



Analysis of the Results of Physical Training for Elementary School Students at the 50th Elementary School in Quwa County, Fargo.

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ABSTRACT

The 50th elementary school in Quwa County reported on the results of pedagogical and scientific research using special mathematical and statistical methods.

Keywords:

Physical training, level of physical training, sports tests, jumping to length, mokisimon running, turquoise pulling, jumping in arguments, running for 30m.

Introduction

Country Of Origin: The people of our country, especially the younger generation,

Practical activities are being undertaken gradually to ensure that children engage in sports and use active forms of rest.

It is no secret to any of us that the development of physical education and sports has become a priority of government policy today.

The strategy for comprehensive development of the Republic of Uzbekistan focuses on physical education and sports. The state of action is intended for 2017-2021, during which time efforts have been made to improve a lot of manashu. It should also be said that the pandemic that entered our country encouraged the people of our people to be perfect in every way. Because it was very lightweight among those with the disease who were actively involved and those who engaged in sports and physical education. This pole also once again proved the greatness of physical education and sports' place in the lives of our people. The

introduction of a new "Physical Training Level" sports testing facility, approved on June 17, 2021, in order to develop healthy living and public sports among our people, will be responsible for preparing young people for all aspects, physical education, and high-quality work in front of other parts of the general secondary education, higher education institutions, and physical education movement.

Study Articles: Physical education based on the "Level of Physical Education" sports tests for elementary school students

Recommendations for analyzing the initial level of preparation and developing their methodology.

Study Tasks: To determine elementary school students' physical training based on the "Level of Physical Training" test and to note that their development indicators are consistent with and incompatible with the new test.

Cover Subject: As the main criterion for evaluating the level of development of movement qualities for elementary school students

We conducted pedagogical monitoring tests in elementary school students of the 50th elementary school in Quwa County based on the selected tests on the complex of sports tests "PHYSICAL TRAINING LEVEL". Pedagogical research continued from February 2022 to May. During this period, students passed all test standards.

Test normalarinini topshiruvchi gurux randomizatsiya(tasodifiy tanlov)

Based on which it was selected. Selected 27 boys and 16 girls

Tables 1.2 show the results of analysis using mathematical statistical styles.

Elementary school students at the 50th elementary school in Quwa County

Results of sports tests "level of physical training" by test standards.

(boys)

N ^o	Salomatlik testi meyorlari.	n	M=G	m	CV	(1)%	«2»%	«3»%	MIN	.MAX
1	Run to 30 meters (seconds)	27	5,7	0,014	6,27	7,5%	48,1%	44,4%	5,4	7
2	4*10moki simon yugurish.	27	12,2	0,17	6,8	14,9%	40,7%	44,4%	12,4	13,5
3	Jump to length from where it stands. (cm)	27	105,4	3,4	14,5	26%	29,6%	44,4%	90	150
4	Running and jumping to length.	27	9,04	20,06	14,3	11,2%	55,5%	33,3%	170	220
5	Kichik to'pni uzoqlikka uloqtirish.	27	12,9	0,66	14,1	17,4	34,5%	48,1%	17	26

Results of sports tests for elementary school students of the 50th elementary school in Quwa County

