

DEVELOPMENT OF PHYSICAL EDUCATION OF YOUNG ATHLETES THROUGH ACTION GAMES

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Abstract:

The article is aimed at increasing the activity of students in the classroom by holding fun moments during the lesson, as well as all kinds of outdoor games to prevent students from losing interest in the lesson due to fatigue during the lesson. Alternatively, it is noted that during the lesson, the muscles of the organs of vision and hearing, the muscles of the body, especially the spine, which are in a certain position, get tired more than the muscles of the palm.

Properly selected 2-3 physical exercises for a fun minute, conducted during this period, relatively reduce fatigue, improve the attention of students, increase efficiency. Holding a fun moment during the lesson is aimed at improving health, the treatment of which, like gymnastics, prevents curvature of the bones of the spine.

Keywords: Scientist, scientific, students, activity, duration, 16-18 minutes, 35 minutes, continuous, training, work, ability, sharply, decreases, severity, 37% failure, readiness, vision, hearing, body, muscles, spine, palm of the hand, muscles, more tired, physical, physical exercises, fatigue, relatively reduced, attention of students.

YOSH SPORTCHILARNING JISMONIY TARBIYASINI HARAKAT O'YINLAR ORQALI RIVOJLANTIRISH

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Аннотатсия

Мақоллада мактаб о'қувчиларини дars jarayonida charchab qolish orqali darsga qiziqishini pasayishini oldini olish uchun dars jarayonida quvnoq daqiqalarni hamda har hil harakatli o'yinlarni o'tkazish bilan o'quvchilarning darsda faolligini oshirishga qaratilgan ma'lumotlar bayon etilgan. Shu bilan bir qatorda ta'kidlangandek dars vaqtida ko'rish va eshitish organlari, tana mushaklari, ayniqsa aniq bir holatda bo'lgan umurtqa pog'onasi qo'l kafti mushaklarida ko'proq toliqish ko'zatiladi. Bu esa o'z navbatida ish faoliyatining pasayishiga olib keladi. Shuningdek o'quvchilarning uzoq vaqt davomida partada noto'g'ri o'tirishi ularning tayanch harakat sistemasiga salbiy ta'sir qilish hollari ko'zatilgan. Shu davrda o'tkaziladigan quvnoq daqiqasiga oid to'g'ri tanlangan 2-3 ta jismoniy mashq charchashni nisbatan kamaytiradi, o'quvchilar diqqatini yaxshilaydi, ish qobilayatini oshiradi. Dars jarayonida quvnoq daqiqasini o'tkazish sog'lomlashtirishga yo'naltirilgan bo'lib, davolash gimnastikasi sifatida umurtqa suyaklarini qiyshayishini oldini oladi.

Калит so'zlar: Olim, ilmiy, o'quvchilar, faolligi, davomiyligi, 16-18 daqiqani, 35 daqiqali, uzluksiz, mashg'ulot, ish, qobiliyati, keskin, pasayadi, shiddatliligi, 37 % voz kechish, tayyor, ko'rish, eshitish, organ, tana, mushaklar, umurtqa pog'onasi, qo'l kafti, mushaklar, ko'proq charchaydi, jismoniy, mashq, charchash, nisbatan kamaytiradi, o'quvchilar diqqati.

РАЗВИТИЕ ФИЗИЧЕСКОГО ВОСПИТАНИЯ ЮНЫХ СПОРТСМЕНОВ С ПОМОЩЬЮ ПОДВИЖНЫХ ИГР

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Аннотация

Статья направлена на повышение активности учащихся на уроке путем проведения веселых моментов в ходе урока, а также всевозможных подвижных игр, чтобы не допустить снижения интереса школьников к уроку из-за усталости в процессе урока. В качестве альтернативы отмечается, что во время урока мышцы органов зрения и слуха, мышцы тела, особенно

позвоночника, которые находятся в определенном положении, устают больше, чем мышцы ладони.

Правильно подобранные 2-3 физических упражнения на веселую минуту, проводимые в этот период, относительно снижают утомляемость, улучшают внимание учащихся, повышают работоспособность. Проведение веселого момента в ходе занятия направлено на улучшение здоровья, лечение которого, как и гимнастика, предотвращает искривление костей позвоночника.

