

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.

Relevance

In today's world, the modernization of education is important as it focuses on the spiritual and physical development of the individual and the improvement of the quality of the educational process. Special programs have been developed to increase the effectiveness of physical education classes in foreign countries. In private schools, however, the choice of curricula is freer than in public schools, so approbation of various pedagogical alternatives is carried out.

The issue of development of physical culture and sports in our country is considered at the level of state policy, which is a guaranteed means of strengthening the nation's gene pool, educating a generation of physical and intellectual potential. One of the priorities today is to "Mobilize all the forces and capabilities of our state and society for the development and happiness of our young people as independent thinkers, with high intellectual and spiritual potential, who are equal to their peers in any field in the world." One of the most pressing issues today is the education of students from primary school, as a person who is healthy in all respects, independent thinking, with high intellectual and spiritual potential.

The study of scientific and methodological literature shows that a number of scientific studies have been conducted on the conduct of physical education in secondary schools. In particular, the works of T.S. Usmankhodjaev, V.K. Balsevich, V.A. Bogdanova and others can be cited as examples. The analysis of age characteristics in the physical fitness of schoolchildren was studied through the work of A.A. Gujalovsky, V.I. Lyah, A.G. Sukharev, V.P. Guba, O.V. Goncharova and others.

In the process of physical education in general secondary schools, a set of measures aimed at maintaining and strengthening the health of students, the creation of conditions conducive to the value of health and a healthy lifestyle are being studied.

There is a need to fully adapt the pedagogical methods used in the teaching of physical education in secondary schools to today's requirements.

The purpose of the study: to determine the performance of 5th grade students in the subject of physical education in the 1st quarter.

Research objectives:

Determining the performance of 5th grade students in mastering the technical elements of athletics;
Determining the performance of 5th grade students in mastering the technical elements of the sport of football;
Determining the performance of 5th grade students in mastering the technical elements of handball.

Object of research: The process of physical education classes of 5th grade students.

Subject of research: To determine the indicators of movement readiness of 5th grade students in physical education classes.

Research methods: analysis of materials of scientific and methodical literature, interviews, pedagogical observation, expert assessment, mathematical and statistical analysis.

Organization of the survey: The research was conducted among students of secondary schools 125, 214, 218 in Mirabad district of Tashkent, secondary school 105 in Yunusabad district, secondary school 282 in Yashnabad district, secondary school 43 in Chust district of Namangan region. More than 500 schoolchildren participated in the study.

RESEARCH RESULTS AND DISCUSSION

In order to assess the performance of students in 5th grade in secondary schools in the 1st quarter, a team of experts consisting of qualified specialists was formed ($n = 23$).

The evaluation was carried out through approval. The concordance coefficient (W) was used to assess the degree of conformity of the opinions of the experts in the group. It was high enough ($W=0.82$) and reliable ($p < 0.05$) in our study.

The group of experts assessed the technical performance of 5th grade students as follows: "excellent" - absolutely correct performance of technical actions - 5 points; "Good" - technical actions with small errors - 4 points; "Satisfactory" - performance of actions with big mistakes - 3 points; "Unsatisfactory" - technical actions performed 2 points or less.

Experiments conducted to determine the performance of physical education students in the 1st quarter of 5th grade school students recorded the following results (see Table 1).

When the command "To the Start" is given: the knees are bent and the hands are rested, with one foot touching the ground and the other resting on the support; the thumbs stand inwards, the arms straightened, the weight of the torso lowered evenly on the hands and knees; the head is tilted toward the starting line (11; p. 22).

When the "attention" command is given, the knee of the hind leg is cut off the ground, and the weight of the body is divided into four "points" - arms and legs.

When the command "Run" is given, the body is immediately straightened, the first step is taken with the hind leg, the arms are moved sharply, then the second, third and so on are taken. After steps 6-8, the torso is completely straightened (11; p. 22).

When an athlete begins to run a certain distance, he presses only the soles of his feet, takes large steps, and moves his arms in the same way; the arms are bent at the elbows, they are not punched, the torso is slightly bent forward, the waist is not slightly bent, the teeth are not pressed tightly together, and the mouth is not closed tightly. Strives to perform movements freely (11; p. 22). Approximately 10-15 meters before the finish, the runner looks forward, keeping his free movement, straightens his shoulders, focuses on one point and crosses the finish line without slowing down (T.S. Usmonkhodjaev, G.Arzumanov, 2015, p 22).

According to the results of the experiments, the performance of 5th grade students in athletics was as follows: Exact execution of the commands "to the Start", "Attention", "Run" by experts 12.5% - "excellent", 17.5% - "good" , 29% - rated "satisfactory", 41% - "unsatisfactory".

Typically, a tennis ball (weighing 80 g) is thrown in physical education classes and is also used to pass the norms.

When you run and throw the ball straight, you run 3-5 steps, and the last step is thrown big, swinging with the back foot, the shoulder is brought forward, the hand holding the ball is sharply straightened and thrown.

