



Health Promotion of Children of School Age with the Help of Physical Education on the Basis of State of Health

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ABSTRACT

This article provides a comprehensive coverage of improving the health status of school-age children using physical education tools. Also, the indicators of the control of the physical abilities of schoolchildren-girls were analyzed.

Keywords:

Physical ability, central nervous system, personality. Pigeon House

Given the leading period in the manifestation of physical abilities, youth is a period that ends not only physical maturity, but also the development of the central nervous system. It is the end result of this process that enhances the analysis and generalization of the activity that takes place in the cerebral cortex - the rapid passage. The predominance of excitability over braking is dominant. The second alarm system rises to its highest level.

During this period, young people are more likely to engage in unexpected, inappropriate behavior, and inadvertently fall into inappropriate situations. They become more eager to compete, to argue, to compete, to innovate, to be creative. Young people and girls can be formed as individuals. The formation of their character is complete. This period of critical thinking, one-sided - to the environment of self-understanding, the conditions, to express their attitudes, puts a lot of effort. They are relatively more objective in self-assessment. Their actions, attempts, arguments have a social character, and they like to analyze it. The range

of interests and requirements is limited, stabilized, individual characteristics, personality traits continue to strengthen.

Physical abilities develop at this age, the body, the appearance of the body, physical maturity approaches the maximum. Physical qualities are close enough to the level of the requirements of the life process.

The task of STT physical culture at this age is: to maintain the level of physical abilities they have acquired without compromising them; improving power quality, increasing endurance; learning new movements, types of movement activities with the improvement of mastered exercise techniques.

The senior school-age movement activity program should be sufficiently intensive and diverse. Relatively necessary for this period is the importance of practicing several types of sports at the same time, taking into account the climatic conditions, not one type. At the same time, all the qualities of movement are developed equally and comprehensively.

The most important thing for these young people is to choose a sport that suits them, to practice regularly, that is, to become a sports specialist, to improve their skills with high-intensity workouts, to achieve great sports results or to create the necessary conditions for it.

Movement mastering (teaching) is one of the organized forms of physical activity to best solve the task of improving movement techniques, which gives the effect that should be carried out under the guidance of a teacher, trainer, instructor. The development of physical qualities within the framework of organized forms of training is also good. However, if boys and girls do not have or do not have the opportunity to participate in the sports section, in the BOSM, they should independently organize intensive physical training classes or school physical education classes, organized exercise classes in their spare time.

It should become the norm to spend at least 2-3 times a week for 1.5-2 hours in an independent class on a lesson assigned by a physical education teacher or to perform exercises marked as homework. Each exercise should be repeated at least 10-12 times, the duration of the training should be determined on the basis of one month, and for this period the independent training should be solved by setting specific tasks. Keep in mind that the expected effect of such an exercise will not be high if the prescribed number of exercises is repeated in the form of exercises of the same nature, physical loads.

Adolescents, girls 'extra physical activity, exercise sessions should not be limited to doing homework. Prospective young STTs should take part in tourist trips, various competitions, and, most importantly, do not spare time for such training, if there are opportunities to do more sports.

Volleyball, handball, basketball, football, table tennis, tennis, field hockey, mini-football and a

number of other sports are considered to be the leading means to increase the movement reserve of teenagers and girls and facilitate the development of their movement qualities.

Rhythmic gymnastics, national folk dances, oriental wrestling - wushu, kumfu, kick-boxing, "turon" and other individual sports are the most effective means of increasing the mobility of young men and women.

It should not be forgotten that the improvement of physical abilities, the development of physical qualities can be achieved not only through exercise, but also through useful physical labor. In fact, physical training can not replace the load, but it has been proven in practice to improve the state of service of the organism.

