

MEASURES FOR PHYSICAL DEVELOPMENT AND TRAINING OF STUDENTS IN GENERAL SECONDARY SCHOOLS

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Abstract: The article discusses measures for the physical development and training of students in general secondary schools.

Keywords: students, physical education lessons, health-improving activities, sports training exercises, types of exercises.

INTRODUCTION

In general secondary schools, measures for the education of students as physically and spiritually mature individuals are widely defined. Students have a high need for physical activity. They form the vital skills and abilities of walking, running, jumping, climbing, hanging. Physical development and training of students in general secondary schools are widely implemented. They educate the younger generation as physically mature, spiritually and morally mature, highly educated and physically strong. General physical training exercises are carried out in the process of physical education lessons and health-improving activities and sports training exercises. At the same time, general physical training exercises can be used in the process of independent training in the family and at home. General physical training exercises are mainly aimed at developing physical qualities. General physical training exercises are carried out on simulators with objects, as well as with the resistance of an opponent.

DISCUSSION

When engaging in general physical training exercises, several requirements must be observed. Exercises should be organized according to a strict plan in accordance with the physical education program. Exercises are used in accordance with the age, gender and physical fitness of the participants. Exercises with students are conducted under the guidance of teachers.

General physical education exercises are aimed at developing physical qualities. In developing physical qualities, attention should be paid to age, gender and levels of physical development.

You can engage in exercises to develop agility and self-control. The quality of agility is developed by running short distances and performing movements quickly.

The quality of endurance is a difficult quality to develop and requires more training. The exercises mainly consist of long-distance walking, running and repeating movements for a long time and many times. Although the quality of flexibility can be developed from an early age, it requires regular flexibility exercises, otherwise joint mobility can quickly disappear. General physical training requires the joint development of all physical qualities. Only then will the level of physical development be ensured. Morning physical education classes perform the tasks of preparing students for the educational process and improving their health. Morning physical education classes should be organized independently at the students' homes and places of residence. Sports club classes help students master sports movements and exercises and become physically fit. As a means of physical development and training, tourism and hiking activities are organized with students. During these activities, the students' body's resistance to diseases increases with the help of natural factors.

Students should carry out physical education processes in the form of practical physical training activities. This will ensure that students will become mature specialists and physically fit, experienced personnel in the future.

One of the good deeds carried out in our republic in recent years is the great importance attached to the development of children's sports in order to register a program for raising a comprehensively mature, well-rounded and healthy generation. In the development of children's sports, a scientifically based approach to the selection of promising sports that correspond to the specific natural and climatic conditions and traditions of Uzbekistan, proper organization of the work of sports schools and clubs, and sufficient attention is paid to instilling interest, enthusiasm and aspiration for sports in the hearts of students and young people. A comprehensive and in-depth analysis of the current state of children's sports in the regions is a prerequisite for the development of sports culture in our society, raising the knowledge and professional level of physical education teachers and coaches in neighborhoods, schools, academic lyceums, and vocational colleges, a comprehensive study of existing problems, effective and rational use of existing opportunities, and the organization of family competitions are the current requirements. Today, the development of physical education and sports in our Republic, and through them the issue of educating both the daughter and son of the nation, as well as the implementation of such tasks as strengthening the Uzbek family, purifying society, and perfecting spirituality remain the main tasks.

We must not forget that children should consciously understand that they should engage in sports not only to restore their physical strength and spend their free time in an interesting and enjoyable way, but also to lead a healthy lifestyle, strive for spiritual and physical perfection, get rid of various negative influences and harmful habits, and form a strong will and character.

So, a person with such qualities is needed by us, by all of us, by parents, teachers, community activists, specialists organizing production, and most importantly, by the person himself, who is primarily interested in these qualities.

This mainly requires dedication from physical education teachers, sports coaches, and specialists in this field. And specialists in this field, first of all, are required to instill a love of sports in students.

Today, government documents state that in order to ensure the healthy and harmonious growth of the younger generation, it is necessary to start in preschool educational institutions, schools, academic lyceums, vocational colleges, higher educational institutions, military service production areas, neighborhoods, conduct individual training with middle-aged and elderly people, and veterans of labor, in short, we must not forget that achieving a healthy lifestyle for the population in all areas is of great importance. In every home, when parents not only preach to their children about the essence of physical education and sports, their role in life, but also practice them, children engage in them from a young age, and this undoubtedly becomes a habit in their daily lives. A habit that is instilled in the child's psyche in the family becomes a companion in his life. In addition, the consolidation of a simple useful habit helps the child to master the subjects in the educational process later and strengthens his will.