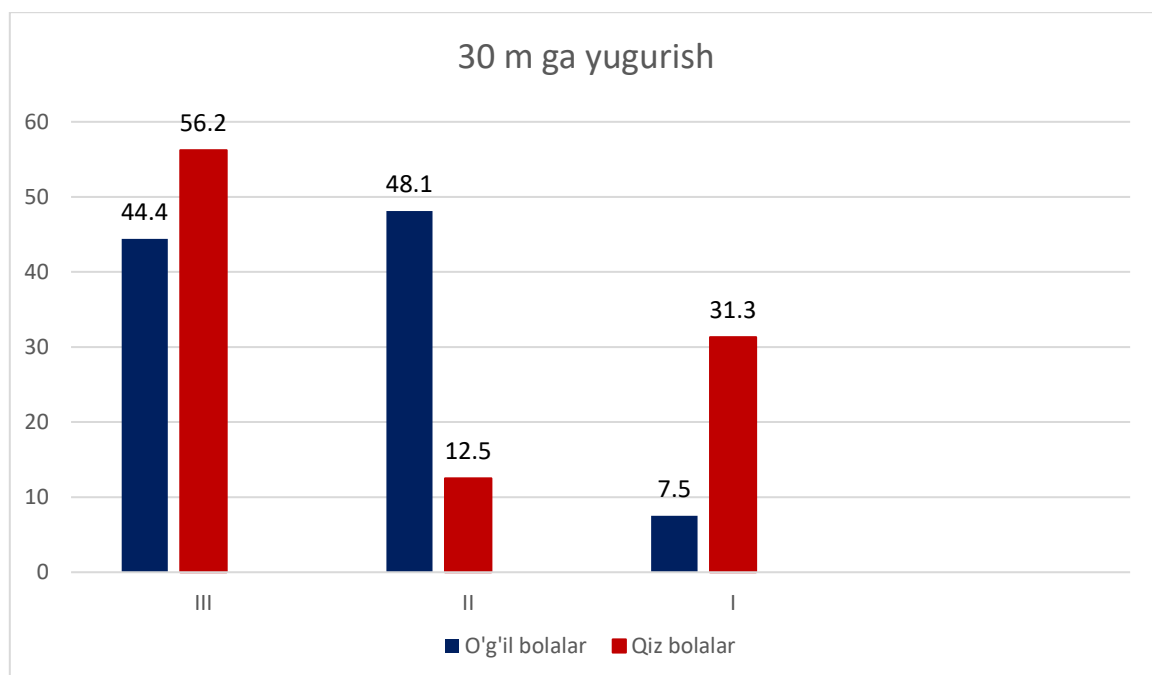
(girls)

N ^o	Salomatlik testi meyorlari.	n	M=G	m	CV	(1)%	«2»%	«3»%	MIN	.MAX
1	Run to 30 meters (seconds)	16	6,79	0,05	3,2	12,6	31,2%	56,2	5,5	8
2	4*10moki simon yugurish.	16	12,5	3,02	2,67	25%	25%	50%	13	13,5
3	Jump to length from where it	16	99,8	3,4	12,0	25%	68,5%	6,5%	90	110

	stands. (cm)									
4	Running and jumping to length.	16	160	4,2	9,5	12,5%	62,5%	25%	170	200
5	Kichik to'pni uzoqlikka uloqtirish.	16	10,27	0,69	14,37	12,6	43,7%	43,7%	10	17

In III darajada, 44.4 percent of boys performed 30 m of physical training, 56.2 percent of girls fulfilled their assignment requirements

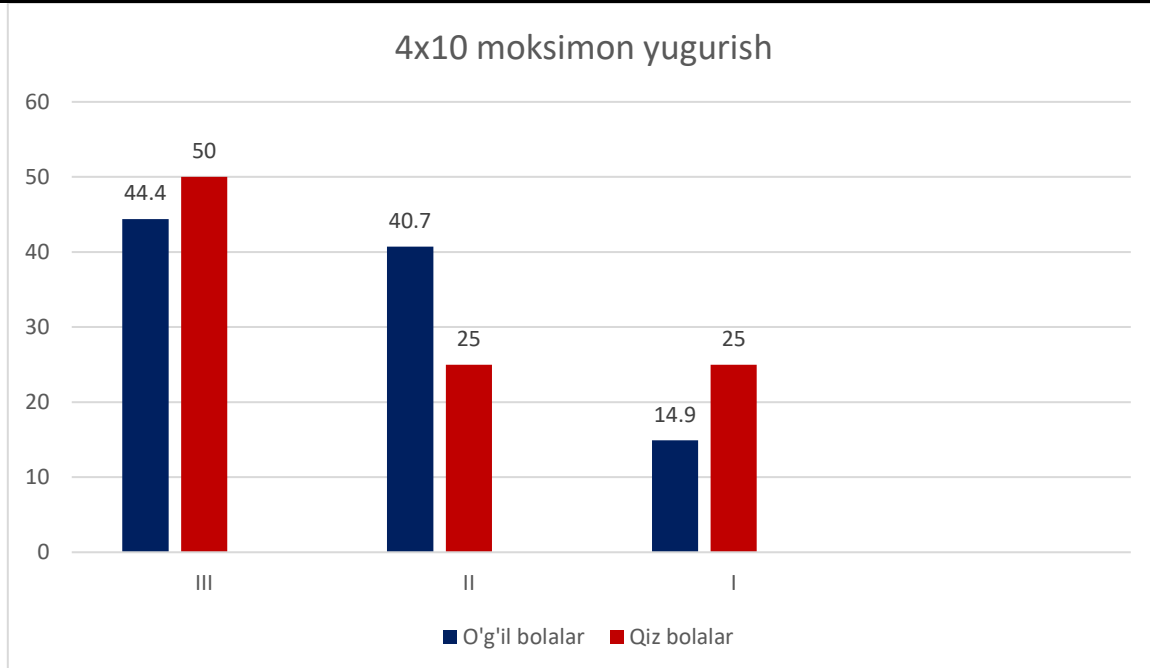
48.1 percent of boys, 31.2 percent of girls, 7.4 percent of boys in I daraja 12.5% of girls did.



