



## Analysis of Physical Training Results for High School Students in Fargo City General Four a Schools

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ABSTRACT

Information on the results of pedagogical and scientific analysis of physical, medical-biological, psychological preparation of high school students of Fergana using special mathematical and statistical methods

**Keywords:**

Physical fitness, fitness level, sports tests, running, long jump, throwing, pull-ups, mathematical and statistical methods.

### Introduction

**Relevance.** Practical measures are being taken gradually to ensure that the population, especially children and young people, engage in sports and use active forms of rest. The further development of physical education and sport, the upbringing of a healthy generation, has become a priority of the state policy of the republic. . . . The most important aspect of the entire educational system is to educate young people carefully and to educate them as physically and spiritually mature people." Therefore, in the fourth priority direction of the Action Strategy for the Development of the Republic of Uzbekistan for 2017-2021, It is noteworthy that there is a special emphasis on improving the development of discipline, literature, art, and sports.

To assist individuals desiring to benefit the worldwide work of Jehovah's Witnesses through some form of charitable giving, a brochure entitled Charitable Planning to Benefit Kingdom Service Worldwide has been prepared. Higher education institutions and other parts of the physical education movement were entrusted with the task of educating young

people physically, working hard, and educating them in the motherland.

**The purpose of the study.** To assist individuals desiring to benefit the worldwide work of Jehovah's Witnesses through some form of charitable giving, a brochure entitled Charitable Planning to Benefit Kingdom Service Worldwide has been prepared.

**Research tasks.** To assist individuals desiring to benefit the worldwide work of Jehovah's Witnesses through some form of charitable giving, a brochure entitled Charitable Planning to Benefit Kingdom Service Worldwide has been prepared . determine whether students' level of labeling meets the new regulatory requirements.

### Discussion And Results

**Organization of the study.** As the main criterion for evaluating the level of development of student mobility in elementary school, we also have a "Level of Physical Training" sports testing complex for elementary school students in Fargo County pedagogical monitoring tests were involved based on

selected tests. Pedagogical research shows that from December 2021 to March 2022, elementary school students were able to pull on high and low turns (once), jump from place to length (cm), run 3x10 m (s), and 90 C The results of 22 boys and 25 girls were analyzed through randomization (random selection) by

lifting ( including) and running to a table of 30 m (dstudy).

**The results of the study and their discussion.**  
The results of the analysis of the "Physical Training DaRajasi" sports test indicators of elementary school students using mathematical statistical methods are listed in tables 1.2

**1-Table**

Results of sports tests for elementary school students (boys) in Secondary Schools in Fargo County

№	Son's Tour	n	x ± s	m	CV	Normani bajardi						Results obtained	
						I bridge		II grade II		III daraja		Max	Min
						n	%	n	%	n	%		
1	Pulling on a high and low tourniquet (times)	22	2.63 ± 1.09	0.23	41.46	1	4.5	10	45.5	11	50	5/92	1/10
2	Jump from place to length (cm)	22	145.9 ± 15.16	3.23	10.3	8	36.6	5	22.7	9	40.7	165	120
3	Moksimon yugurish 3x10 m (sec)	22	10.22 ± 4.16	0.88	40.6	2	9.1	7	31.8	13	59.1	8.5	12.6
4	Lying in the dryers. Raising the legs (m)	22	35.27 ± 34.06	7.26	96.5	5	22.7	11	50	6	27.3	46	26
5	30 m by yugurish (sec)	22	7.08 ± 0.63	0.13	9.03	1	5	1	5	20	90	6.2	8.9

**2-Table**

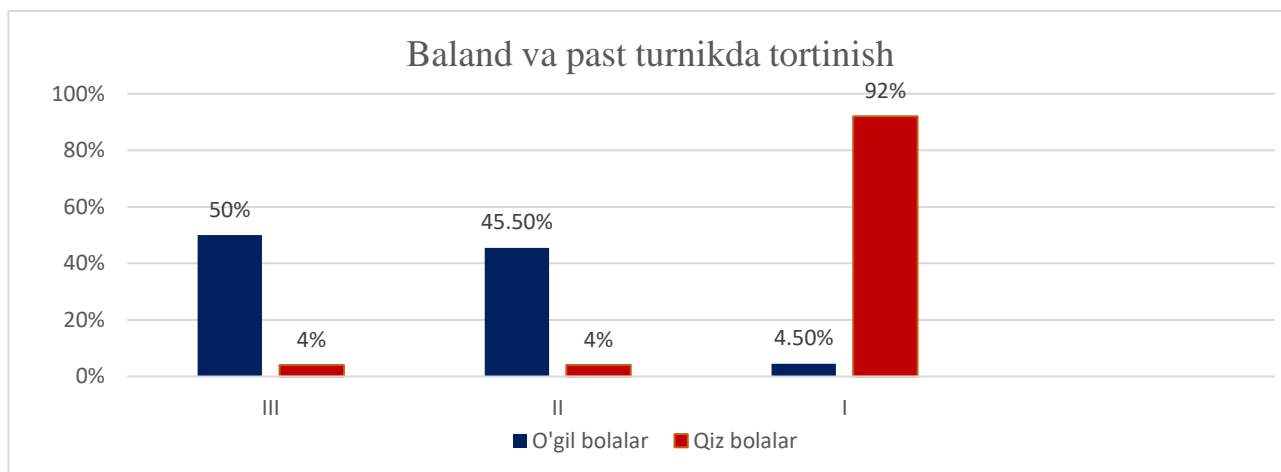
Results of sports tests for elementary school students (girls) of secondary schools in Fergana region