Ключевые слова: ученый, научный, ученики, активность, продолжительность, 16-18 минут, 35 минут, непрерывная, тренировка, работа, способность, резко, снижается, тяжесть, 37 % отказ, готовность, зрение, слух, тело, мышцы, позвоночник, ладонь руки, мышцы, более уставшие, физические, физические упражнения, усталость, относительно сниженное, внимание учеников.

Introduction

The decision of the president of the Republic of Uzbekistan on June 3, 2017 “on measures for the further development of Physical Education and mass sports” further strengthened the attention of the younger generation to avoid harmful habits and to maintain a constant mistreatment with physical education and sports.. These decisions coordinate and integrate the activities of all subjects in the field of physical education sports in accordance with the social economic and political conditions of our country, and also contribute to the rise of physical education and sports in Uzbekistan to the stage of high quality. Athletes from our homeland have rightfully succeeded and received recognition in many competitions held on the sports fields of Asia and the world. Among them, the role of unicorns is incomparable. The structure of training young athletes is the basis of training athletes based on a promising plan. Depending on the athlete improvement plan the number of years ahead is correctly set, the means and methods of training, the loads, the Test control norms, the rational planning, often the pace of growth will depend on its achievements. Promising plans can be developed for different deadlines. the level of training of young athletes, age, will depend on their sports experience. Adolescent physical education physical fitness is one of the important



components of sports training, and of course physical qualities are a process aimed at the development of strength, endurance, flexibility, agility and agility. The main tasks of physical fitness can be expressed as follows. Adolescents are manifested in the level of physical health and the fact that they increase the functional capacity of their organism of various systems. For junior athletes, it is advisable to make promising group plans for 2-3 years. for young athletes, it is necessary for relatively older people to develop both group and individual plans for a number of years, for example, until the moment of completion of the children-adolescents Sports School. Sports training with children from 8-11 years of age is more training which means, that is, it should increase the intensity and speed of movement.

In children aged 12-15 years, it is recommended to use pacemakers and muscle strength enhancers. In the initial preparatory period, one of the effective tools for improving the quality of speed is recommended to use action and sports games according to their facilitated rules: for example, short-distance running, relay races, jumps, Gymnastics, and acrobatic exercises, the main style of speed development is complex style, that is, from action and sports games, playful exercises. The main issue is the maximum increase in the intensity of movements in adolescents. The general physical fitness of young athletes (UJT) is the foundation, the necessary basis for achieving high results. Hence, it is possible to examine a person's physical qualities in relation to one form or another, in which physical abilities are manifested, as well as some characteristics inherent in his capacity for action, that is, to reason on the basis of divided abilities, realized about them. It is the qualitative specificity of these various physical abilities that testifies to its physical qualities. Characteristics of the quality of human abilities in marriage, physical education and sports are reflected in the phrases "strong", "fast", "agile", "flexible". The importance of these qualities in life was considered a criterion for subtracting them. In fact, physical qualities are considered an expression of the achieved level of individual physical abilities, their accuracy, originality, importance. The physical qualities of a person are inextricably linked with their physical abilities, determined by the characteristics of their naoyon during various actions, the development and degree of manifestation of physical abilities is influenced on the one hand by environmental factors (socio-domestic conditions of life, climatic and geographical conditions of the places of training, their development, etc.), on the other hand by hereditary factors, as targets of physical

capacity, the anatomical, physiological and mental characteristics of the human body surface. It is important to note that,, motor targets are' multifunctional and can develop in one direction or another, depending on the conditions of muscle activity, and in one form or another, ensure the development of physical abilities. Such forms can be as many as the types of movement activity. Because each of them is characterized by such characteristics as its own structure, the targeted orientation of movement, muscle coordination, the mode of activity of the body and its supply of strength. Currently, it is accepted to divide physical abilities into five main types: strength, agility and coordination abilities, endurance and flexibility abilities. Each of them manifests itself in different forms in different types of movement activity.

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