



## CONSIDERATION OF HEALTH INDICATORS IN PHYSICAL EDUCATION

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<p><b>Received:</b> December 20<sup>th</sup> 2022 <b>Accepted:</b> January 24<sup>th</sup> 2023 <b>Published:</b> February 28<sup>th</sup> 2023</p>	<p>The development of any society is comprehensively determined by the healthy generation, as well as the potential of manpower. Therefore, First president I.A.Karimov "...the issue of bringing the spiritual and physical harmonious generation to an adult is a national, universal task for us, and I would like to reiterate that the consistent and resolute continuation of our work carried out for this noble purpose is the focus of our today's policy" he stressed, especially in the field of education</p>
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The development of any society is comprehensively determined by the healthy generation, as well as the potential of manpower. Therefore, First president I.A.Karimov "...the issue of bringing the spiritual and physical harmonious generation to an adult is a national, universal task for us, and I would like to reiterate that the consistent and resolute continuation of our work carried out for this noble purpose is the focus of our today's policy" he stressed, especially in the field of education. Thanks to the consistent reforms in the education system of our country, the realization of the young generation's mind, physical ability, talent, healthy and harmonious upbringing paved the way to the physical perfection of the owners of our country sooner. The goal is to bring our children's physical development and physical training closer to the level of developed countries of the world in this regard.

The solution of the problem is to educate a person who is formed on the basis of the national program adopted for the purpose of further improvement of the educational system of our country with the emergence of potential opportunities of society, to the extent that his strong, spiritual and physical potential is necessary, and this process is carried out gradually. Because the concept of restoration of civil society is inextricably linked with the development of the educational system, the design of new technologies and its introduction into pedagogical practice. At the same time, there is a need to develop a new educational system and content on the basis of modern technologies, as well as to take a new approach to the design of the educational process and organize it.

In order to achieve high efficiency of mastering in this regard, it is important to properly organize the lessons of physical education, as well as ensure the coherence of the parts of the lesson. Indeed, teachers of science will have to pay great attention to the correct Organization of physical education lessons, that is, to get the right direction from the preparatory part of the lesson to the main part. Therefore, training should be conducted on the basis of physical exercises, depending on the age, physiology of the pupils. The use of gymnastic sticks, balls, Archers in the performance of general developing exercises is important in making the lesson interesting, meaningful. The effective use of sports equipment and equipment in the course of the lesson while the teacher attaches importance to the physical loads placed on the students in the course of the lesson will serve to better assimilation of the subject by the students. Rather than storing sports equipment and equipment in the premises, the organization of classes (it is desirable that all students are in physical motion) with the help of sports equipment and equipment, as well as with the effective use of educational technologies, increasing the activity of all students, increases the capacity and effectiveness of the lesson. The correct, effective use of sports equipment and equipment of physical education in general secondary schools on the basis of the technologies of the course transition, increases the effectiveness of students' mastering. In this teacher should perfectly know the technology of passing lessons in each sport. For example: the teacher should pay attention to what he does when teaching students the technique of "running to 60 meters"; each student should be able to teach the technique of "running" by content, that is, he should develop and teach the technique of "running" (how does the reader achieve a short second at the exit from the start.

Since the training of physical education consists mainly of practical exercises, the transition to a course based on advanced pedagogical Technologies is much more complicated, but if the teacher organizes a course using some kind of techniques, then of course it can increase its effectiveness. The fact that a teacher on the subject of physical education in secondary schools works with students who have a vacancy of two times a month increases the effectiveness of physical education lessons (this should be an annual work plan and lesson developments). Below we will consider the method of increasing the effectiveness of Mastering by using active methods of training in physical education lessons, proceeding from experience: " Zig-zag " strategy method. The method serves to work with students on a group basis,

quickly and thoroughly mastering the topic. The advantage of the method is that the time spent on mastering the subject is saved. In the process of applying the strategy "zigzag", the following actions are performed:

- Class students are divided into several (4-6) groups by nets;
- Exercises that illuminate the essence of the new subject are also appropriately assigned to each group a certain part of the subject (1-Exercise, 2 - Exercise...and etc.) and the task of studying it is assigned;
- During the specified time, the groups are working on the exercise;
- In order to save time, leaders are selected among the members of the group and demonstrates the methods of the learned exercises to classmates and provides theoretical information;
- Leaders can demonstrate practical implementation of their exercises and their opinion can be supplemented by members of the group.

After thorough mastering of the technique of the exercise, which is given to them by all groups, these groups are exchanged among themselves.

In this analogy, the method of holistic exercises that illuminate the essence of the subject is mastered by teachers. The content of physical education is organized to study the purpose, functions and principles of the system of physical education and to reveal the relationship of physical education with other types of Education.

The role of physical exercises in physical training cannot be overemphasized. It is also of particular importance in preschool children, schoolchildren, adults and the elderly. We can give an example of the following practical exercises with the game "Shooting": The purpose of the lesson: to educate students on the qualities of strength and endurance through the game "Shooting".

Identive educational objectives:

1. Will have an understanding of the rule of the game;
2. Will be able to participate in the game;
3. Will be able to organize the game.

Necessary equipment: A rectangle with a size of 6x10 meters.

Order of execution of work:

- 1) give a description to the game
- 2) performing all muscle-building exercises
- 3) organization and conduct of the game
- 4) bring the organism to the foreground and give assignments.

Game classification. The game can be played on a sports ground, in a gym or on a meadow. On the floor draw a rectangle with a size of 6x10 meters. Players are divided into two groups. The players of one of them "frogs" stand inside the rectangle, and the players of the second group stand outside the rectangle. All players sit in the crunch. With the gesture of the head of the game, the "Frogs" inside are crumbling, with their hands holding their ears knowing that they will jump to the side of the opposing group. As they approach the opposing team players, a fight begins between the two groups of players to pull each other to their side. The game is completed depending on the number of players who have been pulled inside or out. Rules of the game

1. The player can jump with the sign of the leader as long as the opposing group is sitting on the side with a crunch.

2. Players will be able to help each other in pulling their opponents to their side.

3. It is impossible to get up when shooting one at another. The game is interrupted after one of the teams has pulled most of the players from the second group to their side.

Methodical instructions. This game can be recommended to students of I, II-stage. The main action in the game is to jump and jump in a crumbling state that it is necessary to pay serious attention to the fact that despite the fact that the games are diverse and on this occasion are divided into categories, each serves to develop a certain spiritual and personality qualities and characteristics. The games are aimed at absorbing the children's consciousness through imitation, pattern, exercise, reflecting the ethnopsychological features of a particular nation.

Based on these fundamentals, we recommend similar games to future physical education teachers (students) for learning and for their application in the practice process. Games can be divided into the following categories:

- educational, software, role-playing games;
- games that develop intelligence;
- games that focus on ingenuity and sensitivity;
- games that shape feelings and empathy experiences;
- games with content of will qualities, etc.

Each separated game category covers dozens of different featured simple and role-playing games that include and apply for the purpose of forming a child's personality in accordance with age characteristics. For the students of higher education institutions, physical exercises should not only be traditional, but also be in a relaxed, unconventional form and content. This ensures that the actions that students perform are free and reliable. In conclusion, it is worth noting that the use of interactive methods of education in the educational process leads to an increase in the activity of students, the formation of skills of a creative approach to the acquisition of knowledge, contributes to the emergence of their abilities and opportunities, the formation of skills of working with the team, the discussion of various situations in, it helps to formulate the skills of moving into new situations.

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