



**TO INCREASE THE INTEREST OF YOUNGER STUDENTS IN SPORTS
CIRCLES THROUGH THE FORMATION OF SPIRITUAL MORAL VALUES**

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ABSTRACT

This article covers information on the growth and development of the body of Primary School students, physical rehabilitation of children, rehabilitation-oriented autoreflex special physical exercises, the formation of spiritual moral values, increased physical activity, yoga poses and control exercises, the formation of the correct figure.

KEYWORDS

Wellness, spiritual, moral values, exercise, active movement, growth, bodily qualities, physical activity, correct posture, optimization, mental ability.

Introduction

In modern conditions, the importance of physical activity in maintaining and strengthening the health of Primary School students, the development of movement skills, the education of physical and moral-volitional qualities is significantly increasing. Physical education of Primary School students occupies an important place in the general educational system, the main task of which is to ensure the harmonious development of children, the upbringing of a healthy, physically developed and perfect generation is of urgent importance. Decree of the president of the Republic of Uzbekistan No. 5368 of March 5, 2018 "on measures to radically improve the system of Public Administration in the field of Physical Education and Sports", No. 6099 of October 30, 2020 "on measures for the widespread implementation of a healthy lifestyle and the further development of mass sports, The decision of the president of the Republic of Uzbekistan to establish the Ministry of preschool and school education of the Republic of Uzbekistan on the basis of the Ministry of public education of the Republic of Uzbekistan on the basis of the decree of the president of the Republic of Uzbekistan "on measures to implement the Administrative Reforms of the New Uzbekistan" PF-269 is established.

The agenda of young schoolchildren is physical education classes and extracurricular forms (morning gymnastics, action games and fun activities in transformations, physical education in extended groups of the day, classes in circles and sections, additional classes, trips, Physical Culture, Independent Activities in their free time, homework).

One of the effective forms of increasing the physical activity of elementary school students in extracurricular activities is additionally organized physical exercises. The purpose of additional training is to increase the physical activity and efficiency of elementary students with low physical fitness and low level of development of movement skills.

In the process of additional training, as well as in physical education circles, the tasks of health, education and upbringing were solved. The content of these lessons is aimed at the development of

movement skills, the education of physical and moral qualities, the formation of movement skills and skills and the strengthening of the physical and mental health of young students.

In order to eliminate the lack of movement of high school students and solve the above tasks, additional physical exercises were organized on the basis of the Department of gymnastics and Sports Sciences of Samarkand State University. Extra-curricular activities took place 3 times a week, 60 to 90 minutes each. The main content of these activities was organized by gymnastics, athletics exercises, outdoor and Sports Games, relay games. The main focus in these classes is on basic gymnastic movements (saf exercises, walking, running, general developmental exercises, oscillations, focusing on gymnastic devices, rope climbing, crawling, scratching, balancing exercises, high-place jumping, base swimming), acrobatic exercises, breathing exercises, running, jumping, crawling, crawling, moving games with crawling elements, and relay games, etc.

Two groups were terminated at the beginning of the school year to organize and conduct additional classes using basic gymnastic movements: the first were students in grades 1-2, the second was 3-4 classes. The number of each group did not exceed 20 children. In additional classes, educational materials were studied in depth from the gymnastics Department, which was provided for by the physical education program of elementary students. During the training, the main focus was on teaching movement skills and competencies in the main types of movement included in the gymnastics Department, developing movement and coordination skills, and training physical and moral-volitional qualities. The structure of the additional lesson consists of three parts: preparatory, basic and final. Each of them had a goal, a task, problems solved in the course of the lesson.

In the preparatory part of the lesson, training in the performance of exercises was carried out. For this purpose, the following exercise exercises were used in the lesson: one-on-one column and squatting at the teacher's gesture; stretching in rows and rows in elongated hands; re-squatting from one row to two, from one column to two columns; opening and closing side steps; various formations and re-squats in motion. These saf exercises helped to organize and develop spatial orientation of children's organized, disciplinary, attention and coordinated collective actions.

In the preparatory part of the extra-organized lesson, the following exercises were widely used to form proper walking (walking on toes and ankles, sitting with a load on the head and semi-stretching, standing in front of a mirror; moving, holding, sandbag or rubber circle on the head; General developmental exercises with and without objects performed in various initial positions; walking in a circle,; walking and running with a change in the direction and speed of movement.

The preparatory part of the additional organized lesson took 15-20 minutes. It ended with the organization and verification of students' lesson preparation, communication of tasks to be solved, and the implementation of general developmental exercises. The main gymnastic movements listed above are additionally used in the preparatory part of the organized training, helped to form the correct figure of children and correct its disorders, strengthen the muscles of the musculoskeletal system and increase the physical activity of elementary students.

