



 Research Article

THE NEED FOR PHYSICAL EDUCATION OF STUDENTS AT SCHOOL AND THE REQUIREMENTS APPLIED TO IT

Submission Date: August 20, 2023, Accepted Date: August 25, 2023,

Published Date: August 30, 2023

Crossref doi: <https://doi.org/10.37547/ijasr-03-08-11>

Journal Website:
<http://sciencebring.com/index.php/ijasr>

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ABSTRACT

In this article, the importance of physical education in the development of the young generation in all aspects, including mental, spiritual, moral and physical aspects, as well as the physical fitness of students, training in the skills and abilities of organizing physical activity, the basic theory of physical education, the requirements for mastering knowledge are stated.

KEYWORDS

General secondary education, educational process, physical education, physical development, children's body, healthy knowledge, modernization, educational standards.

INTRODUCTION

Pedagogical processes aimed at improving the form and functions of the students' organism, forming motor knowledge, skills and abilities, and developing physical qualities occupy a special place in world practice. In modern programs of development of general secondary education, the transformation of educational processes into productive teaching is also reflected in physical

education classes, in which gradation based on the characteristics of physical exercises, the cooperative actions of students and pedagogues, physical dynamic situations of lessons purposeful use of its capabilities is envisaged. In numerous studies, children who have a sufficiently high immunological status during regular physical education activities have a high level of activity

status, which determines the health of the children's body and their adaptive capabilities that allow them to adapt more successfully to school. has been determined.

LITERATURE ANALYSIS AND METHODOLOGY

Pedagogical scientist Sh.Kh. Khankeldiyev studied the effect of training in the educational process of physical education in his studies, and it was noted that the level of movement readiness indicators and the acquisition of movement skills and abilities reach a high level [9].

It can be seen that the modern interpretation of sports physical education is widespread and popularized abroad. For example, according to information given by N. Durant, in New Zealand, sports education is adopted as the only method of teaching physical education in 10th grades [10:234]. In this case, the goal of sports education is to form a competent, aspiring and knowledgeable athlete.

Taking into account the specificity of regional characteristics associated with the variability of the environment, the most important integral indicator describing the impact of hypodynamia on the human body is the change in the stability of its biological systems to unfavorable factors of the external environment. Based on this, studying the physical condition of students of junior school age, the dynamics of their changes in different seasons of the year is one of the urgent problems of pedagogy.

The Uzbek scientist A.A.Abdullayev pointed out the existence of contradictions between high-level requirements and pedagogues, and the possibilities of implementing them in practice, as a deficiency in physical education of students [1:52]. He suggested taking into account national, educational, differentiated, training, sports, daily and other aspects in order to increase the effectiveness of physical education in general education schools. Another scientist T.S. Usmankhodzhayev stated that the main goal of physical education of students is to support normal physical development, which is achieved on the basis of strengthening health and creating a conscious need for independent physical exercises[2; 8]. The classification of physical education tools presented in the program reflects new approaches that ensure the joint development of physical qualities of primary school students. However, it remains unclear what principles and criteria were used during the selection of national active games and physical exercises that help children's physical development [4; 7;].

RESULTS

Physical education at school is a complex, multifaceted process that consists of physical training of students, training in the skills and abilities of organizing physical activity, mastering the basic knowledge of the theory of physical education.

Physical education occupies one of the main places in the development of the young

generation in all aspects, including intellectual, spiritual, moral and physical. Because physical education aims to make students healthy and strong. Physical education, along with strengthening the health of students, provides training of the body, correct physical development and increase of its working capacity. To develop students' feelings of caring for their health, to maintain it, to create skills and competencies in students for new types of movement, and to equip them with special knowledge of physical education. The science of physical education improves the qualities of students in accordance with their age and gender (strength, quickness, agility, patience, perseverance, endurance, will and the ability to control emotions), and develops a conscious attitude towards maintaining personal hygiene.

DISCUSSION

Acquiring theoretical knowledge about physical education and solving the tasks of developing the physical capabilities of students is to find new solutions in the issue of organizing physical education. This, in our opinion, requires the following:

1. Taking into account that general education school students have students with different physical fitness, grouping them and carrying out a set of exercises suitable and specific for each group;
2. Achieving the application of various methods and techniques aimed at improving the

educational process on the basis of new advanced pedagogical experience;

3. Organization and holding of special tests "Alpomish" and "Barchinoy" that determine the level of physical fitness and health of students at the end of each school term.

In recent years, there has been a need to modernize the programs of physical education in general education schools in the new Uzbekistan. The program of physical education for students of grades 1-11 is distinguished by the fact that it is aimed at the development of movement skills in order to support the full development of the personality. When implementing the program, it is appropriate to solve the following tasks:

maintaining and strengthening health, ensuring normal physical development;

forming a set of necessary movement skills and abilities;

formation of a special knowledge system in the field of physical education and sports;

education of the skills and need for independent physical exercises in order to maintain health, strengthen and maintain physical conditions at the required level, develop personality, and educate moral and willful qualities.

One of the important tasks is to compare the basic conditions of the educational standards of physical education with the approximate programs for students of junior school age in physical education [6]. Most practitioners and

scientists believe that the ultimate goal of physical education is to make students healthy.

An example of innovations in the field of physical education of students, which has shown high efficiency in recent years, is the direction called "sportization" [3:26].

The main goal of forming this direction of physical education of students is to direct the great creative potential of sports to the formation of physical health.

Conducting physical education classes with training aimed at improving the quality of movement brought satisfaction to the supporters of sports physical education and is considered the most important component in growing the need for physical activity and definitely positively affects participation in school sports activities. provides support[5:144].

CONCLUSION

In conclusion, it is necessary to fulfill a number of general requirements when conducting a physical education class.

First of all, training and education of participants should be carried out throughout the lesson from the first minute to the last minute.

Secondly, methodical templates should be avoided at all costs when conducting lessons. The need to diversify the content and methodology of the lessons is required by the constantly increasing complexity of the tasks, the dynamics of the changes occurring in the organism and

psyche of the participants, and the variability of the external conditions.

Thirdly, taking into account the personal characteristics of the students, they should be equally involved in educational activities.

Fourthly, he should conduct his educational activities in each session strictly following the general methodical principles and the general principles of the physical education system. The effect of the lesson should be health-giving knowledge and education.

Fifth, it is necessary to set absolutely specific tasks before the lesson that can be solved in this exercise. The general issues of the educational process (strength, quickness, agility, development of endurance, harmonious development of the body shape, etc.) are solved by performing a specific system of specific tasks. Naturally, the goal can be achieved only by successfully conducting each lesson, and therefore, only when the absolutely specific results learned in each training session are gradually combined with each other.

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