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FEATURES OF ORGANIZATION OF GENERAL PHYSICAL PREPARATION IN LESSON AND EXTRACURRICULAR ACTIVITIES

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Abstract: The article highlights the important factors of general physical fitness in the general education system, maintaining the health of students in class and extracurricular activities, their physical development. Within the framework of solidarity of educational and extracurricular activities of students and teachers, views were expressed on the constant monitoring of physical development of students in the educational process, adherence to the principles of individual and personal approach, creating psychological comfort in shaping and increasing motivation in students. The author used the methods of analysis, comparison, generalization, conversation in solving the tasks and testing the hypothesis.

Keywords: physical education, extracurricular activities, health, general physical training

INTRODUCTION
The health of the people of our country is a high national value, and our identity and national recovery begin with health and, above all, the health of our children. The current state of society, its pace of development places high demands on man and his health. Man is forced to organize his activities in difficult conditions. This is due to the unsatisfactory state of the environment, the meaning of life in conditions of psychological stress, the decline of the body's protective functions due to inactivity, the spread of harmful habits.
Physical education and development of the younger generation, protection and strengthening of children's health is one of the strategic directions of the education system of our country. Numerous studies have shown that the traditional organization of the educational process leads to an increase in chronic stress in students and leads to the development of chronic diseases. All this indicates the need to use effective methods and forms in strengthening the health of the younger generation. Growing human health is not only a social but also a moral issue. The problem of the above-mentioned topic has given rise to the idea of introducing general physical fitness into the physical education system of secondary schools through various tests, norms and programs. Monitoring plays an important role in the continuous implementation of the tasks facing the physical education of students in the school continuing education, the formation of the concept of physical education in students, its opportunities to strengthen health and improve performance, especially in educating a creative person.

MATERIALS AND METHODS

The object of research is the process of formation of the concept of physical education in students and their participation in extracurricular sports clubs.

The subject of research is the use of general physical training in the educational process.

The aim of the work is to develop the physical culture of students through the basics of physical education activities. According to the research hypothesis, physical culture education has a strong impact on students:

- Solidarity of educational and extracurricular activities of students and teachers, based on the close connection between the theoretical and practical mastery of the values of physical culture and sports;

- Continuous monitoring of the physical development of students in the process of physical education;
- creation of psychological comfort for students in increasing the motivation of activity, adhering to the principles of individual and personal approach;

Job responsibilities:
1. Analysis and assessment of students' physical fitness;
2. Development of a single and integrated system of the educational process, which is healing and instructive;
3. Maintain and strengthen the health of students, increase their ability to work and physical development through the selection of means of physical education appropriate to their age and individual characteristics;
4. Monitoring the physical development of students;
5. Encourage students' personal achievement;

Theoretical and methodological bases of this work are the works of classical educators Ya.A. Kamensky, A.S. Makarenko, V.A. Sukhomlinsky, medical scientists II Brekhman, Yu.P. Lysitsyn, who tried to solve the problems of health and the formation of a healthy lifestyle. They have created many works on the protection of human health and prolongation of life.

Research methods: analysis, comparison, generalization, conversation methods were used to achieve the research goal, solve the set tasks and test the hypothesis.

Expected results:
- protection and strengthening of health;
- Increased interest in physical education:
- to form a responsible attitude to one's health;
- Formation of the need for movement activities in students;
- Improving sports results;

Results and conclusions of the study: it is expected that the dynamics of physical development in students will change for the better, as well as achieve good results in clubs and competitions.

The main content and principles of the work:
- Unity of classroom and extracurricular activities;
- consistency and structure;
- integration principles;
- ability to overcome obstacles independently;

The main directions and areas of activity:
1. Learning activities.
2. Extracurricular activities.
3. Educational work.
4. Improving knowledge, skills and competencies.

RESULT AND DISCUSSION

Results and conclusions of the study: The main purpose of general physical training is to improve and strengthen the work of the human heart, blood vessels and respiratory system, as well as to develop his strength, speed and endurance. It is a process of improving the qualities of physical activity, aimed at the full development of man, which must be taught from childhood. Most of the human muscles are involved in this process. General physical training increases the functional capacity of the body, its ability to work, and serves as a basis for special training in the future to achieve high results in selected areas or in any sport. General physical training faces the following tasks:
- Achieve comprehensive development of body muscles and increase muscle strength;
- increase overall endurance;
- increase the speed and ability to perform various actions;
- increase muscle flexibility and mobility of major joints;
- increase agility in various activities and movements, coordination of light and difficult movements;
- learn to be free and perform actions without identification;

The content of physical education consists of exercise, theoretical knowledge, organizational and methodological skills and abilities, which are expressed in
certain means and forms of exercise. The use of these exercises should be done in compliance with the requirements of hygiene and using the health forces of nature (air, sun, water). Physical education of students is organized and conducted in the following forms: partial theoretical and mainly practical classes, extracurricular activities, independent physical training. The direction and characteristics of these forms of physical education affect their content.

Ways to organize certain forms of physical training is a broad concept. A methodology is a set of methods and techniques aimed at solving specific physical tasks in the process of physical education. The methodology of teaching a particular exercise includes some of the methods of learning and improving it, as well as the methods and techniques used for this purpose.

For example, teaching methods include the structure of the lesson, the characteristics of the different parts of the lesson, and the use of a number of methods and techniques of teaching and learning.

However, the method of conducting training on individual sections of physical education has some common features, but at the same time significant differences.

Therefore, in relation to some forms of physical education classes, the teaching method can be general and divided into parts. The general method of conducting physical education classes is based on the tasks set, differs from other methods in terms of content, teaching and education, and is used to address more general issues. The method of division into parts involves the division of a particular element into parts or phases.

The teacher should know the content of the preparatory part of the lesson, the method of the main part, the place of the lesson, the sequence of exercises, the content and methods of comprehensive teaching, the order of the final part.

The curriculum ensures the correct allocation of time to individual parts of the lesson. The curriculum reflects the objectives of the lesson, the place and time of the lesson, what issues are allocated to the lesson, the form of the lesson, as well as
the material and technical base and the literature used, the main content of the lesson, the timing of certain actions.

Theoretical lessons are aimed at mastering the necessary knowledge provided by the curriculum and are conducted in the form of brief information in the preparatory part of the lesson. Practical training is the main type of educational activity and is divided into educational and teaching-methodological forms. The training will consist of three parts, namely, preparation, basic and final. Methodical lessons are divided into educational-methodical, instruction-methodical and demonstration types.

CONCLUSION

Morning exercise as an independent form of physical education is organized for the purpose of systematic physical education of students. This helps the body to quickly get into a state of physical fitness and it is a mandatory element of the agenda and is done in no more than 10 minutes. Morning exercises have appropriate options. Options that include exercises previously learned in practical classes are developed by the teacher responsible for the subject. He plans them taking into account the general and special tasks of physical training, the material base and the characteristics of the training of students. Morning exercise is usually done in the form of a comprehensive exercise with the inclusion of light exercise in athletics, gymnastics, strength training, which is performed with moderate exercise.

Achieving physical fitness is associated with general physical fitness, and the level of human health plays an important role in the development of his all-round physical characteristics. Specific principles and indicators of improvement of physical fitness are determined on the basis of the real lifestyle and conditions of society at each historical stage, and constant attention is paid to the level of human health, his general ability to work.

In view of the above, the following conclusion has been drawn. In the system of physical education, including general education, general physical training can
serve as an important tool in achieving the physical strength, endurance and physical fitness of students in the classroom and extracurricular activities.

REFERENCES: