

DYNAMICS OF MEASURES FOR THE PREPARATION OF KHARAGAT OF PRIMARY SCHOOL STUDENTS

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ABSTRACT

In this article, a control test exercise was taken and theoretically interpreted in order to determine the indicators of physical fitness, levels of physical quality, development of girls of 2 classes studying in general educational schools.

Keywords: general fitness, athletics, speed, strength, agility, endurance, flexibility, physical qualities.

INTRODUCTION

The country provides favorable opportunities for the development and improvement of women's sports. Theoretical and practical classes of girls of 2 classes studying in general educational schools and training processes taking them in gymnastics circles provide the opportunity to determine the levels of physical development of girls, to form cyclograms of increasing physical quality indicators. In order to check the level of improvement and development of physical qualities, many of our scientists conducted their own research. But despite the research work from the transfer, it was found that the processes of significant rise in the levels of physical quality of young girls studying in general educational schools are not sustainable. This means that new practices should be applied. The main relevance of the results of the study carried out is the need to correctly focus on sports clubs, taking into account the issues of physical education of girls of 2 classes studying in general educational schools, as well as the systematic introduction of sports clubs, their functional abilities. Physical quality indicators including strength, agility, agility, endurance, flexibility, by determining the levels of development of such qualities, issues of recording high results in the future are envisaged.

Main part. Determination of the indicators of general physical fitness of students of Grade 2 (girls ' children).

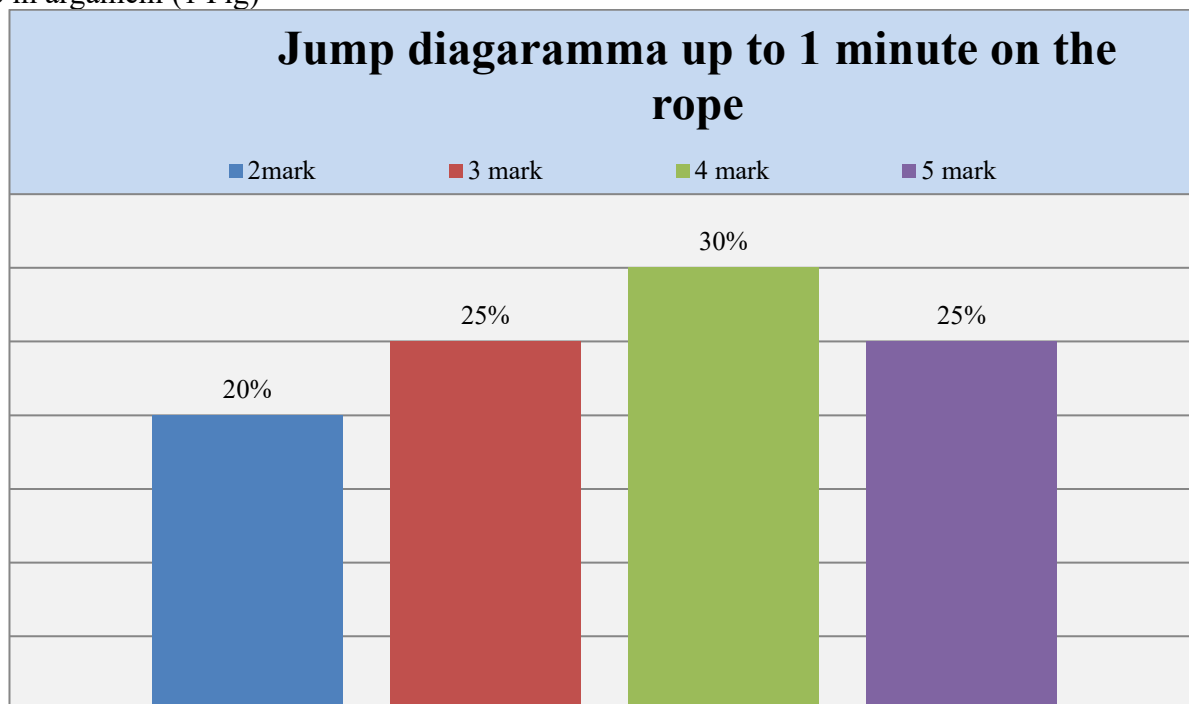
Objectives of the study:

