

*Yunusova Dildora Salokhiddinovna**Acting Professor, Tashkent State University named after Nizami.**Tozhiboev Muzaffar Marufovich**is a teacher at the Tashkent Medical Academy***PHYSICAL DEVELOPMENT AND PHYSICAL FITNESS OF SCHOOLCHILDREN OF THE REPUBLIC OF UZBEKISTAN**

**Аннотация:** В статье рассматривается изменение физического развития и физической подготовленности школьников различного возраста происходит под активным воздействием многих факторов внутренней и внешней среды.

**Ключевые слова:** Развития, школьный возраст, физические качества, упражнения, показание, бег, метание, прыжки, воспитание, факторы, физическая подготовленность.

**Annotation.** The article discusses the Change in physical development and physical fitness of schoolchildren of different ages occurs under the active influence of many factors of the internal and external environment

**Key words:** Development, school age, physical qualities, exercises, indication, running, throwing, jumping, education, factors, physical fitness.

**Introduction.** The future of the Republic of Uzbekistan depends on the potential of society, which in the 21st century will be based on children of preschool and school age. They are the ones who will have to solve the main socio-economic problems that arise on the path of the sovereign development of our state. Caring for the harmonious development of the younger generation is one of the main ones. Along with mental, moral, aesthetic and labor education, physical education of children and adolescents is a necessary component of comprehensive development.

Purposeful work is underway in the republic for the comprehensive development of the generation that is to become the basis of Uzbekistan's progress, as evidenced by the adopted laws "On Education", "On the National Training Program", "On Physical Culture and Sports". Special attention is paid to the development of physical culture and sports. In order to form a healthy lifestyle in society, prevent and prevent diseases among young people, as well as implement the Presidential Decree of November 10, 1998 "On the state program for reforming the healthcare system of the Republic of Uzbekistan", the Cabinet of Ministers adopted resolutions "On measures for the further development of physical culture and sports in Uzbekistan" No. 271 of May 27, 1999., "On measures to establish and develop a network of non-governmental preschool institutions" dated May 24, 1999.

Scientific and technological progress and the modern rhythm of life place increasingly high demands on the physical fitness of each person and society as a whole, and require its systematic improvement through active labor or physical exercise. At the same time, scientists in our country and abroad have noted a sharp reduction in active physical labor associated with the direct expenditure of muscular effort. The predominance of a sedentary lifestyle has become an obvious reality.

The lack of systematic physical activity for most people (especially for children, whose bodies must grow and develop in motion) negatively affects their health and creative potential in the future.

The close attention of the state to the state of health of the younger generation indicates alarming data on the deterioration and decrease in the level of physical fitness of preschool and primary school children (Usmankhodzhaev T.S., Khodzhaev P.H., Khodzhaev Sh.G., 1994; Makhkamdzhanov K.M., Nasriddinov F.N., Islomova M., 1994; Khaidarov K., 1998, etc.).

According to researchers, the list of reasons determining this situation includes insufficient implementation of the tasks of medical care for children, environmental violations, sedentary lifestyle due to the advent of technical means – computers, DVDs, etc., as well as insufficient staffing of most preschool institutions with physical development specialists, as well as the lack of a sufficient number of sports sections (free of charge) and other reasons.

**The purpose of the study.** Changes in the physical development and physical fitness of schoolchildren of different ages occur under the active influence of many factors of the internal and external environment.

Therefore, standards of height, weight, chest volume and other indicators of physical development, as well as standards of physical fitness of schoolchildren, are local in nature and cannot be durable. Many domestic and foreign researchers have noted a change in the average physical development of schoolchildren in a relatively short period of time. A number of authors also point to shifts in physical fitness among schoolchildren over the past decades, although there are few studies in this area.

**Methods and organization of the study** In 2023, we studied physical development (10 indicators) and physical fitness (4-8 indicators) in 12 thousand students of 12 urban and 7 rural schools in Uzbekistan aged 7-18 years. In order to identify shifts in height, weight, chest volume, and changes in the results shown by schoolchildren in running, jumping, and throwing, we compared the results obtained during research in 2023 and 2024. Methods and organization of the study In 2023, we studied physical development (10 indicators) and physical fitness (4-8 indicators) in 12 thousand students of 12 urban and 7 rural schools in Uzbekistan aged 7-18 years. In order to identify shifts in height, weight, chest volume, and changes in the results shown by schoolchildren in running, jumping, and throwing, we compared the results obtained during research in 2023 and 2024.

**The results of the study and their discussion.** All average indicators of physical development of schoolchildren in all age groups have increased over the past 8 years. Most of them have a statistically significant difference in the height of girls has changed significantly than that of boys; we found the largest increase in girls at the age of 10 (8.58 cm) and boys at the age of 11 (3.33 cm). There are more shifts in average growth rates in primary and secondary school age.

We did not find any significant growth changes in girls aged 15-17. The difference in average weight in boys is more noticeable than in girls. It is the largest in boys at the age of 16 (4.21 kg) and in girls at the age of 14 (2.71 kg). At the senior school age, the weight of girls increased more than at the younger age, which does not correspond to the change in their height. A noticeable increase in chest volume was observed in girls aged 11-14 years and in boys aged 12-16 years. The difference in the average values in these age groups is from 1.85 to 5.88 cm.

Most indicators of physical fitness of primary and middle-aged schoolchildren improved When comparing the average results of the long jump and high jump shown by schoolchildren of both sexes aged 11-17 years, we found a statistically significant increase (with the exception of the result of the long jump for girls at 15 years old). The average results of throwing a tennis ball at the age of 7-14 years for both girls and boys improved from 1 to 6 m. We did not find any improvement in results in running short and long distances, on the contrary. Girls aged 15-17 have a slight tendency to decrease their results in endurance running

**Conclusion.** We conclude that over the past decade, the average indicators of physical development of schoolchildren in Uzbekistan have been increasing, however, in some age groups, the lack of harmony in the physical fitness of schoolchildren is generally improving, but the lack of an increase in speed and endurance causes some concern.

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