

RELATIONSHIP OF AGE AND DYNAMICS OF PHYSICAL DEVELOPMENT AND PREPAREDNESS OF 6-7 YEARS OLD CHILDREN IN FERGANA

N. M. Mamadzhonov

Associate professor, Department of Theories and methods of physical culture
Fergana State University, **UZBEKISTAN**

ABSTRACT

The article presents the results of studies of the level of physical development and motor readiness of children of 6-7 years old. Comparative age dynamics with the normative requirements of the complex "Alpomish" and "Barchina" was carried out.

Keywords: Physical development, "Alpomish" and "Barchina", physical fitness, anthropometry.

INTRODUCTION

Improving the quality of education is one of the urgent problems of the Republic of Uzbekistan, the solution of which is associated with the modernization of the content of education and the optimization of pedagogical technologies in the organization of the educational process. The process of physical education in general education schools provides for the creation of the basis of basic physical training of schoolchildren, the formation of a fund of motor skills and abilities in order to experimentally substantiate effective means, forms and methods of education of physical qualities.

To address the issues of intensifying the process of physical education, many authors suggest using selectively directed physical activity in sensitive periods for the development of motor abilities in children who are starting school.

It is known that primary school age is the most favorable period for a targeted influence on the development of the physical status of children.

Under the physical development of children and adolescents, one should understand not only morpho-functional properties, which ultimately determine the stock of his physical strength, but also those biological processes that are especially characteristic of the child's body. Such processes, first of all, should be considered the growth and formation of the organism.

Human growth and development is a complex process caused by profound changes in the structure and function of tissues of individual organs and the body as a whole, and proceeding under the influence of external and internal factors, inextricably linked and determining each other.

Most anthropometric signs of a person's physical development, as a rule, are associated with growth indicators, however, it would be wrong to draw conclusions about a person's physical development based on only one height. The point of view that the mine of the body is a sign of the strength of the body was not confirmed over time, and eventually growth was considered in conjunction with other signs, and primarily with the girth of the chest and body weight.

Materials and methods

The purpose of this work is to analyze the level and dynamics of physical development and fitness of 6-7 years old in the city of Fergana.

Research objectives

-determine the absolute level of gain, the rate of growth and gain of the main parameters of physical development (standing height, body weight, chest circumference at rest);

-determine the dynamics and level of physical development and fitness of junior schoolchildren in the city of Fergana.

To solve these problems, a one-time examination of the main and additional characteristics of the parameters of physical development was carried out according to 20 signs. Anthropometric signs were examined according to a unified technique.

The research was carried out in the city of Fergana (on the basis of kindergarten # 61, secondary school # 6).

It seemed interesting to carry out a comparative analysis of the data on the physical development of children who entered the first grade of general education institutions. The data obtained during the experiment are presented in table 1.

So, the body length has an annual reliable increase, in girls aged 6 to 7 years, the increase was 6.3 cm, in boys 3.6 cm.

Body weight in girls at 7 years old increases by 2.9 kg, in boys by 1.3 kg.

The chest circumference increased adequately in girls by 5.3 cm, in boys by 1.7 cm (table 1.).

Table 1. Indicators of physical development of children in the first year of school

Body length (cm)

years	n	Boys		n	Girls		t	p
		$\bar{x} \pm \sigma$	c_x		$\bar{x} \pm \sigma$	c_x		
6	30	114,6±5,6	0,53	26	111,5±4,6	0,8	0,42	>0,95
7	44	118,2±4,7	0,71	32	117,8±9,9	0,9	0,003	>0,95

Body weight (kg)

years	n	Boys		n	Girls		t	p
		$\bar{x} \pm \sigma$	c_x		$\bar{x} \pm \sigma$	c_x		
6	30	20,6±2,8	0,99	26	19,8±1,9	0,3	0,58	>0,95
7	44	21,9±2,4	0,36	32	22,7±1,7	0,3	2,2	<0,95

Chest circumference (kg)

years	n	Boys		n	Girls		t	p
		$\bar{x} \pm \sigma$	c_x		$\bar{x} \pm \sigma$	c_x		
6	30	56,4±3,9	1,3	26	56,8±3,9	0,7	0,2	>0,95
7	44	58,1±2,8	0,42	32	62,1±3,3	0,6	5,5	<0,95

Numerous experimental studies have shown that pronounced muscular activity and movement, which is an urgent problem of school pedagogy, are the basis of all conditions that stimulate the development of a child.

