

METHODS OF DEVELOPING PHYSICAL EDUCATION OF PRIMARY SCHOOL CHILDREN

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ABSTRACT

This article examines the literature of scientists who have worked on the methodology of developing physical activity in primary school children, develops a new methodology and achieves the development of physical activity in primary school children

Keywords: physical development, physical training, physical education, flexibility, games, mobility

INTRODUCTION

Small school age of children physical movement when you say basically young childhood period physical changes , growth coming young generation in every way physical bring up education institutions , family , community organizations together efforts with done is increased . Physical education health to improve , physical Is it quality? to develop the organism functional status improve the youth to work and Motherland protection to do to prepare is directed . Children wrapping standing environment changed is going Simple , simple games instead of telephone games come in came The child is intellectual , aesthetic, labor physical education development priority occupation is doing them importance denial did not without to say must be mobile games , walks , peers and in atrov people with communication to do of the child time more and more decreased is going Game with the child 's activities another different types of games types between balance violation (movable and motionless playable , separately and joint) small school age children both in health and movement qualities organization abilities development at the same level negative on the contrary is finding

Small school age children interest , talent , individual talent , spiritual and physical characteristics , cultural needs in consideration received without and in the child spiritual standards formation , vital and social experience possession in the eye held children in every way to develop directed process is considered Small school age the children physical education development , problems solution of reaching new ways search , first , shown conflicts solution reach necessity with , secondly , grow coming young generation physical preparation and psychic development process improvement laws , methodological and methodical conditions learning necessity with depends without done is increased

Small School age children physical education development according to different in the literature of children physical and readiness for voluntary action process content one different interpretation not done . For example , Levi Gorinevskaya in his opinion, until school age children physical education right to the road to put for more complicated physical exercises, to the 1st grade program near has been and to him who prepares exercises choose is taken .

The same at the time small school education in the institution physical education in his duties small from the youth starting from physical adjectives purposeful orientation necessity about of considerations lack of attention pulls Only preparation group for in the program agility , quickness , endurance and strength of improvement to the goal compatibility about certain note appear will be. Small school age children organism two important to the feature have , them to know school to the teacher physical adjectives bring up issues successful solve enable creates

Small school age in children walking, running , jumping, throwing , skating walk run, swim life for need to be the most simple movement skills is development. This actions children fast owns, the reason is theirs nerve system high level is flexible . Small school age to the children exercise from giving before to them that's it exercises importance, performance technique , moving game rules the body to educate some elements about concept giving to go it is necessary This is it the goal come true release for they are usually physical exercises and mobile from the games consists of has been wide study material present done

Pedagogical the experience planning and his content small school age of children physical education development above experiences planning is in Appendix 2 presentation done being scheme based on done increased. And four week during small school age children that's it on purpose special mobile the games consistency with they did, and they are through physical activity physical readiness harmonized was For example promptness short to the distance to run the pace of the motion picture during Four week during children physical education through physical of movement to develop directed mobile the games at least 12 times they did Statistics processing to give 7-8 years old as a result children by control of exercises fulfillment indicators testing theory requirements according to their physical preparation the situation evaluation for girls and son from children consists of two young each of the groups by choosing 4 tests for received Each age - gender in the group tests content separately properties have was For example , 7 years old of girls flexibility describe for the following from the tests used: back lying down without body raise 7 year olds for forward back umbalok increase 8 year olds for 30 m running ; 8 year olds for bridge harvest to do So , all young groups for given tests flexibility and quickness development for . He or this of tests application about below in more detail information is given This is it 41 general in chapter medium education in the institution conducted pedagogical experience materials given to be Control group Hanga General No. 41 in the district medium education school in the institution trainee peer from children consists of was

This in the article small school age of children flexibility and agility qualities development according to scheduled mobile from the games of use efficiency level to determine directed pedagogical experience materials presentation done 7-8 years old of children different age - sex in groups conducted pedagogical studies different physical of adjectives improvement to the process pedagogical of experience effect to show features only not but in them of changes young features physical condition , health also determine the degree for chance by creating gave If you are mobile the games special choose based on physical adjectives development indicators efficiency continuous analysis by doing it seems so conclusion to do possible : such training all physical of adjectives development efficiency improved . Pedagogical experience all physical of adjectives changes special natural young features save just stay not but some

cases even this processes acceleration is also possible that it was showed . It's more agility and flexibility , eng less level endurance , strength and to speed concerned to be Movement apparatus separately physical exercises to the effect has been obvious expressed heterochronous from the reaction proof giver data received That 's it manifestation even various test tasks based on that or this physical quality changes analysis reliability in reaching level very different was , separately cases variability coefficient up to 85% enough : this small school age children organism most of the time acceleration process , in particular neuromuscular apparatus development acceleration on time physical exercises importance limiter functional in systems series of mechanisms strong effect on word to conduct possibility will give . That's it obviously , 7-8 years old of children neuromuscular apparatus yet immature being , it is fast formation stage . From this outside , that's it attention to the event to do need : this age children burn expressed separately age - gender characteristics have will be. This year old one quality development range of others development helped. Games physical exercise , physical qualities, moral education tasks solve for efficient conditions by creating gave. In children physical adjectives movement skills qualifications are also the same at the time development achieved . Physical of adjectives mutually effect in dependence analysis reach pedagogical experience as a result face gave changes essence deeper to understand possibility created If this studies under right line in other words , pedagogical experience because of small school age of children physical development qualities between reliable dependencies the amount can be seriously increased that it was about high trust with speak we can For example , experience group 7-8 years old son in children such dependencies control from groups such dependencies control It was 2.9 times higher than in the groups , in girls and 2.2 times , all children groups according to and 2.5 times a lot come back done

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