

INDICATORS OF ACHIEVEMENT OF 5TH GRADE STUDENTS IN THE 1ST QUARTER ON THE SUBJECT “PHYSICAL PREPARATION”

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ABSTRACT

This article reflects the results of experiments conducted to determine the performance of the 5th grade students in physical education. In the experiments, the exact execution of the commands of the athletics "To the start", "Attention", "Run", the initial state of throwing a tennis ball, catching the ball, throwing techniques, techniques of throwing a tennis ball walking 1-2 steps away, to teach the technique of long jump from the ground, the movement in football without the ball, the technique of moving the ball, the technique of stopping the ball with the inner, lower parts of the foot surface, kicking the ball with the inner side of the foot, simple and rotating kicking technique, kicking the ball without dropping it to the ground technique and handball sport placement and receiving of the ball on the field, passing and receiving the ball, throwing the ball from 6-7 meters, with a mixed step the ability to throw the ball into the goal and perform the technique of the goalkeeper were assessed.

Keywords: Athletics, jumping, technique, football, receiving the ball, handball, passing the ball.