

PHYSICAL EDUCATION OF SCHOOL-AGE CHILDREN

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ABSTRACT	KEYWORDS
This article talks about physical education lessons for school-aged children, their organization mechanisms, first aid during lessons and other most important mechanisms.	Physical education, physical fitness, education, medical health, rehabilitation, physical education.

The theory of physical education of children of junior school age studies the general laws of the formation of the child's personality and physical education. This science originates from the ideological and methodological foundations of the theory of general physical education and is one of its important branches. The theory of physical education determines the construction of educational processes on a scientific basis for the education of students' physical fitness, high culture and morality developed in all respects. It equips the teacher of practical science with knowledge about the means, forms and methods of physical fitness of elementary school students, in which he develops special and relevant movement skills and competencies. Thus, the theory of physical education has a single content with the general theory of physical education, and specifically studies the laws of physical education and, accordingly, the general laws of managing the child's development in the process of education and upbringing.

It also summarizes general information, practical and advanced experiences, defines the tasks of physical education, and comprehensively reveals the appropriate forms of effective means and methods of organizing the physical education process. The theory of physical education constantly develops and improves based on the practice of physical education. Its methodological basis is always enriched by the assimilation of the results of this practical scientific research. That is why the subject of physical education cannot be frozen, it develops and becomes perfect. Making the young generation conscious, nationally proud, highly cultured, that is, healthy, energetic, fit, entrepreneurial, able to manage their actions well, who loves physical education and sports, and behaves in any situation. It is an important task of physical education to bring up people who know and can act independently, are active in life, and are capable of creative activities. The theory of physical education studies and takes into account the laws of the hidden possibilities of children at each age stage in primary grades, and meets the requirements of the entire educational complex of physical education, scientifically based program (movement, skills and abilities, physical qualities, etc.) simple knowledge).

Their mastery provides opportunities for children to quickly acquire the necessary movement activities in the future. At the same time, strict consistency is observed in the mastering of the program by

children. It takes into account the child's age-related development characteristics and opportunities at each stage of life, all body systems (bone-muscle, cardiovascular, respiratory, etc.) and organs (control, hearing, vision, speech, etc.). Physical education is an important component in the comprehensive education of a person, at the same time it solves the tasks of mental and moral, aesthetic, labor education in a comprehensive way. There are different forms of organization of physical education of students

1. lessons
2. extracurricular activities
3. health and physical education events
4. independent movement activity and others

Through these forms, the teacher's attention is focused on those who act consciously and actively according to their age capabilities, who can behave freely, show confidence in themselves, and successfully learn movement skills. It is aimed at raising a child who is always creative, who is not afraid of the difficulties encountered in life and can overcome them. The theory of physical education studies the purpose, tasks and principles of the physical education system and reveals the legal connection of physical education with other types of education (mental, moral, aesthetic and labor). The theory of physical education pays special attention to the study of physical education tools and forms of their use. Therefore, serious attention to the study of each movement and the principles and methods of educating the child's basic movement qualities is an important part of the theory of physical education.

GOALS AND TASKS OF THE SYSTEM OF PHYSICAL EDUCATION.

The goals and objectives of physical education in our republic are derived from the requirements of the Law "On Physical Education and Sports" adopted by the Republic of Uzbekistan. In this document, the development of a person in all aspects is clearly expressed. It is established that physical education is an important means of physical and spiritual development of a person. The main goal of the physical education system is to educate the young generation to be physically fit, religious, spiritually beautiful, who considers it a social duty to take care of their health by perfecting the educational process. . In the process of physical education, the following important tasks are solved:

1. Health
2. Educational tasks
3. Educational tasks

GENERAL PRINCIPLES OF THE PHYSICAL EDUCATION SYSTEM

the principle of orientation of physical education to health, the principle of all-round development of the individual, the principle of connection of physical education with work and military practice. Principle is a Latin term that means beginning. Theory, doctrine, etc. k .'s main foundation, laws , that is, it represents the laws and regulations of the science of theory and methodology of physical education. The principle of fitness orientation of physical education The responsibility and duties of physical education specialists in maintaining and strengthening children's health are based on the principle of fitness orientation. Choosing the right exercises for physical education, knowing how to effectively use national and modern games and exercises can have a positive effect on children's health.

The principle of orientation towards healing provides for constant medical pedagogical control, self-control of practitioners.

ANALYSIS OF THE PHYSICAL EDUCATION PROGRAM OF STUDENTS OF CLASS I-IV OF GENERAL EDUCATION SCHOOLS.

The state educational standard on physical education for general secondary education (UO'TJTDTs) specifies requirements for the quality of the educational process, educational content: the necessary and sufficient level of student preparation and the requirements for graduates, determines the procedures and mechanisms for evaluating the activity of educational institutions and the quality of physical education and upbringing. "Physical training and education" course includes the following in general secondary education.