In the main part of the additional organized lesson, the main focus was on the development of movement and coordination skills, the education of physical and moral-volitional qualities, the formation and improvement of movement skills and skills in the main types of actions. In the main part of the additional organized training to solve these educational and educational problems, the following were used: from 3-5 minutes to 10-12 minutes of slow movement to develop general endurance; to develop abilities at high speed, move at high speed at a distance of 10, 20, 30, 40, 60 m;

3x5 m, 3x10 m, launch various objects and at a distance of 10-15 m; jump and move in place on two and one legs, jump in length and height from place, jump rope, leaning horses and jump from a height of 30 to 50 cm.

These exercises helped to increase the physical activity of young students, develop high speed and strength characteristics (agility, ability, jumping, mobility) and increase overall endurance.

Various gymnastic and acrobatic exercises aimed at developing strength and coordination skills were widely used in additional training, especially in the main part. For this, the following exercises were used in the classes: crawling along the gymnastic bench, standing on the wall, knees; going through the bench; climbing with a rope; climbing under the gymnastic cozyol, horse; pulling a line; simple and mixed suspension and stopping at low parallel lines and various bars; standing and lying, hanging on the gymnastic wall and on the; groups and grouping on the gymnastic wall; hips, swings; standing on a shovel, a bridge from the place of lying down; turning back and Forth; Bridge, standing with the help of a partner to separate the legs from each other; semi-shpagat; sitting on the floor; jumping with a 90, 180, 360 degree turn from the upper place; walking along the gymnastic bench, static balance on one leg holding the vertical position of the body, standing on the ground.

These Gymnastics and acrobatic exercises stimulated the physical activity of young students, developed an interest in complementary activities, and helped develop strength and coordination skills.

In order to expand the experience of movement and increase the physical activity of students, special exercise complexes consisting of various movements (running, walking, jumping, shooting, scratching, climbing, balance) were used in the main part of additional training. Each set of exercises consisted of 5-6 different movements, for example, slow movement for two to three minutes, jumping for a walk, moving away from the place, exercises in balance (walking on a gymnastic bench and socks in a magazine), crawling along the gymnastic wall and hitting the ball with two hands on the bench with both hands, writing

These complexes increased the interest of children in the exercises studied, had a multifaceted effect on their body, helped to develop physical qualities more intensively, strengthen and improve their motor skills and abilities. The duration of the main part of the additional organized lesson was not constant, and it ranged from 35 to 45 minutes, depending on the stage of study and the time of the school year. The class systematically used action games and relay races with elements of special training and leading exercises, running, jumping, crawling, crawling and sports games (basketball, volleyball ball). At the end of the main part of the lesson, various obstacles were overcome and bypassed, scramble, crawl, forward somersault, pass and catch the ball, outdoor games with relay and relay competitions were held. They were performed using a variety of items (flags, rings, cubes, jump ropes, small and large rubber balls, stuffed balls).

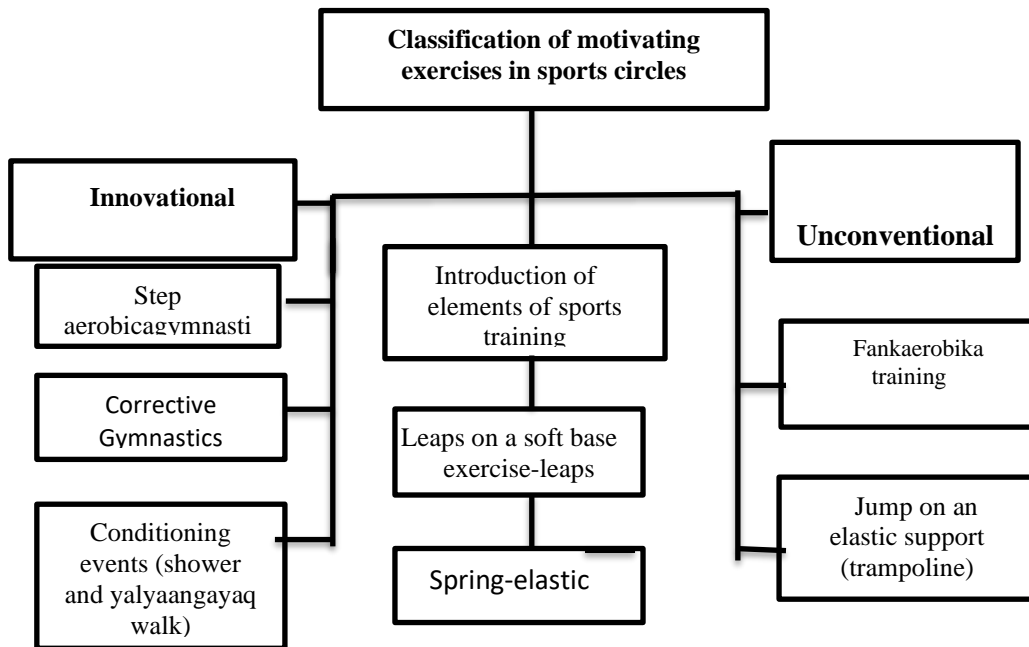
The content of action games and relay games includes simple, well-studied exercises by students. Relay games include exercises with various objects (balls, rings, flags, knuckles). In class, relay races were often used under the simplified rules of dribbling, ball passing, throwing and catching the ball, passing the stick, elements of sports games (basketball, football).

