



IMPROVING THE PHYSICAL TRAINING OF STUDENTS IN GENERAL SCHOOLS

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Abstract: Today, one of the main issues facing us is to pay attention to the quality of education and training of secondary school students and the mechanisms for its implementation, to improve the physical development, physical fitness, and physical qualities of students.

The article provides information on the physical development, physical fitness, and physical qualities of students.

Introduction. New sports are developing in our country, modern sports facilities are being built, our athletes are achieving high results in international arenas, all types of competitions are being held, covering various segments of the population, including the Law of the Republic of Uzbekistan “On Physical Education and Sports” dated September 4, 2015 No. 394, the Decree of the President of the Republic of Uzbekistan “On the Strategy of Actions in Five Priority Areas of Development of the Republic of Uzbekistan in 2017-2021” No. PF-4947 dated February 7, 2017, the Decree “On Measures to Radically Improve the State Administration System in the Field of Physical Education and Sports” dated March 5, 2018, the Decree of the President of the Republic of Uzbekistan “On Widespread Implementation of a Healthy Lifestyle and On measures for the further development of mass sports” [1], the tasks set out in the relevant regulatory and legal documents are being implemented.

In the physical education system of children and adolescents, strengthening physical fitness and health in a narrow specialization, the use of physical training technologies in accordance with the age-related characteristics of the development of physical abilities of students, the use of scientifically based directions in choosing a particular sport and the most advanced methods of developing and identifying sports abilities are the structural basis for the development of youth sports. In the field of physical education and sports, today a special place is occupied by the issues of increasing the level of physical fitness and increasing the motor activity of schoolchildren. The educational process in secondary schools ensures the formation of the necessary motor skills for students, the creation of the foundations of basic physical education and their comprehensive harmonious development

Literature review. The issues of increasing the physical fitness of schoolchildren and organizing their physical development were studied by such scientists as Salomov R.S., Yunusov T.T., Yunusova Yu.M., Makkamjonov K.M., Kudratov R.Q. The issues of using active games in the process of modern training of students were studied by professors Usmonkhodjaev T.S., F.Khodjaev. The works of Akhmatov M.S., Seytkhalilov E.A., Khankeldiev Sh.Kh., Sharipova D.D., Yarashev K.D., Koshbakhtiev I.A. are devoted to the issues of theoretical and methodological foundations of physical education lessons aimed at improving health. Among foreign scientists, Ashmarin V.A., Bsepalko V.P., Balsevich V.K., Lubisheva L.I., Godik M.A. determine the level of physical fitness of students, increase their motor readiness; Kuznesov V.S., Lyakh V.I. studied the issues of teaching students to movements and increasing their motor readiness in physical education classes at school.



The issues of physical education classes aimed at improving health, fitness, testing physical fitness and recovery of schoolchildren are covered in the works of Goldman J., Kraft R.E., Lodfrey S., Williams L.R. According to the authors, one of the most important areas of the physical education teacher's activity is to test the quality of movements, helping students solve a number of important pedagogical tasks, and showing the level of increasing the physical fitness of students.

Analysis and results. According to the test results, you can: conduct a sports competition in this sport for participation in the competition; compare the readiness of individual students and entire groups; identify the means and methods used, as well as the advantages and disadvantages of training; carry out objective control over the training of athletes and students, develop standards for the physical fitness of young people (age, individual). In addition, the test tasks can be expressed as follows:

- teach schoolchildren to plan the necessary exercise complexes and determine their level of physical fitness;
- focus on the further development of students' physical condition;
- timely encourage students who have achieved high results;
- find out the initial level of development of the use of motor techniques, as well as its changes over time.

In recent years, among the reasons for the decline in physical development in children and adolescents, experts point to the traditional approach to standards and comparative comparison of standardized test results. This leads to a negative attitude of most students towards tests. In this regard, it is necessary to reconsider the organization of pedagogical control over students. Teacher control is determined by the content of the educational process. Proper organization of the lesson involves the constant exchange of information between the teacher and the student about the specific results of joint work. The essence of this control is to receive complete and accurate information on the level of development of movement qualities at each stage of the lesson.

Since the selection of tests for assessing physical fitness is based on some logical reasoning (for example, tests should correspond to the capabilities of the test takers, be simple, and be suitable for conducting research), and the hypotheses they are based on, they can naturally be more or less justified, V.M. Zatsiorsky believes. In order to increase the efficiency of the selection system, it is necessary to apply the basic requirements of the mathematical theory of tests.

Conclusion/Recommendations. To increase the objectivity of the test, it is necessary to comply with the standard conditions for conducting the test:

- Test time, place, weather conditions;
- Provision of material units and equipment;
- Psychophysiological factors (volume and intensity of the load, motivation);
- Presentation of information (clear, verbal presentation of the test task, explanation, demonstration).

When conducting a test, a pedagogical approach is used to determine the level of development of physical qualities or skills. This is a direct continuation of sports testing. Examples of such a pedagogical approach to tests can be the "Alpomish" and "Barchinoy" complexes, as well as many other test complexes.

The variety of pedagogical tests seems limitless, since each exercise performed according to a certain algorithm can be considered a test if specific conditions for its conduct are specified. However, not all exercises meet the strict requirements for the tests, which narrows the range of exercises that can serve to objectively assess motor capabilities.



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