1. Physical education classes are the main form of physical education and education at school. Their amount is defined in the Basic curriculum based on one hour of study per week
2. Extracurricular forms of physical activity are gymnastics held before class, moments and pauses of physical education in general secondary education classes, dynamic pauses during extended breaks, entertaining games.
3. Forms of physical training outside the classroom: sports sections, electives, clubs opened according to the interest of students, etc.
4. General school events: holidays, sports competitions, spartakiades, quizzes, etc.
5. Independence training: often in the form of doing homework, training in the branches of secondary school, trips, games, etc.
6. 8-10 hours of all forms and types of lessons per week for elementary school students.
7. It should provide 10-12 hours of activity for students of grades 5-9
8. The specified volume is sufficiently necessary and minimally mandatory for the specified groups of students.
9. A special (individual-differential) regime is established for students who are unhealthy, have a low level of physical development and preparation.
10. In order to successfully accomplish all the tasks of physical education, it is required to unite the forces of school teachers, staff of non-school institutions and parents. The links of the organizational system of physical education of students of junior school age are as follows:
 - 3 times a week in each class as a physical education lesson
 - lesson system;
 - health-training activities in the educational agenda - daily physical training sessions in extended groups;
 - physical education conducted before training sessions;
 - minutes of physical education; - physical exercises during extended breaks;
 - extracurricular activities: training in physical education clubs, UJT groups, sports clubs, sports competitions, public games, trips and trips.
 - sports schools for children and teenagers (forms of organization of physical education in institutions other than schools;
 - regular training sessions and sports competitions held in sports branches of voluntary physical education and sports societies (KSJ);
 - various types of summer resorts in residential areas;

- public health - physical education activities, activities included in the agenda of children's summer camps (morning physical education, daily bathing, local games, trips, etc.);
- mass games, contests, sports and entertainment, walks and trips organized in the children's sector of recreation and recreation parks, sports and tourist bases. Organizational forms of physical education of children in the family can be:
- daily wellness physical education procedures (aerobic physical education, minutes of physical education, training procedures);
- independent exercise classes, performing homework on physical education;
- optional games, walks, trips, sports entertainment, as well as holidays and vacations with the participation of adults;
- family participation in competitions held at residences. All these forms are divided into voluntary and mandatory according to their characteristics. Compulsory includes only physical education lessons (class-lesson system of training). Forms recorded according to educational and educational organization signs can be class or extracurricular. Correct planning of this work is important for the successful implementation of the tasks of physical education of children of primary school age. A correct and reasonable plan will help to clearly organize all educational activities, mass, physical education and sports activities of the school. The following plans are made in the school:
- general plan of physical education and sports activities of the school for one academic year;
- physical education curriculum for each class. The general plan for one year is drawn up by physical education teachers. The plan is discussed and approved by the pedagogical council.

The general annual plan covers all issues related to physical education and sports activities at the school: academic activities, fitness activities in the club day routine, extracurricular activities, public physical education and sports events, medical supervision, material -providing an educational base, promoting physical education and sports. In the general annual plan, the issues of educational work are reflected only in a general way: the schedule of use of space and equipment, the order of training, clothing for training, etc. Educational work is planned in detail for each class separately by the teacher. In the general annual plan of the school, health-training activities in the mode of the school day are reflected. For example, in the case of physical education before training, its location, duration, procedure, management of the training, the person who organizes the training, and the participation of the school's pedagogical team in this event are foreseen. In the organization of breaks, rest, children's meals, mass physical education and sports events are determined, and persons responsible for the organization and holding of breaks are appointed. The plan also provides for the organization and conduct of physical education minutes in classes, and it is indicated who will prepare a sample set of exercises. In the plan of extracurricular work, first of all, everything related to the club or physical education team: when the physical education organizer and the school council will be elected in the classes, who will lead the physical education club, what sports branches will be organized, etc. It shows where and when the training will be held. The plan includes sports competitions, walks, trips, and games. The period of their holding and the persons responsible for holding these events are indicated. The plan will specify the routes and duration of the tourist marches, as well as preparation for them.

MEDICAL SUPERVISION

The school's annual work plan for physical education specifies the period and procedure for medical examination of students. First graders are examined first, and then children (of all grades) who were

diagnosed with physical disabilities in the previous school year. Then the students of the second and third grades are examined. In this plan, the periods of re-examination of children transferred to a special medical group due to poor health should be specified. The school doctor reports on the results of the medical examination at the meeting of the school pedagogic council and parents. Full-fledged physical education work at school requires good equipment of the training place, purchase and preparation of necessary tools and equipment.

Therefore, the work plan envisages the purchase of sports equipment and equipment at the expense of the budget, and their preparation by the efforts of students, parents and guardians. The annual general plan of the school also reflects the promotion of physical education and sports. The school's general work plan for physical education and sports for the new academic year will be developed before the end of the academic year. During the summer vacation, preparations for the new academic year are carried out according to the developed plan of the school.

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