



Improving the process of school sports training

A. Abdullaev

Associate professor, PVN

G. Karimova

Master graduate of Ferghana State University

ABSTRACT

In this article, the organizers of the school SPS, the professional theoretical and practical training of specialists in the field of conducting school SPS trainings, the results of monitoring the current situation for the organization of school sports are presented to your attention.

Keywords:

Physical; sports; school sports; children's sports; student Physical Culture; healthy lifestyle physical culture; physical status; physical development; physical preparation; professional theoretical preparation; professional practical preparation; concept of physical education, etc.

Unlike other forms of extracurricular activities (STIs), school sports have proven to be important in the formation, development and monitoring of physical status and somatic health indicators of students.

Therefore, in his video conference on September 4, 2019, the President of our country in his video conference on "Additional tasks for the development of physical culture and sports" argued that the current state of STI in physical education is not in demand. His opinion "The concept of development of the system of physical culture and sports of the Republic of Uzbekistan until 2025" - Annex 2 to the Decree No. PF-5924. "On measures for the widespread introduction of a healthy lifestyle and further development of mass sports" 2020.30. PF-6099 of October 1, 2006 and Resolution No. PQ-5141 of 16.06 of 2021 "On control over the physical fitness of the population of the country" proved the timeliness of the implementation of practical work related to the problem.

Because, in interviews with journalists, many athletes who are successfully defending

the honor of our country on the world sports arena, say that they took their first step in the big sport through school sports, where they studied.

In addition, we have not observed that the President of any country, in addition to fulfilling his main duties, finds time for the problems of the country's education system UTMs. This is acknowledged not only by specialists in the field, but also by veterans of the education system of our country.

Our research was conducted in more than 30 general education schools of 9 districts and 2 cities of Fergana region. We started by monitoring the organization, quality and level of its implementation.

During our pedagogical observations, we conducted a pedagogical analysis of more than 60% of the training sessions of 17 girls' and 33 boys' training groups of high school students' sports sections, an analysis of the "intensity" of training sessions, and the management of physical activity.

Taking into account the reliability of the monitoring results, the existing conditions for

school sports training were selected for our experiments. we learned.

We conditionally divided the school sports sections into 3 groups:

to the first group: schools with adequate facilities for training, equipment and inventory at the required level, normal, material and technical base (not excellent), a hall with a relatively large size of gyms of size (18X9), which we assessed as "good", school stadium, we have included schools with 1 complex sports field for sports games. Of the more than 30 UTMs we selected for our experiments in this group, only 19% had schools with the above-mentioned conditions.

to the second group: equipment for effective training is close to the required level, not equipped with sports equipment, material and technical base - 18X9 size gym, non-standard football field and running tracks around 300 m, there are complex sports grounds for sports games (volleyball and basketball, some handball and volleyball) - we have introduced UTMs that have a sports field where it is not possible to train in 2 sports at the same time. Such schools accounted for only 47% of the 30 UTMs we studied.

to the third group: we included our schools that did not have the necessary conditions for training sessions. Their number was 34% of the schools we controlled. We have included schools that do not have the necessary conditions for sports training and even sports clubs - sports equipment, non-standard (adapted) sports fields, gyms. For a number of years, this group includes schools that do not have the ability to teach the recommended subjects of state physical education programs, control the "physical status" of students, "somatic health" of the body, the formation of life skills required by the science program.

It was noted that the President of the country organizes extracurricular activities for students in physical education, the restoration of school sports sections. We have found that a healthy lifestyle leads to a delay in the implementation of government orders to inculcate physical culture.

Given that our research has raised the level of state policy to create conditions for

school sports, we were interested in the level of professional theoretical and practical training of specialists in the field, which is important in the implementation of this policy, a positive solution to the problem.

The questions in the questionnaires of our sociological research on school sports, the content and structure of its training sessions, the use of its tools, the solution of general and specific tasks for a given session, what biological rhythms of the day correspond to the time of the day, the student-athlete from school sports training sessions We looked at the study of the "pleasantness" that occurs in the body, the expected uplift in the mood of the student, the "work" of the body, the manifestation of the implementation of training in training.

The results were not what we expected. This is due to the fact that today's "Bachelor of Physical Education" in the field of professional vision and practical training in sports pedagogy (volleyball, basketball, handball, football, wrestling, swimming, gymnastics, athletics), such as "Improving sports skills" the formation of practical vocational training skills showed that the quality of continuing education at the University is not at the required level.

