



DEVELOPMENT OF PHYSICAL CULTURE THROUGH SPORTS AND HEALTH MEASURES IN SCHOOL-STUDENTS

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Article history:	Abstract:
<p>Received: May 1st 2021 Accepted: May 20th 2021 Published: June 17th 2021</p>	<p>The article analyzes the factors of physical skills and competencies related to the development of physical culture in school-age students through sports and fitness activities. It also describes the pedagogical aspects of the comprehensive development of physical qualities in students, increasing their attention to national values.</p>
<p>Keywords: School pedagogy, physical culture, physical qualities, physical training, adolescence, fitness, sports education.</p>	

INTRODUCTION

Enhancing the physical culture of students, ensuring that they are constantly engaged in active physical education, instilling in them a love for sports - is a guarantee of a healthy life. Gradually, physical skills and abilities are formed through game-based exercises and fun physical activities. Bringing up young people to be physically strong and spiritually mature is of great importance for the development of the country. The qualification requirements for the development of physical culture in students are based on school pedagogy, psychology and physiology, school educational and pedagogical programs. The purpose of physical education and sports activities is to help students achieve physical fitness, that is, to develop the child's personality in a physically mature, mentally active and harmonious way, to increase their interest in sports and to direct them to sports. Organization and conduct of physical culture and sports classes in educational institutions of physical culture, organization of sports and fitness groups, training in age-appropriate sports, application of tools and principles in the field of physical culture and sports; a set of complex issues related to training in movement, selection of tools and methods for age, quantitative and qualitative management and individualization of physical activity, planning, monitoring and analysis of physical activity, management of key aspects of sports activities, research in sports covers.

Folk pedagogy always emphasizes that the comprehensive development of schoolchildren through the influence of national traditions is one of the important factors in education, and there is no doubt that the use of these guidelines in the process of physical education will be effective. Small school age is the most favorable period for the comprehensive development of physical qualities in students, increasing their attention to national values, the formation of spiritual, moral qualities. The results of research conducted by scientists show that the physical formation and dynamics of physical fitness of a person depends on the ability of the student to work and the nature of the exercises performed consistently.

MATERIALS AND METHODS

Proper organization and conduct of lessons, exercises based on national and action games is the most important issue for the development of physical qualities of the primary school student. Between the ages of 7-10, a very good ground is prepared in practice for the manifestation of physical qualities and coordination ability, human motor activity. According to FN Nasriddinov, HM Makhkamjanov, the results of physical training show that with age, all indicators increase to some extent. Some sharp stages in the dynamics of age change have been identified, which are characterized by a set of morphological and functional features. The analysis of data on the physical development of school-age children by F.N.Nasriddinov, H.M., Makhkamjanov shows that the physical development of a 5-7-year-old child goes smoothly, and at the age of a small school age the process of development accelerates.

RESULTS AND DISCUSSION

Based on this, a set of exercises based on national action games was selected in the study. The terms "physical attributes" and "physical fitness" are used as specialized literature. These determine some aspects of a person's ability to move. The terms "development" and "education" are applied to the dynamics of physical qualities. The term "development" describes the healing changes that take place in quality. "Education" implies the activity and focus on influencing the growth of motor quality indicators. Physical qualities include strength, endurance, flexibility,

agility, agility. In the process of physical education, the training of physical qualities and the teaching of actions form a mutual unity. A review of these aspects of physical education will help you gain a deeper understanding of the unique characteristics of each of them. The training of physical qualities in school-age children has a number of features associated with the development and growth of the organism:

- The development of one quality during adolescence has a positive effect on the growth of other physical qualities, the need for a comprehensive approach to the training of physical qualities in teachers;
- The growth of physical qualities in the development of the organism occurs especially rapidly at some ages. The maximum rate of growth for muscle strength is typical for 13-15 year olds, endurance in girls grows most rapidly at 11-13 years old, and in boys at 14 years old, according to experts, 8-11 years old is most suitable for cultivating speed capabilities. Comparing agility in children is more difficult in adolescents, and in adults - in comparison with young people.
- Training of physical qualities is accompanied by large physical loads. Children and adolescents have the ability to pass without harm to the organism when their gradual growth is followed without deviation.

There are requirements for assessing the level of development and achievement of physical education of schoolchildren, which determine the indicators of development of knowledge, skills and abilities:

- physical development, self-care and hygiene;
- social-emotional development;
- preparation for speech, reading and literacy;
- Cognitive process, knowledge of the environment;

Specialists organizing physical education and sports activities for students should have:

- The role of physical culture, sports and fitness in society;
- The organization and importance of physical education, sports and fitness classes for students;
- an idea of health and physical education systems, mass sports and health activities and their importance;
- The laws of movement training and the choice of means, methods and sports in relation to the age;
- knowledge of the methods of health-improving physical culture and sports with different groups of the population;
- systems of physical culture and sports;
- The basis of the legal and regulatory documents adopted for the development of physical culture and sports in the system of preschool education in Uzbekistan are:
 - Means, principles and methods of physical culture and sports, the content, form of training and the laws of their structure;
 - planning and control of physical culture and sports;
 - the basics of the process of action training;
 - know and be able to use the basics of physical education and sports with school-age children;
 - organization, planning, control and conduct of physical culture and sports lessons;
 - training in movement, composition and development of physical qualities;
 - Analysis of the tools, methods and principles used in action training;
 - organization and holding of sports and health competitions;
 - Promotion of sports and health;
 - Carrying out research work in physical culture, health and sports;
 - maintenance of sports and recreation facilities;
 - have the skills of methods of complex control and organization of physical culture and sports training.

CONCLUSION:

Continuing the reforms in the field of physical culture, studying the pedagogical and psychological aspects of ensuring the mental state and physical health of students remains a topical issue today. One of the important factors in sports education reform is the formation of students' motivation for sports, identifying the psychological characteristics of the state of preparation during competitions, identifying emotional stress and its causes in sports, and preparing recommendations for coaches and athletes.

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