Table 1

5th GRADE STUDENTS 'PERFORMANCE IN PHYSICAL EDUCATION' IN THE 1ST QUARTER

N	Topics	Excellent "5"	Good "4"	Satisfactory "3"	Unsatisfactory "2"
Athletics					
1	1 Technique of accurate execution of commands "To the Start", "Attention", "Run"	12,5%	17,5%	29%	41%
2	The first condition when throwing a tennis ball away, the technique of catching the ball, throwing	19%	17%	33%	41%
3	Technique of throwing a tennis ball 1-2 steps away	13%	17%	29%	41%
4	Long jump technique from standing	16%	17%	28%	39%
Football					
1	Movement without the ball	13,5%	19,5%	28%	39%
2	Movement with the ball	18%	17%	31%	34%
3	Perform technical techniques of stopping the ball with the inner, lower parts of the ball foot surface	15%	21%	28%	36%
4	Kicking the ball with the inside of the foot surface	19%	17%	31%	33%
5	A simple and rotating kicking technique	8%	15%	36%	41%
6	Kicking the ball without dropping it to the ground	8,5%	21,5%	29%	41%
Handball					
1	Placement of players on the field and getting the ball	15%	21%	26%	38%
2	Passing and receiving the ball	28%	22%	26%	24%
3	Throw the ball into the goal from 6-7 meters from the ground	18%	24%	29%	29%
4	Throw the ball into the goal with a mixed step	14,5%	24%	27%	34,5%
5	Goalkeeper technique	11%	25%	31%	33%

The important thing is to perform the final movement with the hand, shaking the hand freely and with wide fists during the throw. Once the ball is thrown, it is necessary to stop without pressing the line (11; p. 28).

The first case of long-distance throwing of a tennis ball by 12-year-old schoolchildren, the technique of catching and throwing the ball was rated by experts as 19% - "excellent", 17% - "good", 33% - "satisfactory", 41% - "unsatisfactory".

The technique of throwing a tennis ball 1-2 steps away was rated by a group of experts as 13% - "excellent", 17% - "good", 29% - "satisfactory", 41% - "unsatisfactory".

The technique of long jump from a standing position, which is well known to us in the theory and methodology of athletics, is taught in three parts. Flight preparation, takeoff and landing.

The performance of the long jump technique from the standing position by the 5th grade students was evaluated by a group of experts as follows. 16% - "excellent", 17% - "good", 28% - "satisfactory", 39% - "unsatisfactory". This situation is explained as follows. The specialization of physical education teachers in secondary schools, where we conducted the experiments, is not close to the sport of athletics, that is, teachers of physical education do not have sufficient knowledge and skills in athletics.

Today, the indicators of mastering the subject of physical education of 5th grade students in secondary schools in the 1st quarter on the elements of technical movements of football are as follows.

Kicking the ball with the inside of the foot. This method is mainly used when lifting the ball over short and medium distances. The foot is stretched backwards for a simple and precise kick by kicking with the inside of the foot. Such a blow can also be done by running. The lower the ball is kicked, the higher the ball goes, or vice versa. If the ball is kicked in the face, it is struck by its middle, inner and outer parts (T.S. Usmonkhodjaev, G.Arzumanov, 2015, p. 22).

Kicking the ball with the middle face of the foot. This blow is a major blow in football. In it, the ball flies fast and far. It is performed by running (T.S. Usmonkhodjaev, G.Arzumanov, 2015, p. 22).

The player's leg is stretched backwards before hitting the ball. The tip of the support leg should be raised so that the kicking foot does not touch the ground during the impact. Such a blow is used for passing the ball at medium and long distances, kicking the ball into the goal, performing penalty kicks (T.S. Usmonkhodjaev, G.Arzumanov, 2015, p. 22).

Kicking with the outside of the sole of the foot. Such a blow is used to raise the ball to medium and long distances, to kick the ball into the goal, to kick the corner ball. It is done by running from the front or side. When shaking the foot, its upper part seems to be twisted (T.S. Usmonkhodjaev, G.Arzumanov, 2015, p. 22).

15% - "excellent", 21% - "good", 28% - "satisfactory", 36% - Rated "unsatisfactory".

The group of experts rated the performance of the technique of "simple and rotating the ball" 8% of 5th grade students - "excellent", 15% - "good", 36% - "satisfactory", 41% - "unsatisfactory".

CONCLUSIONS

1. According to the results of the analysis of scientific and methodological literature, in the process of physical education classes in 5th grade, there is a need to develop tools and methods to teach students motor skills and develop physical abilities based on the age characteristics of participants.

2. It is necessary to develop a methodology for students with different physical fitness to maintain their health and strengthen their general physical fitness during physical education classes.

3. The team of experts rated the technique of "movement without the ball" of the students who participated in the experiment - 13.5% - "excellent", 19.5% - "good", 28% - "satisfactory", 39% - "unsatisfactory". In the evaluation of the technique of "ball movement" 18% - "excellent", 17% - "good", 31% - "satisfactory", 34% - "unsatisfactory".

4. The group of experts found that the mistakes made in the skills of 5th grade students in basic athletics, football, handball are mainly due to the fact that students do not have a sufficient understanding of the technical movements in sports. At the same time, the above-mentioned shortcomings lead to the fact that today physical education teachers in secondary schools do not have sufficient understanding and skills to perform technical movements in all sports.

5. There is a need to preparation electronic multimedia textbooks for all sports for in-depth teaching of physical education in secondary

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