it; the same type of load produces the same counter-effect; the greater the size and intensity of the load, the greater the change in the organism; the lower the load, the lower the change.

As the body's functional capabilities increase as a result of regular training, the same loads make less and less changes in the body, because the body gets used to extreme loads.

In the process of physical education, along with the complexity of movement activity, all components of physical load should increase. The laws of developing physical qualities such as greater strength, speed and endurance dictate this.

According to NNYakovlev, it is very important that the degree of positive changes occurring in the body under the influence of exercise is proportional to the size and intensity of the load. The more intense the load, the stronger the recovery and "ultra-recovery" processes.

In order to ensure the further increase of the functional capabilities of the body, it is necessary to regularly update the loads, increasing their volume and intensity.

One of the most basic laws of the physical training process is expressed as follows: the growth and change of load measurements given for the training of various physical qualities is expressed in the speed of movement, the size of the weight, the number of repetitions, and the overall long-term duration of the work.

The main conditions for increasing activity in the process of physical education were considered in connection with the analysis of the principles of individualization and regularity. Increasing demands can lead to positive results only if the employees are able to perform new tasks and the related loads, if the loads correspond to the functional capabilities of the organism or to the individual characteristics of the gender.

Taking into account the organic connection and simultaneous passage of the recovery processes of a tired organism, it is possible to understand the interrelationship between loading and rest.

The exercise process also includes rest. Rest is considered an organizational part of the exercise only if it is carried out according to certain rules.

Rests that are too short or too long can throw off the training plan and cause you to under or over exercise the main part. In this case, it is necessary to perform rest during exercise (combination of loading and rest) in the most comfortable position.

Rest during exercise performs two main functions:

1. Provides recovery of the body after exercise.
2. The download is used as an increase in work efficiency.

A variable load accustoms the body to different levels of changes in its activity.

According to LPMatveyev, rest is the process of recovery of working capacity after loading. Therefore, rest is one of the main factors in load management. How short or long the interval between loading parts is determined by what is more effective in different applications and the laws of the recovery process. In this case, the interval can be three-full (or simple), strict (or subinterval), extreme.

There are two types of rest during physical education:

1. Lethargic (relative inactivity, not actively moving).
2. Active (switching to other activities that are different from tired, boring activities).

But the efficiency achieved by using any interval is not stable. It varies depending on the load generated when using a particular method. Therefore, a rest interval of the same distance can be an extreme, full, or tight interval under different conditions.



Repeated exercises are performed with rest intervals between loads to develop strength, speed and agility from physical qualities. In some types of repetitive exercises aimed at training specific endurance, loading is given using a tight interval.

The load factor is the sum of the dimensions of certain volumes and speeds.

A criterion is a specific measure for solving a certain necessary task. In other words, load norm means the amount of load that ensures maintaining the optimal level of physical training and activity for strengthening health, acquiring movement skills and competences in physical education.

The limit norm of the load consists of the following dimensions:

a) for effective development: 50-80% according to the maximum intensity (resistance) or the number of repetitions 8-20; 40-60 seconds between series, volume in one training 3 series (13-15 minutes) per muscle group 2-4 short repetitions in a weekly cycle.

b) to maintain efficiency: the intensity is 50-80% of the maximum or the number of repetitions is 8-20; 20-30 seconds between sets, the volume of one exercise in 2 sets for each muscle group (6-7 minutes), repetitions in less than 2-4 times in a weekly cycle.

Exceeding the limits of the physical load that can be carried out, there is an immediate risk of damage to the health of the participants, and the physical exercise, which is an excellent health factor, can have negative results.

The ability to perform physical exercises depends on the capabilities of the participants on the one hand, and on the other hand, on their own characteristics (complexity of coordination, how long the intensity of effort lasts, etc.), to perform any exercise. depends on the objective difficulties that occur during The perfect balance of these two factors (opportunity and difficulty) represents the optimal performance criterion. It is one of the most important and complex problems of physical education to clearly define this standard and follow it. In order to solve it, it is necessary to fully imagine the functional capabilities of the body at different stages of the person's age, as well as to know the limit of this possibility related to the person's gender, individual characteristics and external conditions, with various means and methods of physical education. it is necessary to have accurate information about the characteristics of the demands placed on the organism and to be able to coordinate them with the opportunities of the person engaged in practice.

When the teacher sets the standard of performance, it is based on the program and normative requirements determined for any group of students based on scientific data and generalized practical experience.

Accurate information about the employee's physical fitness capabilities is obtained by conducting tests, medical examinations and pedagogical observations based on physical fitness regulations. Based on preliminary data, the teacher determines the program material (in some cases, he determines the content of the program himself).

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