Analysis of Movements During the Day

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ABSTRACT

It has been proven that even if the routine is perfectly structured and useful and economical time is not achieved, the student will give in to unexpected desires and wishes due to the change of his emotions. The only way to get rid of useless games, inappropriate shows, and aimless spending of time is to be able to feel physical and mental pleasure, feast of muscles, and "taste" after training through physical activities - exercises, games, competitions. This, in turn, is related to the level of physical culture of physical culture specialists, parents, adults, siblings themselves in a healthy lifestyle (STT). Only a conscious attitude, purposeful actions and the analysis of their effect pave the way for active actions.

Keywords: Movements, physical development

A variety of movements is necessary for the normal and physical development of the pupil's organism. It is not for nothing that the ancient "Hellenes" in Greece said: "If you want to be strong - run, if you want to be beautiful - run, if you want to be smart, run."

It has been proven that even if the routine is perfectly structured and useful and economical time is not achieved, the student will give in to unexpected desires and wishes due to the change of his emotions. The only way to get rid of useless games, inappropriate shows, and aimless spending of time is to be able to feel physical and mental pleasure, feast of muscles, and "taste" after training through physical activities - exercises, games, competitions. This, in turn, is related to the level of physical culture of physical culture specialists, parents, adults, siblings themselves in a healthy lifestyle (STT). Only a conscious attitude, purposeful actions and the analysis of their effect pave the way for active actions.

We theoretically got acquainted with the fact that lack of movement, lack of active-active activities in the daily routine is dangerous for our health, as well as malfunctions in your body caused by hypodynamia, hypokinesia. That is why it is important to know the size of your daily movement activity, to know its general norms and to put it in its place every day. in coordination of actions - it helps to take into account our age and physical capabilities.

We found out that 47.1% of secondary school students, 33.6% of high school students of Ferghana Valley general education schools move 50% less than their peers 15-16 years ago, and their activity level is low. We found out that they are less involved in household, agricultural work and other labor activities.

The idea that organized physical activity exceeding 6-8 hours per week is considered as the normal norm of mental work activity, and prevention of tiredness and fatigue can ensure the normal functioning of the central nervous system and immune response has not lost its power even now.

You have to organize your movement (active or passive) yourself. It includes: your daily morning hygienic gymnastics, 2 hours of weekly academic class or physical exercise at school, your participation in one of the clubs, your training sessions at the Children's Sports School (BSM) or Children's Youth Sports School (BO'SM), participation in school competitions, sports

holidays, your activities during your participation in sports days preparation activities, your participation in gymnastics classes before class, organized games during big breaks, exercises of physical education minutes spent in classes in the second half of the school day, your activities in performing physical education lesson tasks at home, exercises you do in your independent activities, your siblings, This includes going on walks, trips, and other activities with your parents.

The mentioned activities should be consciously and purposefully placed in the agenda. You will have fulfilled the principles and requirements of STT physical culture only by taking into account the benefit from them, understanding for what purpose you are performing the actions, making the necessary analysis and doing them.

In order to improve the health protection of students, the studies devoted to "Students' movement mode" (V.I. Kozlov, 1988) show that the indicators of the average daily movement mode of today's students cover only 40-45% of the requirements set for their age. It is hypokinesia - the state of upper respiratory tract ventilation of students who are used to slow movement is 3-5 times more than their peers, which, in turn, lags behind in the development of the range of mobility (strength, speed, endurance, etc.), decreases the functional capabilities of the cardiovascular and respiratory systems. , he says, will cause it to decrease.

A lack of exercise is a major cause of fat gain and obesity. The number of children with subcutaneous fat cells has increased by 4.3% in the last 5 years in Fergana region. This situation is observed not only among urban schoolchildren, but also among rural schoolchildren (2.3%).

According to specialists and special literature, (there are different views on the demands for actions, it should be so) the demand for actions for children of junior school age (6-9 years old) should be approximately 25-30 thousand steps per day; 20-25 thousand steps for 10-12 years old; and for adults, 15- It is necessary to move in the amount of 20 thousand steps. If we turn it into km, the distance is 10-15 km per day. It has now been proven that it can be between .

After the lesson, if recovery of energy spent for the school day is organized through active rest by performing various activities in shady, cool, airy places, the benefits of such daily activities are strong, and it is important to know "what days of the week" or what time of the day to do it. In fact, it is necessary to take into account what time of day the body is used to exercise.

If you are used to working out in the evening, it is necessary to finish the training at least 2 hours before sleep. Morning exercise in early spring or fall is very beneficial. This requires waking up earlier than sleep, or requiring an earlier bedtime. Exercise on days when physical loads are high and more physical work has its own characteristics. It is advisable to plan cross-country or long-distance running on Sundays. A good time to practice is after lunch, spending 1-1.5 hours and choosing the last time after you finish your homework will benefit you. First of all, mental calmness is important, then physical exercise. Switching to mental activity without recovering the energy spent on physical exertion reduces the effectiveness of lesson preparation or other activities.

During the day, mental and physical work capacity increases twice. The first time is between 9-13 hours, the second time is between 16-18 hours, the second half of the day is the time when physical work productivity is higher (33).

In some cases, there is a decrease in desire for activity, unpleasantness, indifference to physical and mental tasks set for oneself. This indicates that the organism depends on the cycles of daily biorhythms. Nowadays, in addition to daily rhythms, 28-day emotional cycles and 33-day intellectual cycles have been found. It is noted that an equal half of each cycle will pass under the "plus" sign, i.e. the period of increased working capacity, and the second half will pass under the "minus" sign - the period of decreased working capacity.

The observation of sleep disturbances after STT physical culture classes - bad dreams, waking up with a start, insomnia, loss of appetite, lethargy, reduced desire to exercise, getting angry at little things, depressed mood and other negative aspects requires contacting the school doctor or physical culture dispensary specialists. The mentioned unpleasantness is due to the inability of the body to restore the spent energy, as a result of improper organization of rest, or because the standard of physical load chosen for training is not in

accordance with the capabilities of the body of the participant.

Being able to analyze your daily movement activity and learn to think about its positive or negative aspects is the basis for a long, healthy life. There have been sciences that deal with the problems of studying longevity, prolonging youth, and making the most of old age. In medicine, these sciences are called "gerontology" and "gereotry". The conclusions of this science are that all the people who lived over 100 years old were in constant motion, kept active mental and physical activity as friends until the end of their lives. They were optimistic about the various trials of life. Others avoided discussion of their lives. Those who did not see evil in others were "broad-hearted" and did not like tension. They did not dwell on their shortcomings, and refrained from being negative towards anyone. Most importantly, laziness is considered a serious vice. They liked the "orthobiosis" of the great Russian scientist, academician M.I. Sechenov, i.e., the "no frills" way of life, simple living, simplicity, rather than discontent, anger, pride, and lavish living.

All those who did not know what the disease was, and who left the mortal world only at the end of their life and with physiological death, followed the standard of movement that they had made a habit of every day and performed throughout their lives.

It is not for nothing that our people have said that "those who are angry, dissatisfied with everything, arrogant, and those who like a luxurious lifestyle who do not like to move will not live long."

We repeat once again not to forget the opinion of academician A.A. Mikulin that "indolence and lack of will are extremely insidious and secret enemies."

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