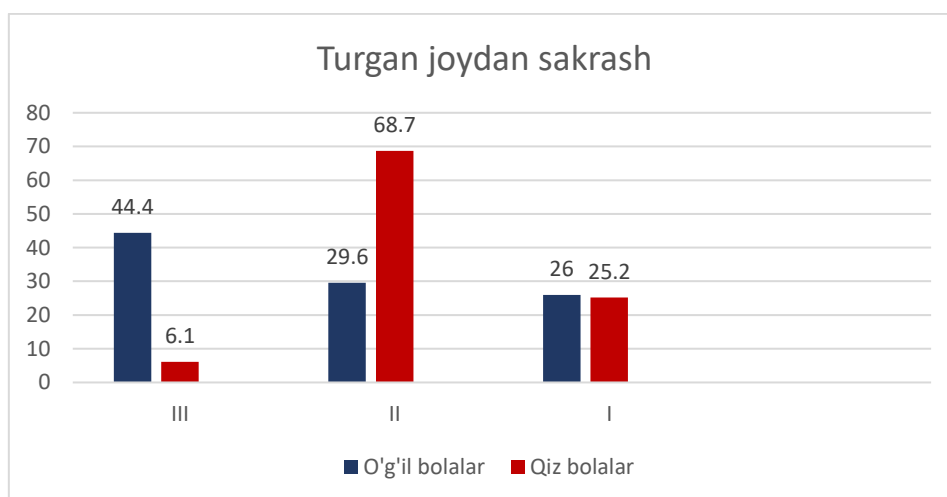
The following results were recorded at 4*10 a.m. This test was performed by 44.4% of boys (III) of girls compared to 50%.

II-darajaga o'g'il bolalarning 40,7% qizlarning 25% bajardi.

14,9% of boys did level I, compared with 25% of girls.

