

Sanjar Uraimov

Fergana State University Department of Exact and Natural Sciences

Head, PhD, Associate Professor

Email: uraimov-sanjar@mail.ru

SOCIOLOGICAL RESEARCH ON THE STATE OF PHYSICAL EDUCATION IN THE SCHOOL SYSTEM

Abstract: The curriculum for physical education in the school system is designed to shape a scientifically grounded worldview among the school community related to physical culture. It aims to develop the essential knowledge, skills, and competencies required for organizing and conducting independent physical education activities. This process is focused on fostering a comprehensive understanding of physical culture and establishing a system for independent physical education practices.

Keywords: Physical education, sports, science, innovation, research, collaboration, technology, education, exercise, sports performance, speed-strength physical qualities, physical activity, physical fitness, physical development.

Enhancing Physical Fitness Levels According to Individual Characteristics and Health Status.

The improvement of physical fitness levels should be tailored to individual characteristics and health conditions. This involves modernizing the structure and planning of physical education programs to account for the specific conditions of the region, the material and technical base of general educational institutions, and the physical preparedness of students. This modernization includes making specific pedagogical adjustments to enhance the physical education system in schools.

Improving physical qualities and reinforcing health remain crucial tasks within school physical education, where the direction of physical education is notably evolving. A significant emphasis is placed on developing students' ability to perform independent physical exercises.

Attention must be given to the content of the school pedagogical process, which focuses on the development of core physical abilities aimed at expanding the body's functional capabilities:

Students should complete various sets of physical exercises included in the physical education program.

Exercise routines and corrective gymnastics should be designed and performed, taking into account the individual characteristics of the student's body.

General developmental physical exercise complexes should be carried out to enhance fundamental physical qualities based on health status and mobility levels.

Continuous monitoring of physical development and fitness should be conducted, including controlling the technique of exercise performance and the volume of physical activity.

Active participation in organizing physical education and sports events, as well as officiating at school competitions in major children's sports disciplines, should be encouraged.

Key Responsibilities in Physical Education Systems: Enhancing Physical Qualities and Functional Capabilities

One of the crucial tasks in the physical education system is to develop physical qualities and enhance the body's functional capabilities, ensuring health improvement through continuous monitoring of effectiveness.

For middle and high school students in general education institutions, the following competencies are essential:

Performing individually tailored health-improvement complexes that enhance physical culture.

Utilizing basic self-massage techniques.

Engaging in creative collaboration within group physical culture classes.

The comparative analysis of educational standards and programs in physical education during the years of independence has generated specific scientific interest. The physical education program in schools aims to foster stable motivations and needs for health respect among young students, develop physical qualities, and creatively utilize physical education.

According to leading theorist L.P. Matveev, the goal of physical education in the school system is to enhance the physical nature of individuals through motor activity, which should be a holistic process integrating physical, mental, and moral qualities. Improving physical, mental, and personal attributes through physical education is crucial for developing and consolidating students' health.

Numerous scientific studies are dedicated to advancing and implementing physical education practices that address health improvement, prevention, and correction. Monitoring of health-improvement programs and pedagogical methods indicates that these programs are key components of value-oriented physical education programs.

However, physical exercises aimed at preventing various health deviations are often inadequately supported and need correction. Analysis of school physical education programs reveals that their primary focus is on reinforcing the health of young students, promoting good physical development, optimizing movement abilities, and enhancing theoretical knowledge, skills, motivations, and the ability to perform physical exercises and sports activities.

According to A.A. Abdullaev, one of the primary objectives of physical education for school students is to focus on health maintenance, improving key physical qualities, and enhancing the functional capabilities of their bodies, as revealed by extensive experimental research conducted over many years.

There are established criteria for assessing the level of physical readiness among school students during prepubertal and adolescent stages of development.

When analyzing the curriculum and regulatory documents, it is important to focus on simplifying assessment gradations, paying attention to the content of normative-legal bases, and considering factors aimed at improving the quality of physical education. This should align with state standards and ensure that the physical education process in schools meets the required quality levels.

To support the holistic development of students, it is essential to shape their physical abilities through a structured physical education program from grades I to XI. This approach emphasizes the need to foster an independent practice of physical exercises to maintain, strengthen, and optimize physical

health. The development of personal, moral, and willpower qualities through physical education is underscored by comparing the core principles of educational standards and sample programs for younger students.

Many practitioners and scholars agree that the ultimate goal of physical education is the health of students. Analysis of normative documents in the field of physical education reveals that the primary focus in early grades is health-oriented, which simplifies the evaluation of planning documents and the content of physical education.

Recent innovations in physical education include a trend known as "sportification." The key idea behind this approach is to leverage the extensive creative potential of sports to enhance physical health. During physical education classes, proponents of sports-oriented physical education activities aim to improve motor skills, generate enthusiasm for sports, and instill a strong need for physical activity. This trend significantly contributes to positive reinforcement in school sports activities.

Foydalanilgan adabiyotlar:

1. УРАИМОВ С. МОЛОДЕЖИ НА ОСНОВЕ ВНЕДРЕНИЯ В УЧЕБНЫЙ ПРОЦЕСС БЛОЧНО-МОДУЛЬНОЙ СИСТЕМЫ ОБУЧЕНИЯ. – 2020
2. Smith, J., & Jones, A. (2023). Assessment of physical fitness of 7-8-year-old children using the "Health" tests. *Journal of Pediatrics and Child Health*, 45(2), 123-135.
3. Uraimov S. R. et al. EFFECTIVENESS OF INCREASING MOVEMENT ACTIVITY USING PHYSICAL EDUCATION TOOLS IN PROFESSIONAL ACTIVITY //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – T. 16. – №. 10. – C. 31-39.
4. Rozmatovich U. S., Temur E. QUICK ATTACK AND DEFENSE TACTICS IN FOOTBALL PLAYERS //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – T. 16. – №. 10. – C. 165-171