- to determine the degree of study of the problem by analyzing the literature on the topic;
- Determination of the indicators of general physical fitness of students of Secondary School 2nd grade;
- to develop the necessary conclusions and recommendations on the problems identified by the studies carried out.

The purpose of the work: to study the indicators of general physical fitness in the athletics of schoolchildren of the 2nd grade, training.

Organization of the study: 19th specialized public comprehensive school under the Bukhara City Public Education Department, 23rd General secondary education school under the Bukhara City Public Education Department, 6th specialized public comprehensive school under the Bukhara City Public Education Department, 29th specialized public comprehensive school under the Bukhara City Public Education Department, 98 students of 2nd grade engaged in athletics at the 11th

Analysis of the results of the study conducted: in the research work carried out, effective results are recorded by determining the indicators of physical fitness of girls of 2 classes studying in general educational schools and eliminating shortcomings and defects in them, preparing swallows that are worthy of our country, the processes of formation of a healthy generation and a healthy environment, the correct formation In order to determine the physical quality indicators of girls of the 2 Class, A Practical Training test was taken, initially jumping for 1 minute in argamchi (1 Fig)

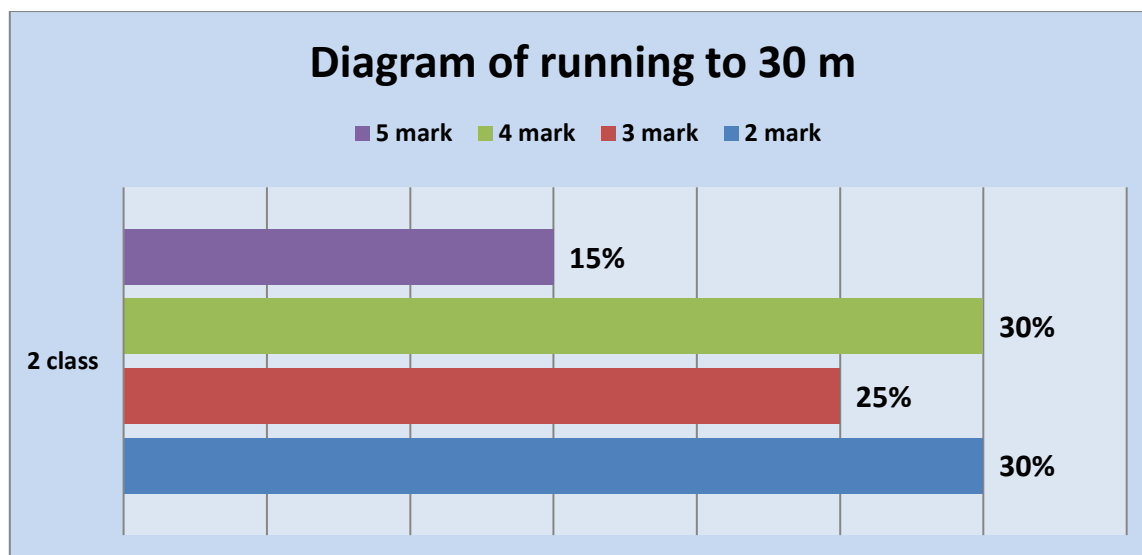


1-fig. 2- levels of development of the physical quality of strength in class girls

In the given practical training processes, the physical quality levels of girls of 2 classes showed the results in Qui. Based on the end of the test exercise, 20% of girls were found to be at an unsatisfactory level of physical quality indicators without being able to complete the assigned task. In 25% of female students, however, this result was found to be satisfactory and strength physical quality levels were noted to be poor. According to the results of the general test, about 50% of the physical indicators of girls of 2 classes studying in general educational schools were found to have poor physical quality of strength (See Figure 1).