Requirements for extracurricular activities, pedagogical leadership: school principal, community: organizer of extracurricular activities, teachers of physical culture and military education, duties of the group leader and youth organization. Forms of extracurricular activities, planning, calendar plan, competition system.

Independent physical education of students takes the form of sports activities.

Sports training is a pedagogical specialized sports improvement process aimed at achieving high sports results in a selected sport.

The purpose of sports training is to achieve the highest possible level of training for a given athlete and to demonstrate high results in competitive activities.

- 1) the technique and tactics of the selected sport are deeply mastered;
- 2) the necessary level of development of physical abilities is achieved;
- 3) the functional capabilities of the athlete's body are strengthened and their health is strengthened;
- 4) spiritual, moral qualities that ensure a high level of concentration and mobilization of the athlete's movements during training and competitions are purposefully cultivated;
- 5) the athlete's ability to demonstrate the achieved level of training and demonstrate it in competitive activities is comprehensively improved;
- 6) the necessary theoretical knowledge and practical experience are acquired for the successful conduct of training and competition activities.

Sports training equipment is a variety of physical exercises formed taking into account the characteristics of the selected sport, which are divided into four main groups:

1. general training
2. auxiliary
3. special training
4. competitive exercises

In the process of physical education, the healing forces of nature are combined with physical exercises in the open air, under the sun. Bathing, sunbathing, heat and cold of the air have different effects on the human body with physical exercises. The systematic use of these equipment during training is of great importance.

Natural factors such as air, sunlight, water are used as a means of education in the process of physical education as healing forces of nature. Living conditions and the environment force a person to create material wealth and live in different conditions. Getting used to this and being prepared for it is of great importance. Therefore, the gifts of nature - air, water, sunlight - are the main means of increasing human working capacity and strengthening health. It should be noted that the geographical, climatic and ecological conditions of our dear republic require the development of a scientific basis for using the healing powers of nature in all regions and territories. For example, the use of sunlight should be from 10.00 to 12.00, and from 16.00 to 17.30, taking into account age, gender and other individual characteristics. It should not be forgotten that ignoring the norm of physical exercises, the total amount of load, and the intensity of exercise can lead to negative results. It has been practically proven that the theoretical knowledge of sunbathing, water exercises and their systematic use in the hands of the participants, changes in the weather lead to an increase in the body's rapid adaptation to heat and cold, to sharp changes. Hardening should be carried out from an individual's youth. The combination of various physical exercises with the implementation of all-round hardening factors further increases the body's ability to resist the negative effects of the external environment.

The effect of the hardening achieved in the process of physical education is "migratory", that is, it is manifested in other human activities, mainly labor, military service, and increases the vital and practical value of physical education. In addition, it also strengthens the mental and volitional qualities. In particular, it leads to a state of weightlessness, which is caused by shaking, shaking, and excessive stress.

The healing forces of nature - solar radiation, air and water, as well as hygienic factors, personal and public hygiene, serve as a unique means of physical education, which have a more effective effect on the physical exercises of the practitioner. In the process of physical education, the healing forces of nature are used to effectively organize and conduct exercises and as a means of training. The forces of nature are an important means of strengthening health and increasing working capacity. They enhance the positive effect of movements and exercises on the body. The forces of nature are also used as a special remedy. The effect of healing forces is aimed at increasing the healing properties of the human

body. Under the influence of healing forces, the cardiovascular, nervous, metabolic, musculoskeletal, and other systems of the body improve their functioning and increase their endurance.

