

Goals and Objectives of Physical Education of School Children

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Annotation: In accordance with the decision of the President and the Cabinet of Ministers of the Republic of Uzbekistan on measures for further development of physical culture and sports in the Republic of Uzbekistan, special tests "Alpomish" and Barchinoy were introduced in 2000. Alpomish and Barchinoy special tests are the program and normative basis of the system of physical education of the population of Uzbekistan.

Keywords: physical culture, lesson, science, student, assessment, special, Alpomish and Barchinoy special tests, physical education, morality, will.

Physical education classes at the school are organized and taught on the basis of special subjects and lessons. This course, like all subjects, is marked by an assessment of mastery in a mature certificate of secondary education. The main task of science is to provide students with a comprehensive physical education. Including: training and development of all-round physical abilities, strengthening of health, improvement of body structure. Physical culture is the process of providing students with specific theoretical knowledge about physical culture in the classroom, as well as the formation of physical activity and skills as well as genetic and organizational skills specified in the state program. The physical education class is directly related to general education, along with the comprehensive development of students, the development of social consciousness, moral education, the development of willpower, and the strengthening of their need for work. Physical education increases students' interest in other subjects. The movement, skills, and nurtured physical qualities formed during the course increase students' ability to read, work, and accelerate. In turn, other subjects taught in the school also help to better master the lessons of physical culture. Physical education in high school takes the

following forms. Physical culture course, basic form. Active rest at school on a daily basis. Extracurricular and extracurricular activities. In out-of-school institutions y In out-of-school institutions i.e. clubs in BOSM students are in recreational sports camps, densely populated areas and so on. Family Physical Education: The agenda includes independent exercise games. Active sports, travel, public competitions on weekends. The responsibilities of physical education for schoolchildren are set out in the Regulations on Physical Education for Secondary School Students. The whole pedagogical team of the school plays an important role in the implementation of physical education of students. In this regard, first of all, the physical education teacher, the school principal, the deputy head of the school for physical culture and sports, the class republic, the parent community in the school are the main people in this issue. Extracurricular activities in physical education for primary school students include: general physical education group, as well as classes in sports departments. In extracurricular activities, the class is divided into groups depending on the content of the various forms of activities and the age of the students. Extracurricular activities, as well as physical education classes, develop students' vital qualities of diligence, diligence, steadfastness, and perseverance. Its main tasks are: to help solve educational problems: to strengthen the health of students, to strengthen their bodies, to help them in all aspects of physical development and fitness. to deepen and improve the knowledge, skills and abilities that children acquire in physical education classes; creation and development of organizational buds in primary school students; to ensure that students have a good time. to inspire children to engage in regular physical activity and sports. The main content of extracurricular activities with children is the material of the physical education curriculum. These materials are used to improve the skills and abilities of students to perform various

exercises in normal and complex conditions, especially in the field. Physical education teams and clubs are assigned to a nationwide physical education teacher. Students can join the club and physical education team on their own, as long as they apply orally. The members of the council are elected at the general meeting of the members of the circle. This council organizes and conducts all work in close cooperation with the youth organization, on the basis of a plan approved on behalf of the school principal. Physical education organizers are elected in all classes in the school. They work under the leadership of class republics, organizing the participation of their classmates in various public physical education and sports events held at the school. Physical Education Club. One of the main forms of extracurricular activities in physical education is the physical education club. All activities of the club are carried out according to the approved plan in cooperation with the student organization. Each class has a physical education organizer who encourages students to participate in a physical education club event. Depending on the conditions in the primary school and the number of students, one of the forms of club organization is chosen. The organization of the circle will be separate for each class or for all primary school students who are lagging behind in learning the material. The circle is divided into study groups of 20-30 people. Classes are held once or twice a week for 45 minutes. Objectives: a) to activate the movement regime of young schoolchildren. b) expanding the scope of students' specific knowledge and movement skills. c) develop an interest in exercise. The content and direction of the training should ensure the full physical development of students, their acquisition of a "school of action", the formation of the right posture and quality mastering of the curriculum material. Classes are included as a basis in the school curriculum, but they are done in a more complex environment and in a more playful way. For example, cleansing exercises, general developmental exercises with time constraints, combining the movements of different parts of the body, and so on. Elements of games and sports competitions are widely used in relation to the lesson to develop motor skills. To do this, it is advisable to hold games in the field. The use

of tools has a comprehensive recommendation. The distribution of exercise types in the annual planning is determined by the sequence of mandatory lessons in the program material. The Department of General Physical Training is "one of the additional forms of work in the field of physical education and the transition to specialized sports. This or that sport is created in order to improve the physical fitness of children for the specialty, to determine their interests and opportunities. Study groups of 20-25 people will be formed according to the age, gender and level of physical fitness. Classes are held twice a week for 45-60 minutes. Objectives: a) to involve as many students as possible in organized physical activity and to influence the choice of sports specialization: b) to improve the physical fitness of students and, on this basis, to help them successfully fulfill the requirements of the curriculum. In accordance with the decision of the President and the Cabinet of Ministers of the Republic of Uzbekistan on measures to further develop physical culture and sports in the Republic of Uzbekistan, special tests "Alpomish" and "Barchinoy" were introduced in 2000. Alpomish and Barchinoy special tests are the program and normative basis of the physical education system of the population of Uzbekistan. Control standards determine the general level of physical fitness of the population for education, employment and military service. Tests help promote health, increase creativity and work activity. Alpomish special tests are for men, and Barchinoy special tests are for women. Tests are a means of promoting a healthy lifestyle, engaging the population in physical education and sports, meeting their health needs, and increasing physical fitness at various stages of life. The tests also help to acquire basic knowledge and practical skills for independent exercise, to develop and develop mass sports in order to identify and nurture talented athletes to use different forms of exercise during study, work and leisure. The Alpomish test is for men between the ages of 6 and 60, and the Barchinoy test is for women between the ages of 6 and 55. Alpomish and Barchinoy special tests for young schoolchildren are divided into three groups: 5-6, 7-8 and 9-10 years old. Young people should do the following theoretical and practical work.

5-6 years old

1. Knowledge. The importance of physical education in improving mental and physical functioning. Exercise on the training agenda. Diet and pre-workout diet. Safety rules during exercise. Exercise and its conditions are the "main sources".

2. Execution. Morning Exercise Self-Defense in the Sports Section. The following types of tests and standards are recommended for 6-10 year old school children. Running - 30 m, race - 100 m, moccasin running - 3x10 m Jumping in the jump Lots of jumps Throwing a small ball to the target and far away Jumping from a place and running, long jump, climbing the gymnastic ladder. Swimming Hanging and jumping Walking in the meadows, walking 3 km Climbing on a rope Hanging on a horizontal bar, crossing arms and legs. All test criteria are met "for consideration" and "for the target", ie those who meet the requirements of the "for the target" are awarded badges. Sports sections are created for those who want to do beep sports. Objectives: a) to involve well-prepared students in regular sports, b) to help improve the abilities of students in the chosen sport, and on this basis to meet the requirements of the "qualification" of the sports specialty; c) preparing students to participate in the school team in the district "city" competitions, d) helping them to acquire knowledge and skills in the field of arbitration and instructor "coaching" in the competition. The organization of classes differs in the simplicity of the organization of classes, does not require expensive and complex equipment, ensures the popularity of students, provides opportunities for comprehensive training of students, has practical significance and is related to the content of the curriculum. The main sport should be given priority. Students of the main medical group are admitted to the department "with a doctor's permission". It is not advisable to hold a qualifying competition, which limits students from dropping out of sports and is contrary to the objectives of extracurricular activities.

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