In this regard, pedagogical testing of 6-7 years old children of the main indicators of motor fitness was carried out and, according to the data obtained during the experiment, a comparative analysis was carried out with the health tests "Alpomish and Barchina" (Table 2)

The conducted studies revealed that in the running on Yuma of boys and girls of both study groups, the average values ranged from 2.9 to 3.0 s, in girls the same difference was 0.1 s.

In the 30 m run, boys of both groups ran the distance in 6.65 seconds, girls lagged behind by 0.6 seconds.

Table 2. Physical fitness indicators of children 6-7 years old

№	Indicators	Groups (n = 46)	
		Boys $\bar{x} \pm \sigma$	Girls $\bar{x} \pm \sigma$
1.	Run 10m, sec	2,9±0,3	3.0±0,5
2.	Running 30m, sec	6,6±0,6	7,2±0,5
3.	Shuttle run 3x1 Ohm, cm	9,9±0,3	10,9±0,6
4.	Long jumps, cm	105,0±6,7	99,2±11,0
5.	Many jumps, m	8,2±0,6	8,0±1,5
6.	Throwing the ball at the target.	2,9±0,3	2,5±0,4
7.	Throwing the ball at a distance, m. Cm	14±1,9	10,4±2,7
8.	Flexion and extension of the arms in the lying position, number	6,9 ±2,9	4,0±1,0
9.	Lying hanging pull-up, qty	11,7±2,3	5,8±2,9
10.	Raising the body from the floor lying down, qty	12,2±4,0	7,3±3,1
11.	Medicine ball throw, see	314±44,9	246±37,1

RESULT AND DISCUSSION

Shuttle running determines physical quality - dexterity, where the boys showed results from 9.8 to 9.9 seconds, for girls they varied within 10.9-11.0 seconds.

Long jumps, being a universal exercise of a speed-strength nature, take a large place in the motor activity of children.

In boys, the average results ranged from 105.0 to 105.4 cm, ahead of girls by an average of 4.2 cm.

Throwing is a complex technical exercise, as a vital applied exercise, they are included in the test tasks "Alpomish" and "Barchina".

During the pedagogical testing, boys threw a tennis ball by an average of 13.9 m, and girls by 10.4 m.

Tests in the form of pulling up while lying down, flexion and extension of the arms in a lying position and lifting the trunk from a supine position characterize the strength capabilities of

children and are present in regulatory documents when assessing the physical capabilities of children.

Studies have shown that boys on average pulled up 11.5 times, girls had 5.8 times, which was 49.13%. In the test, flexion and extension of arms in the lying position, boys had an average result of 7.0 times, and girls 4.1 times.

The analysis of the obtained indicators in the course of pedagogical testing of the physical fitness of children 6-7 years old, made it possible to reveal in them an uneven reliable increase in the studied indicators.

In many respects, in our opinion, the observed factors of ineffectiveness of the educational process in physical education in the lower grades is associated with the fact that physical education classes aimed at improving the health of children are conducted by teachers who do not have special physical education and naturally requires appropriate adjustments.

CONCLUSION

The conducted pedagogical experiment revealed an insufficient level of the physical status of children 6-7 years old and requires:

- taking into account the individual characteristics of the physical development and physical fitness of children, allowing to determine the groups of students according to the level of their motor fitness in the process of conducting physical culture lessons;
- rationing of the volume of motor activity corresponding to the biological needs of the body of children of this age;
- optimal dosage of physical loads, taking into account the morpho - functional characteristics of a growing organism;
- regular implementation of medical and pedagogical observations

REFERENCES

1. Мамаджанов Н. М. Зависимость проявлений двигательных способностей от особенностей морфологического развития школьников. Автореф. дис. канд. М., 1981, 22 с.
2. Ланда Б.Х. Методика комплексной оценки физического развития и физической подготовленности : учеб- ное пособие для студентов вузов.— М., 2006.— 207 с.
3. Прахин Е.И., Грицинская В.Л. Характеристика методов оценки физического развития детей. Педиатрия.— 2004.— № 2, прил. 3.— 60–62