Hardening is understood as a gradual increase in the body's resistance to external influences, cold, heat, strong sunlight. Hardening of the body is manifested in its ability to resist colds and infectious diseases, in particular influenza infection. Air, water and sun are the main natural means of hardening. Hardening is the effect of air, sunbathing, water procedures on the body. Engaging in physical exercises in the open air, maintaining a suitable temperature, accustoming oneself from a young age to being in the fresh air and cold water more often, learning not to dress too warmly, and strictly observing the rules of personal hygiene - all this strengthens health, increases the overall resistance of the body to the adverse effects of the external environment. Rules for taking a sun bath: Solar radiation improves metabolism in the body. This increases the effect of physical training. In the summer, taking a sun bath after swimming and bathing, that is, sunbathing, produces vitamin D in the skin, which strengthens the musculoskeletal system, increases the body's resistance to diseases. It is best to take a sun bath lying down and covering your head. Sunbathing should be done in an open area. It is best to take a sun bath in the first half of the day, one and a half hours before meals or 1.5-2 hours after them. Staying in the sun should initially last 8-10 minutes, then this procedure should be extended by 5-10 minutes every day and gradually brought to 30-40 minutes. When taking a sun bath, you should change your body position every 5-10 minutes, and after the procedure, it is recommended to take a good shower. Before taking a sun bath, it is necessary to consult a doctor.

Rules for taking an air bath: Air improves air ventilation in the lungs and increases the vital capacity of the lungs. It is recommended to conduct physical education and sports in the fresh air in most cases. This improves the level of oxygen supply to the body, which forms the ability of athletes to perform at a high level even in an oxygen-free environment, that is, develops endurance when performing exercises. It is best to take an air bath in early spring, when the temperature is 20% C, in a place protected from direct sunlight and where there is no strong wind. It is best to first stay in the air bath for 10-15 minutes, and then it can be increased to 1.5-2 hours. The most favorable time for an air bath is daytime hours. It is not recommended to take an air bath on an empty stomach or immediately after eating. If possible, it is necessary to warm up the body a little before taking an air bath. It is best to take an air bath while moving, playing or walking in the open air. This will strengthen the body.

Rules for taking water procedures: Water procedures serve as a means of strengthening the body. Strengthening procedures increase the body's resistance to diseases. Strengthening procedures can be organized in any conditions based on the program. From pouring water on the feet and body parts to bathing and swimming exercises, all are considered water procedures. Also, taking a hot shower or going to a bath and sauna after physical education and sports reduces the effects of heavy physical exertion and helps athletes recover faster. The most convenient form of water procedure is wiping with a towel. To do this, first the body is moistened, then the body is wiped with a towel until dry. To strengthen the body, it is useful to regularly wash your feet before going to bed. The feet are first washed in warm water, then the water temperature is lowered to room temperature. Performing such water procedures should become a habit for every schoolchild.

Hygienic factors include work, rest, nutrition, environmental, social and personal hygiene measures. The condition of the material and technical base of sports equipment, equipment, and clothing is of great importance in ensuring hygienic conditions. Public hygiene includes the cleanliness of physical education and sports activities, competitions, and cultural and leisure institutions, fresh air, water supply, ventilation, lighting, the condition of service rooms, toilets, dressing and washing rooms, the cleanliness of sports equipment and gyms, their areas, and the improvement of public places. Personal hygiene includes athletes' ability to keep their bodies clean, take care of them, take water procedures, dress neatly, keep sportswear clean, have proper rest, eat well and in a timely manner, and engage in

cultural leisure activities. It also includes not drinking alcohol, smoking, and engaging in bad habits. Hygienic factors include personal and public hygiene measures, occupational hygiene, nutrition, rest, and environmental factors, and others, requiring compliance with hygienic requirements and standards when performing physical exercises, classes, exercises, and training sessions. They have been scientifically and practically proven to increase the effectiveness and efficiency of physical exercises. Adequate provision of hygienic conditions depends on the material and technical base used for physical education, sports equipment, equipment and available clothing - the condition of the head. Physical exercises, the health-improving forces of nature and the rational use of hygienic factors strengthen human health and develop physical abilities. Only when physical exercises become an organic part of human life activity, will it be possible to implement the principle aimed at improving the physical education system. On the other hand, physical exercises will give the desired effect only if the necessary hygienic standards are observed.

CONCLUSION

Although they are not considered a special means of physical education, hygienic factors are important for the full-fledged solution of the task of physical education. No matter how carefully the pedagogical process is organized, if the diet and sleep regimen are not observed, as well as if the exercises are held in places and equipment that do not meet medical requirements, they will certainly be ineffective. That is why topics for theoretical information that reflect the content of knowledge about hygiene are recommended for physical education programs in schools. They are tools that organize a person's vital activity outside the physical education process and are part of the physical education process.

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