In other words, the existing physical culture specialists do not meet the above-mentioned theoretical and practical training in physical education in the state program of physical education, ie their qualification in their chosen sport (training in sports included in the school state program).

We found that professional practice and professional theoretical training are superficial, scientifically non-methodological based curricula, recommended for practice without testing. Percentage of total hours allocated for teaching special subjects is allocated to the old ones without justification for allocating them to special subjects.

The content of the educational material allocated for the teaching of sports pedagogy does not provide for the organization, organization of school sports training, its content, tools, theoretical knowledge of the impact of training on the body, methods of teaching them.

The more than 20 general education school sessions we observed during the internship, especially the "functional state" of the body at the beginning of the school sports training, prepared the student's organs and structures for "start-up".) were observed to be premature. We observed that this fatigue is manifested by an increase in external symptoms, shortness of breath, heart rate, a decrease in its depth, a significant change in the color of the skin of the practitioner's face, intense sweating, a marked fall in the form of symptoms.

This is the case in the training of school sports instructors, and in some schools, physical education teachers in training sessions, or in the fact that students are distracted from the systematic training in school sports sections.

The muscles involved in exercise emit impulses at a set frequency of their own during exercise, a force that belongs not only to the activity of our muscles but also to all parts of our body. Mogendovich (2008) - Ferghana branch of the Fergana Regional Institute of Teacher Training we identified during our conversations.

In the survey (43 people), 31% said they were dissatisfied with the school sports sections they conducted with their students, 23% said they were only training school teams, 29% said they had 4-6 pre-competition training sessions, and the remaining 17% said they were not. the teacher admitted that they did not run the sports sections at all.

In addition, it is useful to know at what times of the day (effective time rhythm of physical activity - biological rhythms), daily, weekly, monthly biological rhythms of physical activity - the use of active physical and mental time of the day, in other words, the daily, the effectiveness of weekly movement activity

We found that they did not have the skills to find their time. Failure to choose an effective time to exercise has been shown to have a negative effect on the effectiveness of training through school sports training.

In conclusion, it should be noted that the "pleasantness" that occurs in the body after sports training in our general education

schools, the "spread" of the body, the inability to feel the "taste" after exercise, makes our students prefer other activities than sports.

Literature

1. Patidinov Kamolidin. (2021). Physical Preparation and Development of School Students. *Journal of Pedagogical Inventions and Practices*, 3, 161-163. Retrieved from <https://zienjournals.com/index.php/jpip/article/view/517>
2. Sidikova, G. S., & Ibrahimovich, T. A. (2021). FORMATION OF CHILDREN'S HEALTH CULTURE AS A SOCIAL AND PEDAGOGICAL PROBLEM. Conference, 71-74.
3. Ubaydullaev, R. M. (2020). Sopostavitelnyy monitoring pokazateley fizicheskoy podgotovlennosti devushek selskix shkol s normativami testov zdorovya "Barchinoy". In *Nauka segodnya: fundamentalnye i prikladnye issledovaniya* (pp. 37-40).
4. Usmonov, Z. N. (2020). MONITORING OF PHYSICAL AND HEALTH WORKS IN RURAL COMPREHENSIVE SCHOOLS. *European Journal of Research and Reflection in Educational Sciences* Vol, 8 (3).
5. Usmanov, Z. A. (2019). RESEARCH OF THEORETICAL PREPARATIONS FOR SECONDARY SCHOOL ADMINISTRATION ON THE SUBJECT "PHYSICAL CULTURE". *Today science: fundamental and applied research*, 90.
6. Hamrakulov, R. PEDAGOGICAL BASES OF FORMATION OF PHYSICAL EDUCATION AND SPORTS TRAINING IN HIGHER EDUCATION SYSTEM.
7. Yuldashev, M. (2021). INNOVATIVE ASPECTS FOR HEALTHY LIFESTYLE FORMATION AND DEVELOPMENT OF SPORTS. *CURRENT RESEARCH JOURNAL OF PEDAGOGICS*, 2 (05), 102-107.
8. Khaydaraliev, X. X. (2019). MOTIVATION VYBORA PROFESSII KAK PROYAVLENIE PATRIOTIZMA

SOVREMENNYX STUDENTOV. In EUROPEAN RESEARCH: INNOVATION IN SCIENCE, EDUCATION AND TECHNOLOGY (pp. 50-52).

9. Yakubova, G. K. (2021). MONITORING OF PHYSICAL EDUCATION CLASSES IN CONDITIONS OF HYPERTHERMIA. Herald pedagogy. Science and Practice, 1 (2).