№	Son's Tour	n	x ± s	m	CV	Normani bajardi						Results obtained	
						I bridge		II grade II		III daraja		Max	Min
						n	%	n	%	n	%		
1	Pulling on a high and low tourniquet (times)	22	32.8 ± 31.62	6.32	96.42	23	92	1	4	1	4	68	8
2	Jump from place to length (cm)	22	144.2 ± 14.04	2.80	9.73	12	48	6	24	7	28	165	125
3	Moksimon yugurish 3x10 m (sec)	22	10.36 ± 4.66	0.93	45.02	2	8	3	12	20	80	8.3	12.2

4	Lying in the dryers. Raising the legs (m)	22	31.56 ± 4.16	0.83	13.19	5	20	18	72	2	8	42	26
5	30 m by yugurish (sec)	25	6.96 ± 6.93	1.38	99.57	0	0	3	12	22	88	6.1	8.2

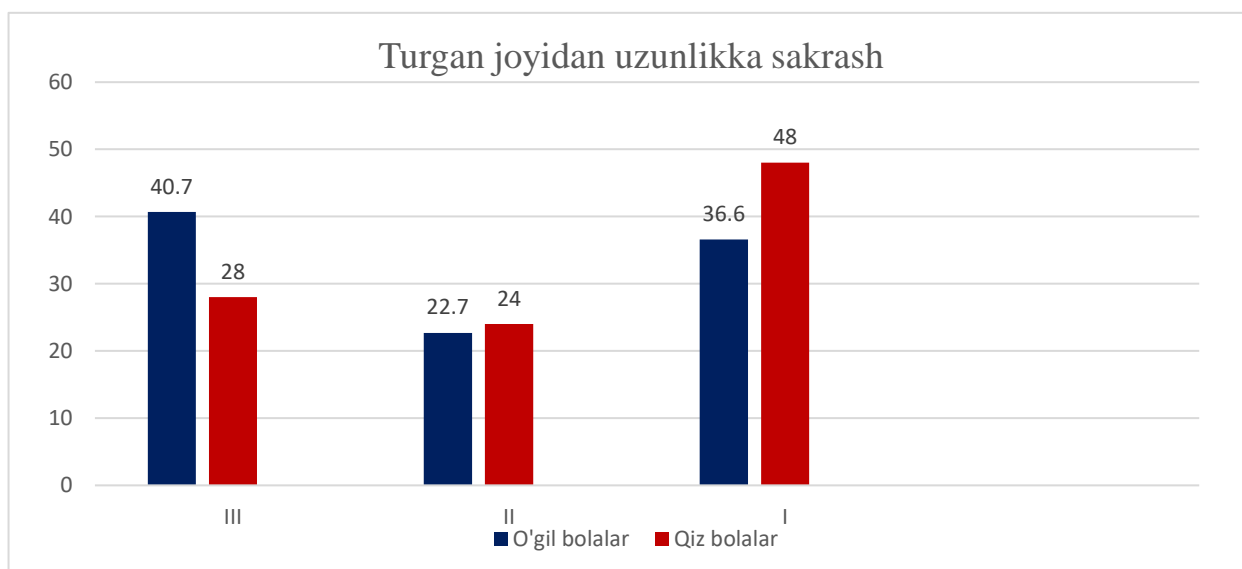
50% of boys and 4 percent of girls fulfilled the "Physical Training K Level" sports tests with level III assignment requirements for the "High and Low Tour" test, Level II assignment

requirements were met by 45.5 percent of boys, 4 percent of girls, 4.5 percent of boys, girls 92 percent fulfilled.