Action games and relay competitions, which are held in additional classes with elementary students, often used competition exercises (running for a walk and a hat, passing the ball in a row, column and circle, dribbling the ball in motion, throwing the ball). holding your head and it from both hands,

throwing the ball into the ring, pulling a rope, running around four or five rings or cubes, flags mounted on the floor at a distance of 1.5 m from each other).

Outdoor games and relay races were held in the warm season (Stadium), and in the warm season the gym. Each extra lesson was given 7 to 10 minutes of action games and relay games.

In the final part of the workout, the ball is focused on muscle recovery



Method of recovery with the help of special physical exercises in wellness circles.

Special physical exercises that prevent the wrong step

- 1) in a standing position, the legs are even, with a back support, raising the thumbs. Repeat 15-20 times 3 times a day.
- 2) turning from ankle to foot and back, in a standing position. Repeat 15-20 times a day.
- 3) in an upright position, with a pair of legs, raising and lowering all fingers. Repeat 15-20 times 3 times a day.
- 4) standing, feet are even, moving the foot forward by bending all the fingers.
- 5) in a standing position, the legs are in pairs, moving forward, draw a triangular shape with the legs (first, kerib the heels, tie the ankles, then tie the heels and spread the ankles, etc.).
- 6) walking on the toes and on the heel.
- 7) balance at the tip of the foot-2 seconds for 10 approaches.
- 8) lifting and lowering the legs with support for the toes-20 times in the complex.
- 9) in a sitting position, the legs stretch forward, pull the fingers towards you, and then stretch them Forward-10 times in 2 sets.
- 10) leaning on the toes in a standing position, feet shoulder-width apart, squatting down-10 times.
- 11) jumping on two legs, then on one leg on the fingers. Holding hands on the shoulder. Perform 10 times in 2 approaches.
- 12) rolling a round-surface stick or bottle with each foot for 3-2 minutes a day or more.

Step aerobics-specific exercise complex

Step aerobicacomplex-this includes: massage of biologically active points of the head and ear Supra. Massage is used for the prevention and treatment of external environmental factors, diseases of the body.

Massage biologically active points of the head.

Order of work: 1-the point on the forehead between the eyebrows ("apples"); 2-massaging the point of the wings of the nose connected by the edge restores the sense of smell ("cherry");

- Point 1-the top of the chest (slightly above the middle of the collarbone).

The point is the mucous membrane of the trachea, the bronchi, as well as the part that is connected to the bone marrow. When self-massage is done through these points, the cough decreases, the pain behind the breastbone disappears, and the blood supply to the organs is normalized.

Point 2-at the top of the collarbone.

This point is associated with the mucous membrane of the lower parts of the throat, larynx, thymus gland-a central member of the immune system. When a tax on this point is shown, the body's resistance to various diseases of the upper respiratory tract increases.

Point 3-the lateral veins of the cervical arteries (symmetrical) on the side of the neck.

This point is connected to the mucous membrane of the throat, larynx and thyroid gland. Massage of these points regulates the chemical and hormonal composition of the blood, increases the protective properties of the mucous membrane and larynx, improves the sound of the voice.

Point 4 is the symmetrical part of the neck from the back.

This point is attached to the back wall of the throat. During massage, the blood supply to the head, neck, body is activated, the work of the vestibular apparatus is normalized, headaches and dizziness disappear.

Point 5-located in the area of the spine of the neck and chest.

This point is associated with the sympathetic node of the mucous membrane, trachea, esophagus, lower neck. Massage of this area helps to normalize the functioning of the vessels of the heart, bronchi, lungs.

Point 6-located on the wings of the nose (symmetrical).

The point is connected with the nasal tumor sinuses and mucous membranes of the nasal cavity, as well as the root structures of the brain and pituitary gland. These zones can be called "Life zones". When they are affected, breathing becomes free, mood improves, height and weight normalize.

Point 7 is the symmetrical upperside of the eyebrows.

This point is associated with the mucous membranes of the frontal sinus and nasal cavity, as well as the frontal parts of the brain. When massaging these points, headaches, memory and attention improve.

Point 8 is the symmetrical Supras of the ear.

This point is connected to the mucous membrane of the middle ear, the vestibular apparatus. At the same time, you can massage the ear lobe, the entire femur, which is done by stroking it from bottom to top. When exposed to these zones, hearing improves, speech development accelerates, dizziness in transport and unpleasant sensations of nausea decrease. Has a restorative effect on the whole organism.

Point 9 is performed on symmetrical palms between the thumb and the competency fingers.

The study showed that the level of interest of young schoolchildren, the content of their interest, character, depend on the ability of the teacher to rationally organize the order of movement and

correctly control the various activities of children in educational and educational activities using various physical education and Sports actions and forms of exercise.

The teacher's ability to properly organize and carry out physical education activities, rational management of various interests of children is one of the most important conditions for improving physical activity, mental and physical activity. Ability to work, eliminate overload, prevent fatigue and ensure active rest.

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