



WAYS TO IMPROVE THE PHYSICAL FITNESS OF PRIMARY SCHOOL STUDENTS IN THE PROCESS OF PHYSICAL EDUCATION CLASSES

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ABSTRACT	KEYWORDS
this article covers the topics of working with children in the organization of physical education classes, working with children in the organization of physical education classes.	physical education, sports, games, dance, gymnastics, talent.

Physical education is a necessary element of primary education. Gives children the opportunity to form a healthy lifestyle, increase their physical, mental and emotional potential. The following are the ways for elementary school students to qualify for physical education. Include a wide range of activities. Elementary students have different interests and abilities. The incorporation of a wide range of activities, such as sports, games, dance, gymnastics, will help students discover their talents and interests. Various activities also encourage students to research new challenges, encouraging physical and psychological adaptation to new experiences. Ensuring that exercise is adequately provided: exercise is the vital importance of physical education. Promotes strength, endurance, cardiovascular fitness, coordination. Teachers should aim to include at least 60 minutes of physical activity in each physical education session. In addition, teachers should ensure that the activities are fun, fun and age-appropriate. Encouraging interactive activities that encourage teamwork and collaboration, such as Team releases, team building solutions, obstacle courses, promote social development and increase physical activity. Introducing strength training: strength training should be part of a well-developed physical education program. It offers children the opportunity to improve muscle strength, endurance and overall fitness. Including activities such as Squats, lunges, push-ups, heavy ball training, and balance training, it helps the overall strength and coordination of children.

Ensuring proper eating habits

Physical education can also educate children about the importance of proper nutrition. Teachers can teach students about the benefits of proper hydration, balanced nutrition, and smart part sizes. In addition, teachers should also focus on activities that encourage healthy eating. For example, in cooking classes, students can prepare and learn about community eating foods.

Use of techniques

The introduction of techniques into physical education can create a versatile approach to the physical fitness of young children. Teachers can provide programs, wearable techniques, and interactive play.

With wearable technology, students can observe their daily physical activity, and with interactive games, students can build coordination with fun games such as the Dance Dance Revolution. In our republic, we are going through a period of complete renewal in the field of Education, a literal transition to a new process and adaptation to it. The law of the Republic of Uzbekistan "on the educational barrier" (September 23, 2020), the president of the Republic of Uzbekistan on additional measures for the further improvement of the limtarbia system "Ta" of November 6, 2020, has widely opened the possibilities for the implementation of state educational standards, educational programs, state requirements, new educational textbooks in educational institutions, modern educational rooms, equipped in accordance with all-time requirements [1,2,3]. The education system is one of the main goals of raising young people and improving the quality of providing them with modern knowledge, as well as the formation of a harmonious personality for our society. All actions carried out in the process of continuous education are important in the implementation of this goal. The study of the problem of research of ways and conditions for organizing classes of physical education of students can serve as the basis for further penetration into the problem of National Education and the development of scientific and practical clarification of this problem. One of the pressing issues is the correct Organization of physical education classes and the research-based proof of the development of physical qualities of students.

Work with children in the organization of physical education classes

Physical education classes play an important role in the overall physical and mental development of children. As teachers, it is essential to make physical education classes fun, safe and fun for students. To achieve this, teamwork and a well-organized approach are essential. This article describes strategies for working with children when organizing physical education classes.

1. Planning

The first step in organizing physical education classes is proper planning. Take the time to draw up a detailed lesson plan with measurable goals. Divide the lessons into achievable sections so as not to overdo the students. Set realistic goals for each class, remember to give rise to the age range, physical ability, and skill level available in your class.

2. Warm-up exercises

Before starting each lesson, it is necessary to start with a warm-up session. Warming up exercises provide for the preparation of the physical and mental state of the child for the effective performance of tasks. An effective warming session maximizes blood flow, increases flexibility, helps prevent injuries. Ensure that the exercises of your choice match the age range and physical capabilities of your students.

3. Teamwork and collaboration

Physical education provides a unique platform for learning teamwork skills and collaboration. Encourage teamwork in Group Work, games, and fitness activities. Events should attract students of different levels, competitions should be friendly and focused on building relationships. Rewarding teamwork and encouraging students to support each other.

4. Security measures

An important area of \ u200b \ u200bThe Organization of physical education classes is security measures. To ensure that students use the right equipment, to comply with the rules, to ensure a mist with good sports. The use of age-appropriate equipment, control of children during activities that pose

a danger. Make sure the playing field and equipment are in good condition and make emergency response plans.

5. Promotion of entertainment and participation

Children enjoy physical education classes when they are more fun and entertaining. As a teacher, choose age-appropriate work that combines emphasis, creativity and pleasure. Encourage active participation by creating a positive and inclusive learning environment. Providing opportunities for feedback and support while ensuring that students' interests and preferences are addressed.

Conclusion

In conclusion, the organization of physical education classes for children consists in proper planning, warm-up exercises, teamwork and cooperation, taking security measures, promoting entertainment and participation. The benefits of regular exercise for children, such as improved health, social skills and learning activities, are enormous. By applying these strategies, teachers can create an interesting and effective learning experience that provides health and well-being for students. Physical education is very important for the potential of Primary School students. To facilitate Optimal physical, mental and emotional potential, it is necessary to include an excellent physical education program. The addition of various activities, proper exercise, strength training, nutrition education, and the use of technology can help students build lifelong habits that encourage healthy lifestyle choices and healthy lifestyle choices. As soon as the physical education program is well established, elementary students will have activities that promote variability, increase cognitive function, strengthen social awareness.

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