

MODERN APPROACHES TO THE CONTENT OF PHYSICAL EDUCATION OF SCHOOLCHILDREN IN THE CONTINUING EDUCATION SYSTEM

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ABSTRACT

In this article the content of physical training and sports activities in the educational process of schools is considered.

Keywords: Physical training, students, teaching and educational work, educational institutions, sports, lifelong learning.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

The problem of human survival in modern conditions is extremely relevant. The main question is to increase the vitality and stability of the body to adverse environmental conditions, in the formation, preservation and strengthening of health. Massive disorders of physical and mental health, the development of children are manifested in neurotic conditions, defects in sexual development, decreased resistance to risk factors for drugs, toxic substances, alcohol, and impaired physical development.

Not only economic, political, environmental and social, but also personal and positional factors make their mark on the decline in health. In this direction, I would like to note the attitude of the population to their lifestyle, which is an important component of health.

Currently, many researchers note that the educational process in schools is characterized by an increase in the volume and intensity of educational and cognitive activity of children, which leads to a decrease in the already insufficient level of motor activity (N.A. Ananyeva, G.L. Apanasenko, V. .F. Bazarny, E.M. Kazin, N.E. Kasatkina, etc.). Such an orientation in the development of a modern school is objectively correlated with the need to solve the problem of physical education of students. The creation of a fundamentally new system of continuous physical education of students seems appropriate against the background of the development of cognitive abilities and the formation of the personality of the child. Improving the physical qualities of a child should not be regarded as a narrowly utilitarian goal of increasing the student's vitality. It is 4 5 about physical education as one of the components of the harmonious development of the child, as one of the goals of his upbringing, to increase the level of his personal culture.

Needs for movement and increased motor activity are the most important biological characteristics of the body. Currently, it is known that 70% of children suffer from physical inactivity, the consequences of which are reduced performance, overall reactivity and increased disease.

The health and physical fitness of children are the most important components of the healthy potential of the nation. The need for movement, increased motor activity are the most important biological features of the child's body. Limited muscle activity not only delays the development of the body, worsens health, but also leads to the fact that, at subsequent age stages, the student can hardly master or cannot master some vital motor skills. Despite the pronounced health-improving effect of physical culture, it has not yet received wide distribution among the population, and above all, in the clinical examination system when solving problems related to reducing the incidence of disease and preventing pathological conditions, including fatigue after work. More than 80% of the adult population have no idea about the level of their physical development, working capacity and do not know where to get such information.

Due to the current economic and socio-psychological changes in society, the problems of not only the transformation of many aspects of human life, but also the problem of the education of the person himself - his consciousness and worldview, his attitude to many phenomena of public life are outlined. Extremely urgent is the problem of rehabilitation of children with poor health, preparing them for life self-determination. Due to objective (poor health) and subjective reasons, the school is in greater need of a science-based system of physical education for students.

The concept of lifelong education adopted in the Republic of Uzbekistan emphasizes the conscious need of the individual for continuous development, which is satisfied by the regulation of various education systems. The implementation of this concept is associated with the improvement of the entire education system, including the continuous physical education of modern youth. The main goals and objectives of the development of physical culture and sports in Uzbekistan are the education of a healthy young generation, the full promotion and development of folk games and sports, the active involvement of the widest sections of the population in the physical culture movement, the achievement of an organic unity of physical education with the practice of building a society.

The main organizational center of the physical education system of students is a comprehensive school. In educational institutions, physical education is carried out in the course of training sessions, physical-health-improving and sporting events, which are held in accordance with the developed and approved provisions (Law "On Physical Culture and Sports", State Program "Sotlom Avlod Uchun" ("For a Healthy Generation"), "Program for the Development of Physical Culture and Sports in Uzbekistan"). These documents consider physical development and sport as a matter of paramount importance, the purpose of which is to ensure the mass and accessible nature of physical education at any age.

Physical education at school age is especially important. Acquired motor skills at school age, as well as physical, intellectual, strong-willed and other qualities become the basis for the quick and complete mastery of professionally labor and other special motor actions, further physical improvement in adulthood. Equally important is the contribution of school physical education to the development of the personality of young people, the formation of their worldview and life position, moral character, intellectual and aesthetic culture, and strong-willed aspiration.

The use of the game method in the upbringing of physical qualities among schoolchildren develops not only physical qualities, but also affects mental processes: memory, attention, thinking, etc. The main defining feature of the competitive method is a concrete comparison of forces in the conditions of ordered rivalry. The competitive method is used in solving a number of pedagogical tasks: the education of physical, strong-willed and moral qualities, improvement

of skills. This method allows you to make the highest demands on the functional capabilities of the body and thereby contribute to their highest development.