The medium arithmetic value is the value for boys (x=2.6) and for girls (x=32.8) this value meets the requirements of level III requirements of the fourth age category of JTDSS. Level III of the "Physical Training K Level" sports tests met the requirements of the second-grade

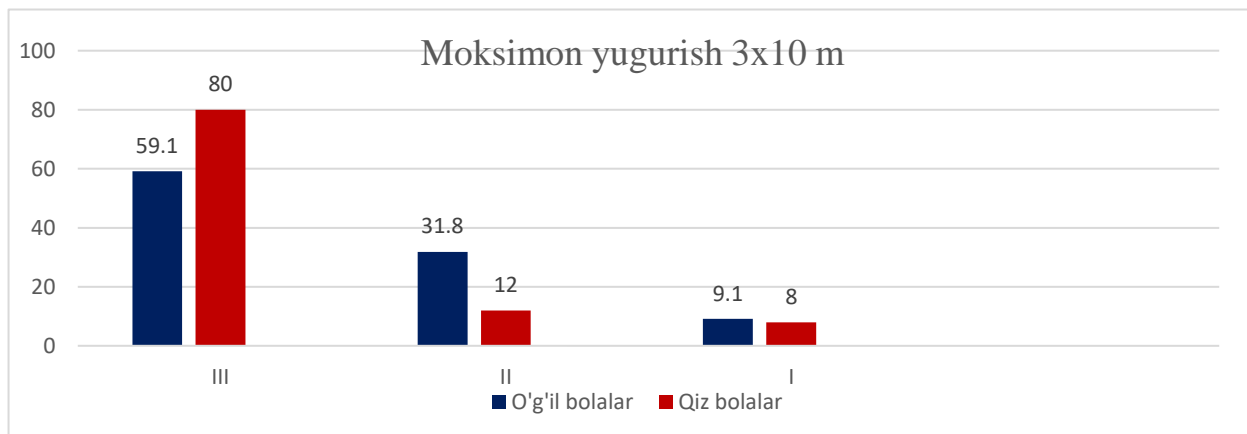
"Jump from place to length" test, 40.7 percent of boys, 28 percent of girls, and sons of Level II assignment requirements 22,7% of children, 24% of girls fulfilled their assignment requirements, 36,6% of boys and 48 percent of girls fulfilled their assignment requirements



The medium arithmetic value is the value for boys ( $x=145.9$ ) and for girls ( $x=144.2$ ) this value meets the requirements of level III requirements of the fourth age category of JTDSS.

Level III of the "Level of Physical Training" sports tests met the requirements of the first age

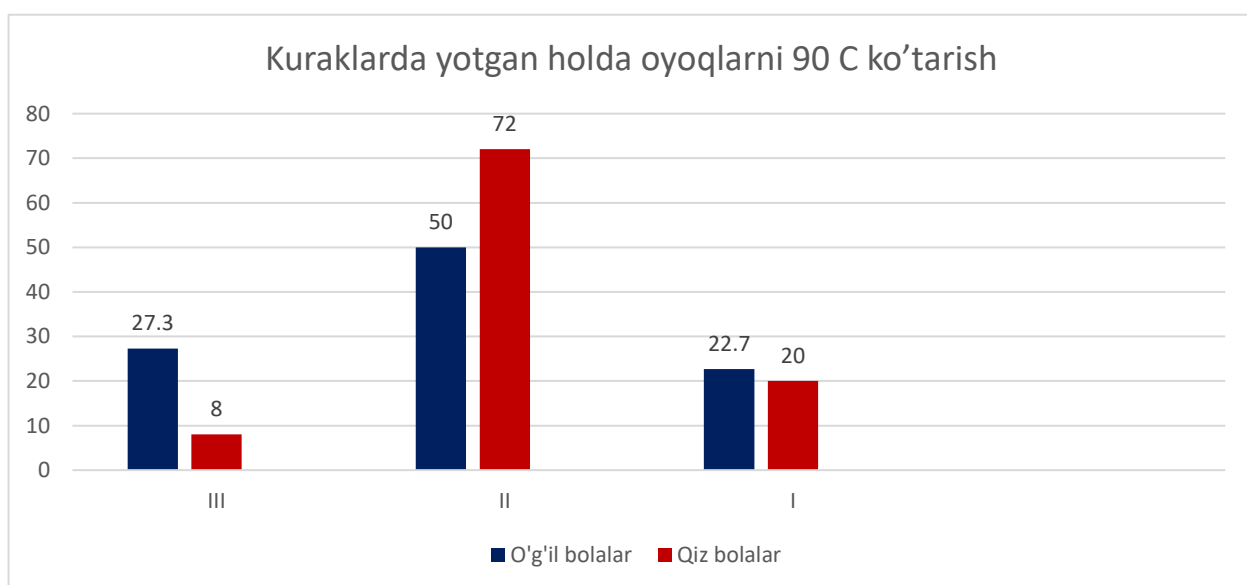
category "Moksimon running 3x10 m" test, 59.1 percent of boys, 80 percent of girls, 31.8 percent of boys, 12% of girls fulfilled their assignment requirements, 9,1% of boys and 8 percent of girls fulfilled their assignment requirements.



