

Physical culture and sports among schoolchildren

Kadirov Shohbozjon Gayratjon ugli

teacher of the Department of Exact and Natural Sciences of Fergana State University

Abstract: Children's and teenagers' creative work volunteer sports societies, physical culture and sports activities conducted in various types of summer health camps.

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PF-5924 of the President of the Republic of Uzbekistan dated January 24, 2020 "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan", "Wide implementation of a healthy lifestyle" dated October 30, 2020 solving the tasks specified in the Decree No. PF-6099 "On measures for the development and further development of mass sports" are considered urgent issues. In the field of physical education and sports, to attract a wide segment of the population to engage in sports and lead a healthy lifestyle, to educate a physically healthy generation, to develop the sports industry and infrastructure, to promote the achievements of our country in international sports arenas and its wide One of the main tasks is to implement a unified state policy aimed at recognition.

Among the main directions of modernization of education, a decisive place is occupied by the approach related to the implementation of additional educational programs aimed at improving the quality of training of specialists. In the modern conditions of working with schoolchildren, the higher education system occupies a special place.

Currently, there are several thousand professions and tens of thousands of specialties in various fields of professional work. Their main differences are determined by the characteristics of the subject, technologies, and the external conditions of specific labor and are seen by the specification of labor activity. These include actions, operations (including sensory and intellectual in terms of impact, information processing, decision-making, and action to have a practical effect on the subject of work). All of these require different functional capabilities, physical and other qualities of people working in one or another type of professional work.

Taking into account the direction and specialization of the chosen research topic, students should thoroughly learn the essence, laws, principles and conditions of the formation of physical training for their future profession.

The problem is extremely relevant for general secondary schools, where training of students, diagnosis of readiness to receive specialization in physical culture and sports is of particular importance.

Forms of physical exercise classes are extremely diverse, and it is important for parents and heads of extracurricular institutions to work together in solving various tasks of physical culture. Only in this way, students will be able to understand the types of pedagogical effectiveness and the whole system of organizing physical exercises that provide it. Correct organization of training helps to increase the effectiveness of the entire physical education process and allows independent work, creative research and finding ways to avoid mistakes. All departments of this system have a single goal, direction and are characterized by specific tasks and organizational principles. The main departments that make up the system of physical education of students in comprehensive schools are as follows:

- lesson-system of training: 2-3 hours a week are spent in the form of a physical culture lesson in all classes;

- physical culture health activities in the mode of the school day: gymnastics before the training session, physical culture minutes, physical exercises during long breaks, physical exercise training for groups with an extended day;

- extracurricular activities: physical culture clubs, sections on sports, general physical training, "Alpomish" and "Barchinoy" groups consist of sports competitions, public games, bathing, tourist trips, walks, etc.

Forms of organization of the physical culture system are supplemented by physical culture activities conducted in extracurricular organizations. These are:

Outdoor educational sports trainings and sports competitions conducted at BOSM;

Children's and teenagers' creative work voluntary sports societies, physical culture and sports activities conducted in various types of summer health camps;

Healthy physical culture activities carried out in the family: morning physical education, minutes of physical culture during lesson preparation, performance events, independent games, etc. All these forms of physical culture training have common laws. Knowledge of these laws allows exercisers to perform physical exercises in different conditions and situations in a way that affects their body in every possible way. Based on certain tasks, all forms of physical culture training are divided into mandatory and voluntary. They are divided into two:

1. The first form includes social culture lessons held in the form of a lesson;
2. Second extracurricular activities.

Forms of organizing extracurricular activities on physical culture: physical fitness activities of organizing extracurricular activities. Group training. (organization in the form of a lesson) based on a fixed schedule includes physical culture clubs, general physical training branches, sports branches "Alpomish" and "Barchinoy" health groups. Focused on sports. Physical culture activities - organization of training outside of the form of lessons - tourist trips, competitions, physical culture holidays. Their organization is episodic in nature, and it is held with a changing composition of participants, including the school and all the students. Their main feature is the simplicity of the rules of the game and the condition of participation, and all students have the opportunity to perform. requires doing.

Physical culture clubs are the main form of group training with small school students. Depending on the conditions and the number of participants, one option for organizing the clubs is selected. These are organized for each lesson, for all students of primary classes, for students who have not mastered the learning materials, and for individual girls and boys. Educational groups for clubs are made up of 20-30 students, and classes are held 2-3 times a week for 45 minutes. Tasks:

- a) activation of the movement mode of younger students;
- b) increase students' special knowledge and movement skills;
- c) improving interest in physical exercise classes.

The direction of the content of the training should ensure the comprehensive physical development of students, their acquisition of the school of movement, the formation of the correct stature, and the improvement of the quality of mastering the curriculum materials.

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