

MONITORING OF PHYSICAL ACTIVITY OF JUNIOR SCHOOLCHILDREN AT PHYSICAL EDUCATION LESSONS

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ABSTRACT

The article presents the results of monitoring studies of the motor activity of younger schoolchildren at physical culture lessons. The effectiveness of the developed motor tasks was experimentally determined, which made it possible to significantly hang the motor activity of children at physical culture lessons.

Keywords: Monitoring, physical culture lesson, motor activity, hypodynamic factor, daily motor potential.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

The Decree of the President of the Republic of Uzbekistan "On measures to radically improve the system of public administration in the field of physical culture and sports" noted that large-scale work is being carried out aimed at creating a healthy lifestyle, creating conditions for the young generation that meet modern requirements for regular physical education and mass sports.

At present, the questions of searching for effective forms and methods of physical education of students, optimization of their motor activity are topical. Monitoring of the daily motor activity of school contingents, in addition to the daily mental load in subject lessons, most of them, in addition to compulsory physical culture lessons, are not purposefully involved in order to increase the optimal level of motor activity. The existing system of physical education does not fully meet the genetic need of schoolchildren for movement and has a negative effect on their health.

The state of health of modern schoolchildren in connection with the growth of scientific and technological progress and the observed progressive orientation of the hypo dynamic factor associated with the enthusiasm of young people with computer technology, watching TV and other forms of satisfying their needs, significantly reduce their daily motor potential.

The analysis of special scientific literature convinces us of the need to use physical exercises as a favorable means of physical education that contributes to the increase of the body's resistance to full physical development. The solution to the problem of increasing the motor activity of schoolchildren in order to strengthen health and full physical development, positive motivation and the need for a healthy lifestyle seems to us urgent

To solve the indicated research tasks, a methodology for increasing the motor activity of primary school children was developed. National outdoor games and competitive play tasks were chosen as the main means of increasing the motor activity of schoolchildren, which were classified into two groups, taking into account their focus:

- 1 - on the development of motor qualities;

2 - To improve the elements of the technique of physical exercises provided by the school curriculum for physical culture.

In the process of conducting practical exercises provided for in the designated sections, it facilitates the selection of game material for solving certain pedagogical problems. Such distribution of play material allows in the process of physical education to achieve the greatest success in teaching technical elements and developing the physical qualities of children of primary school age.

In the proposed innovative pedagogical teaching methodology, the ratio of the designated tasks and outdoor games aimed at improving the motor abilities of children of primary school age was 35% and 65%, respectively.

In order to solve the set tasks, three groups of experimental tasks were proposed.

The first experimental group of games included tasks that aroused significant interest in children and provided them with a relatively high level of physical activity, i.e. in which children play repeatedly without losing the desire to continue playing actions and reducing initiative. In time, they lasted up to 15 minutes or more, with the total number of repetitions of game acts being 8-10. These games provided significant motor activity, which amounted to 1500 and more locomotor acts during the exercise, and running movements accounted for an average of 90% of the specific volume of step actions.

The second group included games in which the children played relatively with interest and high activity, but the children's enthusiasm for the performance of game situations quickly dropped and the physical activity decreased. In time, these games lasted on average 7-8 minutes with the optimal number of repetitions of game situations - 5-6 times. The total motor activity during the exercise was 800-500 locomotor units, and 50% of them were running motor acts.

The third group included game actions and national outdoor games, which were performed with a certain interest, but the general physical activity was not high. Monitoring of these actions showed that children played in group games with a progressively decreasing initiative, motor activity for 7-10 minutes of participation in game actions did not exceed 500 locomotor actions.

The introduction of innovative pedagogical methods in order to increase the motor activity of children in the main part of the physical culture lesson was allocated 50% of the educational time, in the preparatory and final parts of the lesson, respectively, it was 20.0% and 12.5% of the educational time. Outdoor games and game tasks were carried out in each part of the lesson alternating with "non-game" tasks. Game physical exercises aimed at the development of motor abilities were carried out in the main part of the lesson, and exercises in the form of a game were focused on the development of motor qualities as speed and dexterity, which were carried out in the second half of the main part of the physical culture lesson. Motor tasks, with a predominant focus on endurance development, were performed at the end of the preparatory and main part of the lesson.

During the passage of the section "gymnastics" provided by the curriculum for physical education, where the main attention was paid to the development of motor quality, flexibility in the main part of the lesson, and game tasks were carried out in the preparatory and final parts of the lesson. Theoretical training of schoolchildren in memorizing the terminology of a sport

was carried out as an activation of students' attention and active recreation several times during the lesson.

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