The medium arithmetic value is the value for boys ( $x=10.2$ ) and for girls ( $x=10.3$ ) this value meets the requirements of level III requirements of the fourth age category of JTDSS.

Level III of the "Level of Physical Training" sports tests I-level requirements for " Lifting

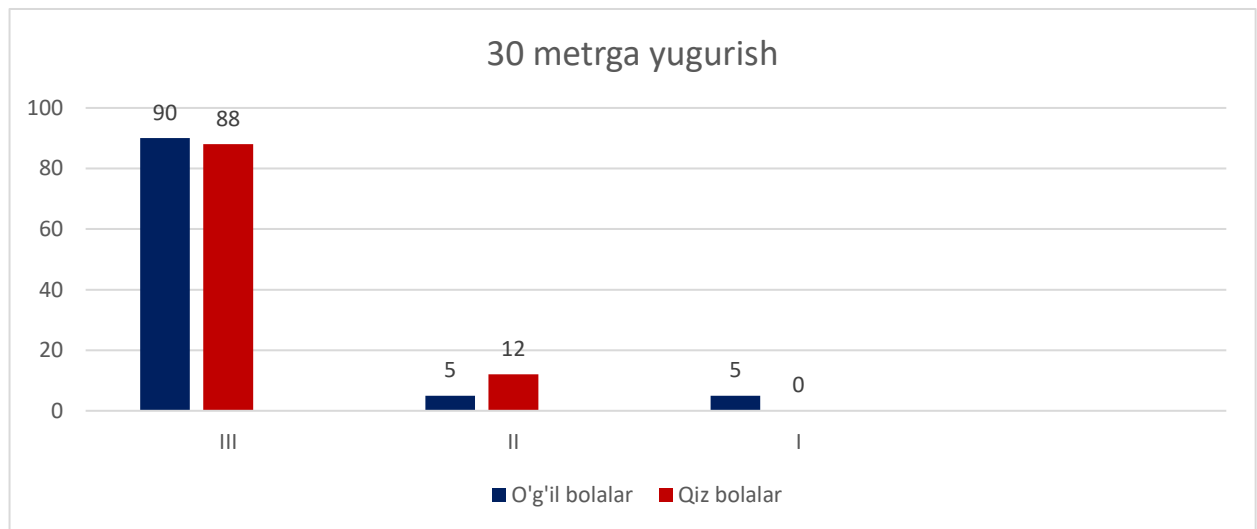
feet 90 C while lying in the dryers" were met by 27.3 percent of boys, 8 percent of girls, and boys with Level II assignment requirements 50% of the girls, 72% of the girls, fulfilled the assignment requirements in I d, 22,7% of boys and 20% of girls.



The medium arithmetic value is the value for boys ( $x=35.2$ ) and for girls ( $x=31.5$ ) this value meets the requirements of level III requirements of the fourth age category of JTDSS.

90% of boys, 88 percent of girls, and 5 percent of boys fulfilled the "physically

prepared level" sports tests for the third level of the "running 30 meters" test 12% of girls fulfilled their assignment requirements, 5% of boys and 0 percent of girls fulfilled their assignment requirements.



The medium arithmetic value is the value for boys ( $x=7.08$ ) and for girls ( $x=6.96$ ) this value meets the requirements of level III requirements of the fourth age category of JTDSS.

It should be noted that the fourth year of the "Physical Training Level Sports Tests" test complex has very low percentages of those who meet the regulatory requirements of level I.

### Conclusion

Based on the results of the study and their analysis, it is noteworthy that the "Level of Physical Training" is a secondary education institution in Fargo County who has submitted test standards based on the results of the implementation of the standards of the sports testing facility elementary school students do not have a high initial level of physical motherhood, i.e. running 30 m for boys, pulling on a balloond tourniquet, tennis ball. The testing standards for throwing were difficult. For girls, the test standards were difficult to run 30 m, pull on a low tourniquet, jump to length from where they were staying. This is due to the difficulty of the standards of the new "Physical Training Level Sports Tests" test

complex compared to the old "Alpomish and Barchinoy" test mechanisms. The dynamics of physical training of students in physical education are constantly being developed by students in order to meet the regulatory requirements of the "Level of Physical Preparation" sports facility follow and study are recommended. In this case, special attention should be paid to the identification of optimal methanology and the organization of classes in accordance with JTD Sports Testing Complex. It is also necessary to develop high-level methodological measures (manuals, recommendations) to independently prepare schoolchildren for the implementation of the JTD sports testing complex, which is difficult to achieve. Systematic study of students' level of physical well-being, analysis and generalization of standard bee implementation results will help solve the most important tasks of the new "Level of Physical Preparation" sports testing complex.

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