The content of extracurricular activities includes the organization of sports sections: athletics, football, gymnastics, boxing, tennis, wrestling, Ku-Rush, cycling, indoor soccer, checkers and other games. The main tasks of sports sections in a comprehensive school are: (a) comprehensive physical development, health promotion and hardening of students' bodies; (b) the development of individual physical abilities to a high level in order to achieve sporting success in accordance with age and gender; (c) the formation in the process of training of moral and volitional qualities, inculcation of cultural behavior skills; (d) improving organizational skills in mass sports and recreational work with students of different ages.

The creation, in accordance with the Decree of the President of the Republic of Uzbekistan in 2002, of the "Children's Sports Development Fund" served as an important step towards the development of children's sports. The Fund acts as an effective mechanism for the implementation of goals and objectives in the field of children's sports. The main objectives of the fund are to facilitate the implementation of the tasks of physical education of children, to arouse interest in sports among the younger generation. In the primary schools of the republic, the Healthy Children educational program is being implemented, aimed at developing a food culture among children as a component of a healthy lifestyle. Primary education, as an important component of general education, is the stage at which the first knowledge, skills and abilities are formed. Among the main tasks carried out under the program "Lessons on proper nutrition" is the formation of ideas about the value of health in children, the need to strengthen it, familiarization with the rules of a healthy lifestyle and proper nutrition, the development of children's forms of behavior associated with caring for their health, acquaintance with national cultural traditions. The implementation of the program "Healthy Children" is carried out in the framework of classroom hours, work in circles, elective classes related to the formation of the basics of a healthy lifestyle in children. Conduct "Lessons on proper nutrition" can class teachers, subject teachers, educators. At the first stage, it is planned to cover more than 6,000 schoolchildren of the republic. Thanks to the implementation of the Healthy Children program, elementary school students and their parents will develop a healthy eating culture, and this, experts say, is the way to solve one of the most important social problems - raising a healthy generation.

It should be noted that in Uzbekistan there is an intellectual socio-cultural process, that is, a massive surge in the educational and creative impulse of youth, which opens up the vast spiritual potential of the younger generation. The ultimate goal of this process is the comprehensive preparation of young people for life, independent development, the ability to withstand various ideological influences and solve life problems.

The ongoing economic and socio-psychological reconstruction of society forces us to search for optimal solutions to the problem of not only transforming many aspects of human life, but also transforming the person himself, his attitude to many phenomena of public life, including awareness of physical improvement.

This is dictated by the fact that in the field of physical education of schoolchildren there are really contradictions between: the promotion of a healthy lifestyle and the lack of comprehensive practical measures for their implementation in physical education classes; providing a differentiated and individual approach to students, taking into account their

development and health, adaptive capabilities and physical fitness in the framework of a strictly regulated program.

In our study, we analyzed the existing system of physical education in educational institutions, identified the prerequisites and optimal capabilities of the system of continuous physical education, contributing to the preservation of the health of schoolchildren, their socio-psychological adaptation, successful learning and development.

We consider school age as a life period during which the basic motor qualities of children are laid and developed, which are the basis for the formation of a healthy, full-fledged personality, and we distinguish physical education as a factor that contributes to the development of schoolchildren and the preservation of their health.

Preserving the health of the younger generation is the basis of the future of the nation and a determining factor in socio-economic progress. The solution to this problem depends on the education system, on the developing environment, which is designed to ensure the development of schoolchildren and maintaining health, their optimal socio-psychological adaptation.

Under the most important task of physical education we understand the formation of personality. This is achieved through the penetration of educational measures in all areas of the teacher and through self-education of students. The main condition for achieving positive results in the development of schoolchildren and maintaining their health in the process of implementing the pedagogical system of continuous physical education is a comprehensive approach that takes into account the age-related characteristics of the development of the body, aimed at increasing growth rates and absolute health indicators.

The effectiveness of the pedagogical system of continuous physical education depends, in our opinion, on pedagogical technologies (content, organization and methodology) for presenting students with a particular system of knowledge that should turn into their knowledge, skills and abilities and become embodied in the personality traits of students. Based on the knowledge about the didactic essence of all the components of learning in accordance with the specific goal of physical education, we identified five main components of pedagogical technologies: motivational, orientational, substantive-operational, energy, evaluative.

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