

ЖИСМОНИЙ ТАРБИЯ ДАРСЛАРИДА ЕНГИЛ АТЛЕТИКА ТУРЛАРИГА ЎЌУВЧИ ЁШЛАРНИ САРАЛАШНИНГ ПЕДАГОГИК ТЕХНОЛОГИЯСИ

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Nizomiy nomidagi Toshkent davlat pedagogika universiteti dotsentiv.b.

Аннотация

Ёш авлодни соғлом ва баркамол инсон қилиб тарбиялашда "болалар спортини ривожлантириш жамғармаси" нинг ташкил этилиши катта амалий аҳамиятга эга. Бугунги кунда мамлакатимизда 2 миллионга яқин бола спортнинг 30 дан ортиқ тури билан шуғулланмоқда. Улар соғлом, кучли, Жасур ва қатъиятли бўлишади. Болалар спортини ривожлантириш мамлакатимиз ёшларининг жисмоний ва маънавий етукликка еришишида муҳим восита бўлиб хизмат қилмоқда. Олимпия дастурига киритилган енгил атлетика sport тури мамлакатимизда тобора ривожланиб, ўғил-қизлар ўртасида оммалашиб бормоқда.

Калит сўзлар. Болалар ва ўсмирлар спорт мактаблари, енгил атлетика машғулотларини ташкил этиш, тайёрлов босқичига қисқа масофага югурувчиларни саралаш.

ПЕДАГОГИЧЕСКАЯ ТЕХНОЛОГИЯ ОТБОРА СТУДЕНЧЕСКОЙ МОЛОДЕЖИ НА ЗАНЯТИЯ ЛЕГКОЙ АТЛЕТИКОЙ НА УРОКАХ ФИЗИЧЕСКОЙ КУЛЬТУРЫ

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Аннотация

Оздание "Фонда развития детского спорта" имеет важное практическое значение для воспитания подрастающего поколения здоровым и гармоничным человеком. На сегодняшний день в нашей стране около 2 миллионов детей занимаются более 30 видами спорта. Они становятся здоровыми, сильными, смелыми и настойчивыми. Развитие детского спорта служит важным инструментом в достижении физической и духовной зрелости молодежи нашей страны. Легкоатлетический вид спорта, вошедший в олимпийскую программу, в нашей стране все более развивается и становится популярным среди мальчиков и девочек.

Ключевые слова. Детские и подростковые спортивные школы, Организация занятий легкой атлетикой, отбор бегунов на короткие дистанции на подготовительный этап.

PEDAGOGICAL TECHNOLOGY OF SELECTION OF STUDENT YOUTH FOR ATHLETICS CLASSES IN PHYSICAL EDUCATION CLASSES

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Annotation

The creation of the "Children's Sports Development Fund" is of great practical importance for the upbringing of the younger generation as a healthy and harmonious person. Today, about 2 million children in our country are engaged in more than 30 sports. They become healthy, strong, brave and persistent. The development of children's sports serves as an important tool in achieving physical and spiritual maturity of the youth of our country. The athletics sport included in the Olympic program is developing more and more in our country and is becoming popular among boys and girls.

Keywords. Children's and adolescent sports schools, Organization of athletics classes, selection of short-distance runners for the preparatory stage.

Introduction

The focus on physical education and sports in the field of public policy in our country after achieving independence of our republic especially the establishment of the "children's Sports Development Fund" is of practical importance in bringing the young growing generation to adulthood as a healthy and perfect person.

The relevance of the study: today in the Athletics sections of more than 225 BOSMS and more than 54 specialized children's and youth sports schools in our country, 9 and higher sports skill schools in our republic, 15 Olympic Reserve colleges, about 400 highly qualified coaches carefully teach them the secrets of athletics. But we found out in the research process that not all of them are talented in athletics sports. Because we are witnessing that the student has allowed young people to have specific shortcomings in athletics sports. Coaches shape groups in most cases based on the recommendations of a secondary school student in Group Formation. Therefore, if the group is observed to disperse within 2-3 months, then the second does not focus on the qualifying criteria. Based on 1 or 2 indicators, the group does not ooze, which negatively affects the effective training of athletes. As a result, 2-3 years of student youth spend their precious time in vain. Therefore, the development of qualifying criteria and sorting students into groups based on these criteria will increase the effectiveness of the system of training highly qualified athletes. Therefore, the completed dissertation work on the topic "pedagogical technology of qualifying young students for athletics at the multi-year preparatory stage", chosen by us, is one of the pressing problems in sorting athletes.

The degree of study of the subject. Today, the number of young people involved in sports is increasing day by day. Surely this is a sign of the correctness of the deeds established in our land. At present, many specialists have been working on the search and selection of athletes with talented prospects from within our young athletes. B.Zelichenik, V.G.Verkhoshansky, M.N.Umarov, F.A.Kerimov, K.T.Shakirzhanova, O.V.The Goncharova are carrying their foality.

Research objective: Research objective: improve the effectiveness of pedagogical technologist based on Aylar Yeshs to Unitgil Atlarliga types in Kyrgyzstan annual round robin basketball.

Research work: Mausoleum of celib chikib we have marked the kuidagas before us:

1. Topic on science, issues of preparation, analysis and generalization of literature.
2. Kyrgyzstan iltaygarik has successfully completed its athletics competitions.
3. Yoshi was known as yizmoniy rivozhilari, degree of taiergari, a functional object.
4. Kyrgyzstan jillik tayerlik boskikharga head mausolarinski age and tayerlik tayassky developed and pedagogical experiment productivity clarified.

Organization and conduct of the study: the study was conducted in the training groups of boesm, OSMM, özks, who specialize in BOESM and athletics and sports games in our Republic.

The object and subject of the study: development of pedagogical technology by age and level of preparation for qualifying for many years of preparatory stages in the training groups of the students of Bosm, OSMM, Ozks, specializing in Bosm and athletics and sports games in our Republic and determining its effectiveness in pedagogical experience.

The scientific novelty of the study: to find and guide talented, promising athletes to the multi-year preparatory stages on the basis of qualifying criteria, taking into account the level of training of the student youth in the developed age, physical development of the students, is to increase the chances of training qualified athletes.

Scientific hypothesis of the study: it is assumed that the development of a new structure of the qualification criteria taking into account the level of age, physical development readiness of the student youth for many years of preparatory stages of Bosms serves to increase the effectiveness of the training system of qualified athletes.

Scientific and practical knowledge of the study: the qualification for many years of preparatory stages consists in the development of pedagogical technology by age and level of

training and determining its effectiveness in pedagogical experience, improving the health of the growing younger generation, involving it in the sport of athletics and training Reserve Athletes.

Research styles. To solve the tasks set, the following methods were used:

1. - Study and analysis of scientific and methodological literature on the development of pedagogical technology by age and level of preparation for qualifying for many years of preparatory stages and determining its effectiveness in pedagogical experience;
2. - Monitoring and analysis of training processes;
3. - Pedagogical control tests;
4. - Pedagogical experience;
5. Conclusion
6. 1. In the study conducted, the interesting IAAF games and competitions organized on our side were very easy to attract schoolchildren to the study, because it was a novelty for schoolchildren.
7. 2. In the experiment, we observed students who took part in every game and competition, and by calculating their results, we sorted them into types of athletics, which paid off.
8. 3. The bottom line is that the interesting IAAF games and competitions we believe that it is practical to qualify, direct schoolchildren in developing interest in athletics through this program and, most importantly, to put cocktails in this sport from an early age, and that in the future, jaxon and Olympic champions will come out of them.

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