

INCREASE THE ACTIVITY OF BLIND STUDENTS IN PHYSICAL EDUCATION IN SCHOOLS

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Annotation: Physical Education divides a person into a spiritual and mental formation. Exercise not only makes the body fit, but is also considered a leading promoter of a healthy lifestyle. It was covered in our today's article about a number of measures taken to make it possible to engage in physical education, increasing their interest in this subject, including our blind students.

Keywords: AJT, MMT, reflex, radiant residence, principles of adaptive physical education.

In schools, physical education was started from the elementary grades and aimed to educate the younger generation in a healthy way. Physical education makes the body warm, and it trains our soul. School age is the most favorable age for training in movement. In the same years, children acquire high elasticity, strong and rapid nervous excitability, and, accordingly, are distinguished by the light formation of conditioned reflexes of movements. At the age of 14-15 years, the development of motion analyzers reaches the norm. By the school's completion period, students gain a diverse level of action qualifications. This in turn will be able to apply physical exercises, in labor activity and in social life in marriage, to strengthen their health, to increase physical fitness. It is an extremely gratifying situation that the school educational institution has established schools where everyone has the right to equal education and conditions are created even for young people with limited opportunities. President of the Republic of Uzbekistan Sh. The decision of Mirziyoyev on the establishment of Residential Schools Of Light is a clear example of this.

Among children with limited physical capabilities, a large number of young people are found, who have strong intelligence, are spiritually rich, trying to find their place in life to increase their scientific health. Without limbs, eyes or some limb of an organism, we meet many of our young people who, while doing some type of sport, raise the flag of our country to the world, write a powerful work or lion, set up a computer, TV or create a melody delivered to the norm. We can meet the spiritually impoverished youth, whose family, Mahalla, is more disadvantaged than the benefit of society, without the four muchas being healthy.

After the independence of our republic, great attention is paid to the sport of disabled people. Our disabled athletes perform well in Asian and world competitions and raise the flag of Uzbekistan High. The regular development of physical education and sports among people with disabilities has always been the focus of the president and our state.

Adaptive physical education exercises are used for children with disabilities. This concept is considered one of the much newer concepts-adaptive physical reaction (effect). Its essence is to accelerate, support and restore the physical forces that individuals with physical disabilities spend during any activity: labor, education, sports, prevention of exhaustion, interesting spending of their free time, health restoration, self-sufficiency, "increasing their potential for self-satisfaction".

Many years of experience in the field of disability sports in the practice of our country and abroad are the most impressive methods of physical, mental, social adaptation of the training process and participation in competitions for the composition of these people. The educational-training process is considered as a therapeutic - pedagogical science, and in it the athlete-disabled person is considered

physical, intellectual, emotional - therapeutic and pedagogical factors that ensure the implementation of their psychic potential, satisfy aesthetic and ethical requirements and the desire for physical improvement, work in optimal proportions (Sermeev B.V., Grigorenko V.G., et al, 1991).

Goals and objectives of adaptive physical education (AJT) and sports.

The purpose of AJT is to train people with limited functionality to adapt to physical and social conditions.

The main functions of AJT consist of those below:

1. ruxiy development, being able to properly accept the surrounding muxit;
2. increasing the functional state of the body;
3. elimination of the disease, its complication using special methods;
4. loss of negative zinc by restoring positive zinc;
5. development (conditioning) of the base functions of the organism;
6. to maintain the active functional state of the organism, to increase the knowledge and skills that are in love with overcoming its psychological and physical difficulties;
7. harmonious physical development;

The teacher can rely on several adaptive physical education principles in order to increase the interest of the student in the course processes and choose suitable exercises for him. Let's take a look at these principles one by one.

The principle of awareness and activity is aimed at developing the qualification of obtaining orientation (objective) in the environment. The teacher should formulate the lesson in such a way that the student should lightly master the teaching materials, correctly perceive the environment. To do this, the goals of the teacher must correspond to the needs and interests of the student, be clear and understandable to him.

Individual principle-the experience of Montessori pedagogy can help the teacher to a significant extent when laying issues. The fundamental meaning of the principle of inducivuality is to take into account the functional nature and ability of the vital activity of an organism in a given work.

The principle of being able to perform is that all means used in special physical training (MJT) must correspond to physical exertion, psychomotor development, health status, functional state of the locomotion apparatus, previous experience of movement and levels of physical fitness.

Teaching students hygienic Gymnastics during school classes also makes them independent. Practicing hygienic Gymnastics strengthens the health of the body. He dines that kishida has a high level of bardamness, ability to work. Hygienic Gymnastics is performed in the morning, day, evening or after sleep. It is significant that morning Gymnastics in disabled people is carried out singly or in groups. They normalize the work of the body's movement apparatus, heart vessels, respiratory system and other organs.

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