In order to determine the levels of physical quality, indicators of physical fitness, a test session was taken to rotate the flange at the waist for 1 minute. In this obtained test exercise, indicators of the development of physical qualities of flexibility and endurance are determined. According to the results of the resulting test, it was found that in 20% of girls of 2 classes, the indicators of physical quality are at an unsatisfactory level. Measures should be taken to improve these indicator levels. And in 30% of girls of 2 classes, a satisfactory result was recorded. At the end of the obtained indicators, it was found that the qualities of elasticity and endurance are forming sluggishly in 50% of girls.

In order to determine the next levels of physical quality, a 30 m running test exercise was used (See Figure 2).



2-fig. Indicators of the development of the physical quality of agility in girls of 2 classes studying in general educational schools

Based on the results of the study conducted, the speed physical quality of girls in 2 classes in the test practice of running for a distance of 30 m was found to be at an unsatisfactory level in 30% of girls. The lack of systematic introduction of established training processes is also a major reason why physical quality indicators are developing at a sluggish level. Girls who performed the test practice satisfactorily were 25%. It was found that the physical quality of speed and training levels of running 30 m in girls of 2 classes are developing in a sluggish state, which is 55% according to the state of practical test training.

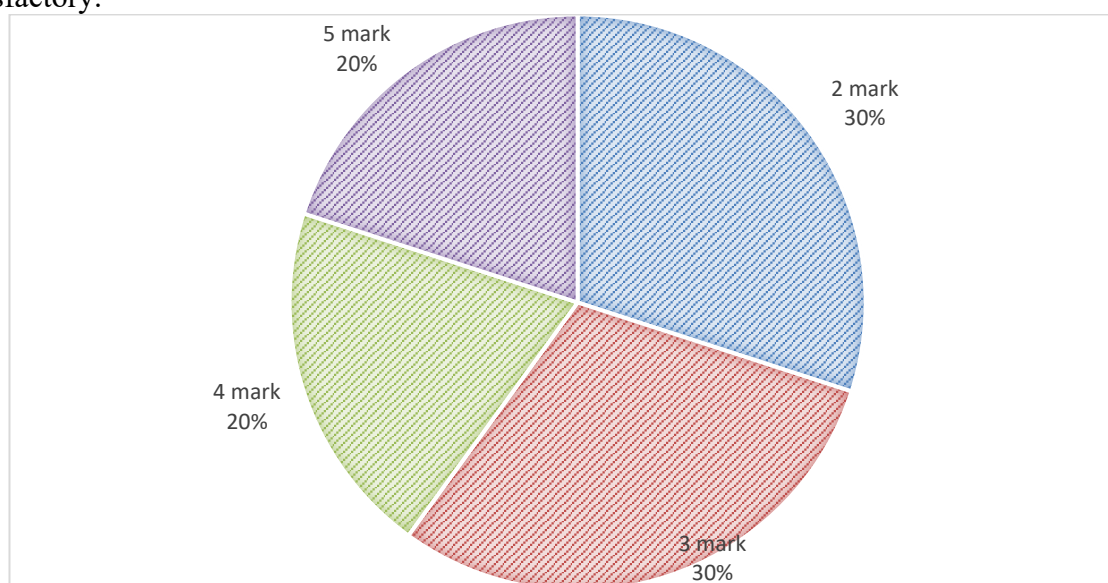
In the ongoing research work, the next test exercise was obtained by jumping long where it stood. According to the basis of the results obtained, the physical quality levels of girls of 2 classes were determined. In this Test, 25% of girls could not jump the specified distance and showed that the physical quality of strength was at a low level. In 30% of girls of 2 classes, this indicator was assessed satisfactorily, and the levels of physical quality were assessed as sluggish. A long jump from a standing position control exercise with a total of more than 50% of girls in 2 classes recording low results found physical fitness levels unsatisfactory.

