



THEORETICAL BASIS OF ORGANIZING PHYSICAL EDUCATION FOR GENERAL SECONDARY SCHOOL STUDENTS

Buraimov Isroil Buribayevich

teacher,

Uzbek State University of Physical Education and Sport
Uzbekistan, Chirchik.

Rashidov Bakhtiyor Pulatovich

Head teacher,

Uzbek State University of Physical Education and Sport
Uzbekistan, Chirchik.

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Abstract:

By analyzing the physical education classes of general secondary school students, It is important that the physical education of primary school age is based on a variety of movement and play activities, and that the intended direction is formed, it involves the identification of certain abilities in the field of movement and psyche, the development of physical qualities and abilities in accordance with the sensory periods.

Keywords: Physical education, physical recreation, efficiency, functional training, sports training.

THE GOAL - bring the organization of physical education for secondary school students in the Republic of Uzbekistan to a new level.

TASK – To help general secondary school students overcome mistakes and shortcomings in the organization of physical education classes.

Traditional improvement of physical qualities and motor skills as a subject of physical education in modern conditions, as well as developing skills and competencies in the use of exercise for the health of the individual and society, the formation of the student's personality and culture is carried out through the process of physical education.

When it comes to physical education - we understand the specialized pedagogical process of mastering the values of physical education for the rational satisfaction of the material and spiritual needs of man, the development of his physical and mental abilities, his changes in physical, emotional and spiritual purpose.

In this case, physical education is based on the idea of human development (physical, spiritual), has a step-by-step feature that is constantly evolving even in a school setting: level -1 primary school (I-IV classes), level -2 (V-XI classes) basic physical education phase.

It is important that the physical education of primary school age is based on a variety of movement and play activities and form a purposeful direction, in which the identification of certain abilities in terms of action and psyche, is expected to develop physical quality and ability in line with sensitive periods.

Middle and high school students are characterized by physical activity, the formation of socio-cultural foundations, and the identification of physical activity. For students of this age, physical education reflects purposeful processes in the formation of physical qualities, as well as in terms of its effectiveness in physical education and sports activities, sensitive periods are considered. Elements of self-education and development are used here.

The content of physical education is based on the individual needs of the participants, ie the interest of young school-age students in learning, the need for high school students to find their place in life is related to a comfortable movement mood.

The general process of physical education is the various forms of physical education that meet the personal and social needs of students, that is, through physical education, sports, physical recreation, and physical rehabilitation.

Physical education of schoolchildren is the development of the individual, the implementation of positive guidelines for physical education, pursuing the goals and interests of nurturing the appropriate direction, beliefs, habits, inclinations, reflects the process of forming needs for exercise.

Physical education of the younger generation is an integral part of the pedagogical system, educating students, comprehensively mature. One of the main goals and objectives of modern physical education is to bring up physically strong and spiritually mature, to prepare them for life and defense of the homeland.

Physical education is the basis for students to acquire knowledge in this field, to develop all-round physical development and physical fitness, as well as to organize other forms of labor activity.

The main tasks of physical education of schoolchildren include:

- Ensuring the optimal development of their physical qualities and abilities, ensuring the effectiveness of activities at all stages of physical education in schoolchildren;
- to protect and strengthen the health of students in the process of school education, to create opportunities for their improvement;
- to ensure the formation of a personal fund of motor skills and competencies necessary for life activities, as required, and to bring them to a certain level of perfection;
- ensuring that there is a mandatory minimum amount of knowledge of the basics of physical education, which includes general and specific components;
- positive qualities in the behavior of schoolchildren to enable them to cultivate their aesthetic and spiritual needs;

School sports are the process of training in school sports sections, mass sports activities and participation in competitions (competition activities).

The main tasks of school physical education:

- Ensuring high physical and functional fitness of schoolchildren, consistency in raising the level of good exercise;
- Ensuring a high level of spiritual training, development of willpower;
- to bring the school student to a high level of technical training in a particular sport;
- cultivate the positive aspects of character in ensuring human qualities in sports competition;

School Recreation - active recreation, transition from one type of activity to another, distraction from the usual types of learning activities.

HENCE THE MAIN FUNCTIONS OF THE PHYSICAL REACTION:

- ensure a high level of physical and mental development of trainees;
- timely and correct application of rehabilitation measures to ensure the best possible working condition.

Physical rehabilitation and treatment of schoolchildren is inextricably linked to physical education and involves the use of exercise to treat or compensate for partial or temporary loss of mobility, and to treat injuries and their consequences.

The main tasks of physical rehabilitation are to prevent the occurrence and aggravation of changes in the healthy or sick state, as well as to restore and replace the physical condition and ability of students to work.

It is known that the realization of the goals and objectives of physical education in schoolchildren occurs when the following conditions of pedagogical activity are observed.

In physical education: 1. Creating and choosing a set of exercises:

a) physical qualities, sensitive periods of development of motor skills and ways to influence their formation; (b) striving for self-correction in the training of "backward" physical qualities; (c) striving to improve posture, maintain and strengthen posture; g) consistent step-by-step acquisition of motor skills.

2. The use of natural resources and environmental factors around us, namely: (a) Outdoor training; (b) adherence to the rules of hygiene, which allow to increase the health results of exercise; (c) Implement a comprehensive set of medical and biological monitoring of the health, physical development and physical fitness of schoolchildren.

3. Strengthen theoretical training, which provides:

a) the formation of a system of knowledge about the importance of physical education and its appropriate use for the formation of positive personality of schoolchildren; b) to form the basis of knowledge of the methodology and methodological approach to the use of physical training in the field of health and physical education.

In sports and competition activities: a) organization of physical culture and sports activities on the basis of rational technology in sports training; (b) the implementation of specific methods of sports training in the practice of physical education at school; (c) the choice of the order of the training load and the impact of the training on the age and level of training of the students; (g) Increased use of games and competitions to facilitate a mentally challenging environment in physical education and sports activities.

For physical recreation: (a) Include physical minutes in the school agenda; b) Increase the relative scale of active forms of extracurricular activities and play activities; c) holding non-traditional competitions and games among students.

For physical recovery: (a) Timely detection of deficiencies in posture, especially posture; b) strengthening control over children suffering from illness and injury; (c) Strengthen prevention efforts with students and their parents.

The interaction between the teacher and the students creates the best didactic conditions for the physical education process. The teacher is responsible to the community for the results of the educational process. Students strive to acquire the necessary knowledge, skills, and abilities, that is, to be proactive.

Physical education classes (classes at school, sports section, etc.) are organized in the system. Stable composition and age uniformity of students in study groups (classrooms) are characteristic of the form of teaching.

The peculiarity of physical education (composition of movement skills, improvement of physical qualities) is the diversity of forms of educational means (gymnastics, athletics, sports, football, wrestling, tourism). lessons, sports (training, competitions, etc.).

Exercise in a variety of settings (gym, ice rink, swimming pool, forest, mountain, etc.) – all of which can have a profound effect on the minds, emotions, wills, and morals of the participants.

In view of the above, it can be concluded that the higher the pedagogical skills of a physical education teacher and the wider the range of specialized knowledge in physical education classes in general secondary schools are organized in a meaningful way, and there are more opportunities to focus on the content of education with its own characteristics.

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