Older school-age children learn about the structure of their body, the function of organs, their location, their upbringing and development He must study the special knowledge of the theory of human body culture throughout his life, be able to protect his body from the harmful factors of the external environment, and acquire the necessary knowledge for his age about the means of hardening. It was noted that the acquisition of STT physical culture by young men and women has a positive effect on the level of their intellectual potential. The most important thing is to understand the potential of physical abilities inherited from his parents, the importance of physical activity, to keep him healthy in everyday life, to understand the essence of the body's need for service activities. should remain the student's vital knowledge. Such a concept should be the focus of young people's physical activity, a constant "adult" attitude, devotion to physical culture and sports, the emergence of new ideas and interests, the full development of physical abilities should become one of the leading tasks of SST physical culture

Table 8
Indicators of control of physical abilities of young men and women

№	Кўрсаткичлар	Норма тарзидаги кўрсаткичлар	
		Болалар	Қизлар
1	3000 м.га югуриш, мин/сек	12.50	-
2	Югуриш, 2000 м., мин/сек	-	11.0
	Югуриш, 20 км., мин/сек	3.45	4.0
3	Турникда тортилиш сони	8	-
4	Ётиб полда кўлларни тирсакдан букиш-тўғрилаш	30	10
5	Жойидан 3 ҳатлаб сакраш	7.0	5.50
6	Жойидан узунликга сакраш, м	2.10	1.80
7	100 м.га, югуриш, с	13.5	16.2
8	Югуриб узунликга сакраш, м.	4.70	3.50
9	Граната улоқтириш, м.	35	16
10	Марш-бросок 10 км, м.	60	70
11	Велосипедда 30 км.ни босиб ўтиш, мин.	80	90

We have brought to your attention an approximate set of knowledge that needs to be identified and studied under the control of the STT physical culture level of older school-age children. They are:

1. Knowledge of the theoretical foundations of physical training, the ability to apply them in independent practice and as a team in the process of physical training.

2. To know the medical and biological bases of physical training and to be able to apply them in practice by diagnosing physical activity and one's state of health.

3. Knowledge of the basic facts of the biomechanics of human movements, including the analysis of sports techniques.

4. Belief in the personal and social necessity of systemic physical activity.

5. Have the skills and abilities to move within the limits of the requirements and norms for the recommended physical capabilities in Table 9.

6. Achieve the age-appropriate level of physical fitness.

7. Knowledge of at least 100 general developmental exercises; About 50 are focused on developing strength abilities, at least 20 are focused on eliminating flexibility and static deformities, and have an exercise reserve for the treatment of spinal diseases; have mastered

at least 50 training tools, five sports and more than 10 other (including athletics) technical and tactical techniques to develop endurance.

8. Know how to use training and know how to organize independent physical training to develop physical abilities using them.

9. Carry out systematic physical training (at least three times a week) to use other forms of exercise in the form of physical strengthening, general health-improving physical activity.

10. Non-smoking, intoxicants, drugs and other modern artificial sweeteners, the level of theoretical knowledge of the formation of physical abilities of young men and women, the negative impact on their development and the diseases they affect, the symptoms of their onset.

In conclusion, school age distinguishes the physical abilities of the human body in a number of abilities, especially in the form of movement or physical quality, the level of strength, speed, endurance, agility, flexibility of the exercises, games and other physical fitness that develop them. The choice of physical exercises for their development and upbringing, the deep feeling that their use in life is the basis for a long and healthy life, creates the basis for understanding that these are the requirements of public policy in our country.

High results from physical training in sports, records are not for everyone. Striving for it is a lofty goal, but without knowing the level of one's abilities, one cannot predict the failure of systematic work for many years without choosing the right sport for oneself.

The reserve of theoretical knowledge about physical abilities and their development, physical development - height, weight, size of body parts, etc. In some cases, the appearance of qualified athletes causes defects in physical appearance in general. The arms are long, the legs are short (a defect in the movement base apparatus) or vice versa. The body is long, the legs are short or vice versa. This condition can cause problems with dress and grooming. The desire to achieve an urgent high result, especially in a short period of time, negatively affects the formation of the body skeleton, in many cases the shoulder girdle muscles in the required symmetry. As a result of engaging in physical exertion due to excessive formation of the shoulder girdle muscles, the lack of knowledge of theoretical preparatory exercises leads to the noted shortcomings.

Knowing what exercise you are developing, whether it is possible to choose a physical load for training or exercise, their norm, total volume, intensity of exercise, the degree of adaptation of the organism to those loads will help to demonstrate the abilities of the human body.

Knowing how to hold on to the positive results of a lifetime and gaining a range of other theoretical knowledge and practical skills should become the main task of the school years. The owner of the mentioned knowledge is considered to be the owner of STT physical culture.

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