The practice of running and jumping long was used to determine the next levels of physical quality. The results obtained show that in 25% of girls of 2 classes, the physical qualities of strength were not well developed, and in 30% of girls, these physical quality indicators were recorded with a satisfactory assessment, and the overall indicator was found to be low in more than 50% of girls.

Through the test exercise of throwing the ball far away, we can more accurately assess the levels of strength physical quality. Based on the conclusion of the experiment conducted, the physical quality levels of girls of 2 classes were found to be poorly developed in 20% of students. The girls who recorded this performance could not perform a test exercise without being able to push the ball over the specified distance. 30% of girls of 2 classes, on the other hand, were assessed with a low result and passed the indicators of strength physical quality to a satisfactory result. The results obtained in terms of overall strength physical quality were found to be low in girls in Grade 2.

In order to determine the physical fitness, physical quality levels, development indicators of girls of the 2nd grade, who are studying in general educational schools, a final control test exercise was taken. This control test exercise was achieved by throwing the ball at the target. At the end of the test exercise, 30% of the student girls were found to have a low level of developmental performance of accuracy physical qualities, and they were unable to pass the given control test. During these physical quality indicators, 30% of girls of 2 classes were marked with low marks, fulfilling the specified task satisfactorily. The quality of accuracy was demonstrated at the conclusion of a study in which 60% of girls are forming at a low level (see Figure 3).

It is the same fact that this indicator acts as a huge obstacle to the high results and achievements that young girls growing can achieve in the future. At the conclusion of the study, it was found that the physical quality levels of girls of the 2 class, the indicators of physical fitness are unsatisfactory.



3-fig. Throwing the ball at the target in girls of 2 classes who are studying in general educational schools.

Physical fitness indicators, levels of development, fusional States of girls in grades 2, who are studying in general educational schools, have been found that the processes of psychologic in them are developing at a sluggish level in comparison with age traits. Low levels of physical quality indicate that training processes are being conducted incorrectly. It was found that it is necessary to maintain the consistency of lesson activities using the principles of exhibitionism and Game methods, to carry out exercises step by step, to carry out training using sports games, as well as to systematically introduce training processes using new innovative techniques, taking into account physical education classes and age characteristics in sports circles.

The provision of physical education classes and sports clubs of students studying in general educational schools on the basis of phased state training standards, as well as the implementation of classes taking into account local conditions, physical indicators of students, gender, age and psychological conditions, serves as one of the main tasks for achieving the intended goal.

CONCLUSION

Concluding the research work, it can be concluded that the modern scientific and pedagogical vision of physical education of girls of the 2nd grade who are training in athletics togaraks covers a wide range of issues related to the development of physical qualities, the reaction of the body of girls of school age to physical loads in different directions.

At the same time, when considering age-specific and methodological aspects of physical fitness, the ambiguity and shallowness of the recommendations given for age accounting in the organization of elementary training processes and athletics training of girls of school age are noticeable.

On the basis of this research work, scientific information and approaches on athletics training systems were recorded. There is a need to develop specialized exercise options and prove their effectiveness on the basis of research in the development of physical quality indicators of young athletics girls.

In order to determine the physical fitness, physical quality levels, development indicators of girls of the 2nd grade, who are studying in general educational schools, a final control test exercise was taken. This control test exercise was achieved by throwing the ball at the target. At the end of the test exercise, 30% of the student girls were found to have a low level of developmental performance of accuracy physical qualities, and they were unable to pass the given control test. During these physical quality indicators, 30% of girls of 2 classes were marked with low marks, fulfilling the specified task satisfactorily. The quality of accuracy was manifested at the end of a study in which 60% of girls are forming at a low level.

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