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## METHODOLOGY FOR IMPROVING SPECIAL PHYSICAL TRAINING OF HIGHER SECONDARY SCHOOL STUDENTS IN EXTRA-COURSE TRAINING

**Abstract:** The article discusses the methods of improving special physical training of higher secondary school students in extra-curricular training and the effectiveness of special physical training and its application in practice.

**Keywords:** Extra-curricular training, special physical training, special physical training, agility, endurance, special exercises, physical qualities.

### INTRODUCTION

The principle of individuality in organizing and managing extracurricular activities and the interrelation of the physiological state of each athlete, anthropometric indicators and physical loads with recovery factors, and the correctness of the proportional aspects of these factors, will lead to high efficiency in implementing the goals of the plan. The high qualification of senior students in organizing extracurricular activities, carried out by sports coaches and teachers of general secondary schools, and their deep knowledge and experience in the field will serve to increase the effectiveness of the training.

### DISCUSSION AND RESULTS

The identification of special exercises that effectively help senior students of general secondary schools develop the qualities of strength, agility and endurance, standardization of their intensity and volume of use, analysis of scientific and methodological literature, pedagogical testing, pedagogical experience, pulsometry, mathematical statistical analysis were determined.

Our research work was conducted for 9 months during the extracurricular activities of senior students of secondary schools No. 22, No. 55, No. 8 of Andijan city, No. 5, No. 11 of Markhamat district, No. 25, No. 46 of Izboskan district, No. 22, No. 24 of Andijan district, No. 5, No. 9 of Oltinkul district, No. 1, No. 7 of Fergana city, No. 9, No. 18 of Namangan city.

According to the results of pedagogical testing, an average of 87% of students failed to meet the required level of test standards requiring physical qualities such as 100-meter run (min/sec), 1000-meter run (min/sec), 4x10 m shuttle run (sec), pull-up on the horizontal bar (times), standing long jump (centimeters), speed and endurance. This was due to a number of factors: including insufficient resources to prepare students for test standards requiring special strength qualities, and the lack of skills and qualifications to technically correctly implement the above-mentioned test standards.

Scientific research was conducted to identify a set of special exercises that effectively help develop the qualities of strength, agility and endurance of senior students of general secondary schools, standardize the intensity and volume of their use, and the processes of recovery after training. Based on the analysis of scientific and methodological literature of many scientists and the generalization of the opinions of specialists, the model of training was improved, standards for the intensity and volume of special exercises were developed, and special rotational strength exercises for training processes were improved and implemented in practice. To develop the qualities of strength, explosive power and step frequency, a special sports equipment "SAN.GAY-1" was invented, and the physical fitness of students was increased on this device.

The “Training Program” developed by us for organizing extracurricular activities with senior students in general secondary schools and improving their special physical fitness was divided into two parts in terms of purpose;

1- The “Principle of Individuality” method - the training was carried out based on the physiological capabilities of students and their lifestyle, conditions, and conditions, in order to increase their physical level and perform load-intensive exercises.

2- The “Stage Training” method - taking into account the intermediate skills and abilities of senior students in general secondary schools in physical fitness, the training was carried out in 3 stages.

Namely:

- preparatory stage (program of training planned for 4 months),
- special preparatory stage (program of training planned for 3 months),
- final preparatory stage (program of training planned for 2 months).

Proper planning of the training regime based on climatic conditions, an individual approach to the psycho-emotional state of students, proper control of the intensity and intensity of training allows for regular implementation of training.

A set of exercises aimed at increasing the physical activity and physical special training of senior students of general secondary schools was determined. The training program also included training sessions aimed at both physical and spiritual education of schoolchildren, and professional training for their future development as teachers.

During the research, we tried to get objective answers to the following questions among senior students in schools:

- What should we do to bring the level of physical fitness of senior students in general secondary schools to the required level?
- What pedagogical factors are of great importance in motivating students to study, given the conditions in general secondary schools?
- How important is the role of special classes aimed at creative exams of higher educational institutions in organizing extracurricular activities for senior students of general secondary schools?
- What are the factors that determine high results in creative exams of higher educational institutions?
- To what extent can you demonstrate your will and activity in classes?
- How important is studying physical culture in higher educational institutions for your future?

According to the results of a survey conducted in general secondary schools, it was found that currently, schools have not developed an organizational and methodological demonstration model for conducting physical training classes for senior students, and teachers do not have sufficient experience and professional knowledge in conducting extracurricular activities.

## CONCLUSION

During the research, it became clear that a number of necessary works need to be done on questionnaires and pedagogical analyzes. It turned out that the physical loads in school textbooks are insufficient to increase the level of physical fitness of senior students of general secondary schools. Taking into account the high requirements for creative exams in the direction of physical culture of higher educational institutions, we developed a model of a special exercise complex in order to develop the physical fitness of senior students in schools and increase their physical fitness levels in training, and we applied it to extracurricular training;

- we invented the special sports equipment “SAN.GAY-1” to increase the strength and explosive power qualities, as well as the frequency of steps when running over short distances, and by applying it to training, we achieved an effective increase in the level of explosive power and frequency of steps of students.

We also received a patent for the special sports equipment “SAN.GAY-1”.

- in order to increase the level of recovery and opportunities for repeated training after organized training sessions with students, the opportunities for senior students of general secondary schools to perform the next training sessions were increased due to the implementation of the “Recovery” exercise complex;
- in order to develop the general physical fitness of senior students of general secondary schools, the strength, endurance, strength-endurance, speed, step frequency and speed-endurance (skorostnaya vinoslivost) qualities of students were effectively increased through the “Circular exercises” exercises on the “SAN.GAY-1” sports equipment, which are planned to be performed once a week.
- an electronic textbook entitled “Organization of extracurricular activities for senior students in schools” intended for teachers of general secondary schools was presented as a recommended textbook for teachers of general secondary schools.

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