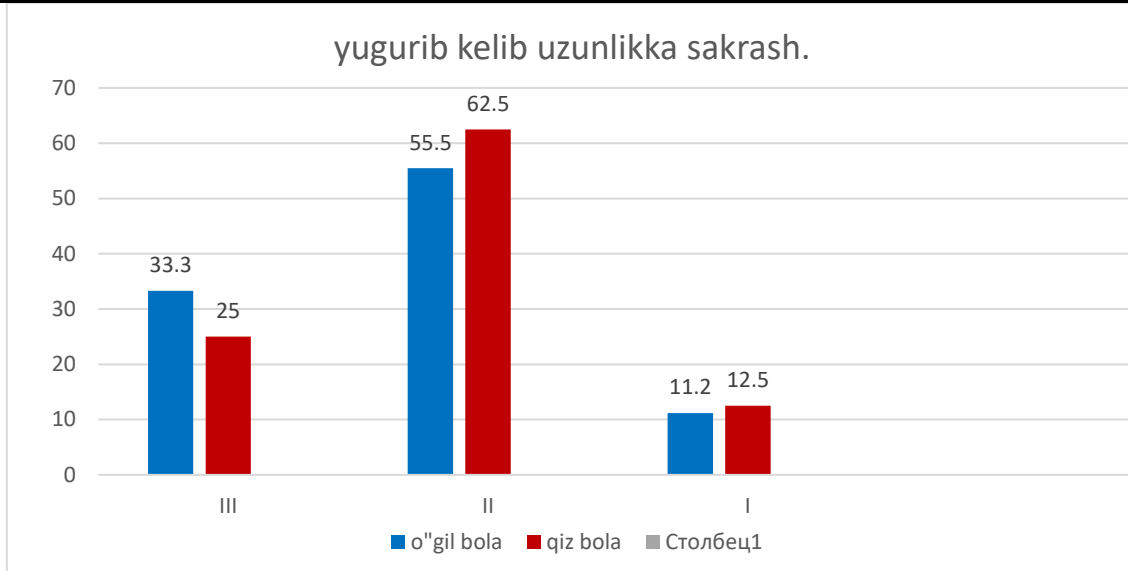


liidaraja assignment requirement of the "Jump from Standing Place to Length" test 44,4% of boys and 6,1% of girls did. Require a level II assignment — 29.6% of boys did their wards, 68.7% of girls. Level I assignment requirements were met by 26% of boys and 25,2% of girls.



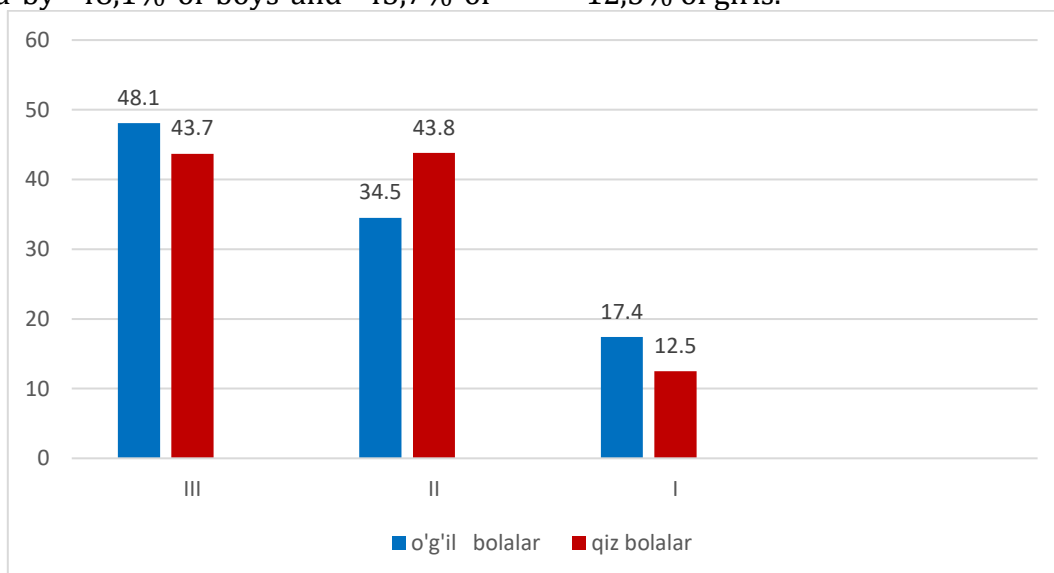
Running and jumping to length, 33.3% of boys took this test exercise to Level III girls' figure was 25%. In Tier II, 55,5% of boys did it,

compared with 62,5% of girls. This assignment was carried out by 11,2% of those who had first-degree boys and 12,5% of girls.



Throw a small ball away. They completed this assignment to the following results. Level III was fulfilled by 48,1% of boys and 43,7% of

girls. In Tier II, 34,5% of boys and 43,8% of girls did. To the level I, 17,4% of boys did so, 12,5% of girls.



In conclusion, the results of the studies show that the standards of the "Level of Physical Training Sports Tests" test complex.

According to the results of the implementation, the 50th district of Quwa, which has submitted test standards,

Secondary school elementary school students do not have a high level of physical training, i.e. 30m for boys

Running, running 4*10 mokisimons, jumping to length where it was staying, running and jumping to length, and throwing a small ball away made it a little difficult.

The girls also performed test exercises such as running 30 meters, running 4*10 mokisimons, jumping to length where they were

staying, jumping to length, throwing a small ball away, which caused some difficulty.

It is appropriate to carry out a number of complex tasks to improve students' physical training levels.

To do this, students' movement activities are constantly being conducted in physical education

It is advisable to follow it regularly.

It is appropriate to monitor and compare its results with the next one. Again, physical education classes should be organized in accordance with JTDSS. How to achieve the result that students can achieve

Teaching their ways is appropriate to use textbooks and to make recommendations to

students. Various district textbooks also provide students with intelligent information, through which various tasks are solved. JTDSS Level Foundation solves several tasks.

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