

FEATURES OF THE DEVELOPMENT OF PHYSICAL EDUCATION TOOLS IN STUDENTS

Yormatov Ghulom
a teacher of the Department of
Exact and Natural Sciences of Fergana State University

Abstract. This article provides information on the means of physical education for school-aged children and systematic physical exercises, mainly on developing children's strength, strengthening their elasticity, improving breathing, blood circulation and heart system work, metabolism in organs.

Key words: school, physical education, skills, exercises, practical skills, competence, physical abilities.

The healing forces of nature, hygienic factors and physical exercises are of great importance in the physical education of school children. In addition to the effects of the above, the child's daily activities (daily movement, taking pictures, various games, music, physical work) should be planned in such a way that all this creates an opportunity for his development.

It is desirable to develop the quality of endurance by using all organs and systems and processes in children of preschool age. This quality will develop if you increase the amount of exercise such as walking, jogging, swimming and cycling. This, in turn, means that one should not forget to take into account the age of the participant.

At this age, the musculoskeletal system is flexible, in order not to lose its ability, physical exercises should be used well by all those who are appropriate for their age.

Kindergartens and kindergartens are organized in state institutions, courts are organized in public institutions as enterprises, private kindergartens and kindergartens are organized as pre-school children's institutions. Physical education is mainly carried out in state institutions [1,2,3,4,5,6,7,8,9,10,11,12].

Physical education in state institutions. The director leads the process of physical education in kindergarten and kindergarten. The physical education work is carried out by the educator, the teacher organizes the activities with the musician and the doctor. The doctor helps the educator to choose physical exercises, to determine its norm.

For the implementation of the physical education process in kindergartens and kindergartens, educational activities are organized in the form of morning gymnastics, physical culture minutes, training procedures, active games, excursions, trips, holidays, one-on-one and independent activities. In addition to these, physical exercises, games and dances are used as tools for solving physical education tasks in music lessons. Educational physical activity activities play a key role in teaching children to move. These classes are held in all groups of kindergartens and kindergartens. Each child up to the age of 1 is given some physical exercises combined with massage.

It is held 3 times a week for children from 1 to 3 years old and older groups (6 to 12), 1 time a week for children from 3 to 7 years old and together with all groups. As the age increases, the duration of training increases to 10-45 minutes. Trainings are conducted in 4 parts, from organizational preparation, to main, final, parts, and in each of them, their specific tasks are solved. Physical exercises are facilitated, "trip to the forest" is carried out in action and plot and other forms, the educator first chooses physical exercises, and then chooses a plot [13,14,15,16,17,18,19,20,21,22,23,24].

Morning gymnastics is held in preschools and kindergartens before breakfast, and in children's homes after waking up. For children under 2 years of age, morning gymnastics is held individually or in

groups of 5-10 people, and for adults, all children are in groups, and for adults, all children are held together. Morning gymnastics is completed with various walking, running and performing various exercises and jumping. In some cases, the exercise is performed with songs adapted to the plot and rhythm.

Systematic physical exercises mainly strengthen children's strength and flexibility, improve breathing, blood circulation, and the work of the heart system, the process of metabolism in organs. In addition, if the morning gymnastics is organized and starts with a good mood, the impact of daily physical exercises will lead to the formation of the initial elements of knowledge about the health benefits of physical exercise.

At a young age, physical exercises should include imitation of someone or something and scenes that occur in life. Exercises are from 3 to 6, as they grow older, up to 8, one complex is planned for a week, and after 3 - 4 days, it becomes more difficult, it takes 7-12 minutes. Physical exercises close to the material of the school program are recommended for 6-7 year olds. The dose of physical exercise is determined depending on the severity of its performance. Exercises of shoulder and neck muscles are repeated 6-12 times, abdominal and back muscles are repeated 4-8 times. In addition to daily and vital training in preschools and kindergartens, rehabilitation procedures include special air and sun baths, water immersion with children, and there are other procedures that are effective only when combined with physical exercises [25,26,27,28,29,30,31,32,34,35,36,37,38,39,40, 39,40,41,42,43,44,45,46].

Minutes of physical education are spent in drawing classes, during work with plasticine, during calculation, speech development activities. 2-3 physical exercises are selected for this training and they are performed while standing and sitting.

Games are held in the morning from 10.00 to 12.00 and after lunch. Its purpose is to develop physical qualities known to us in children . When choosing action games, attention is paid to children's physical fitness, the field and its conditions. After choosing a game, the teacher carefully thinks about how to use it, and then conducts it. Playing unfamiliar games for a child causes more difficulties, and adults are given independent tasks, games last 7-15 minutes and are repeated 5-7 times. Trips are organized 1-2 times a week, and for children under 2 years old, 1-2 times a week. In it, the place to go, the scenario of the training is created, the conditions are taken into account, and the necessary equipment is prepared. Depending on age, the journey can be extended from 20 minutes to 1.5 hours. Holidays of physical culture are dedicated to holidays (New Year, Nowruz, Independence, Constitution days) or in the form of observation from kindergarten to school, graduation party, etc. Various games, dances, physical exercises with music can be included in the scenario of the holiday program [47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,67,68,69].

Individual exercise classes are conducted with the help of a doctor, taking into account the physical fitness of children. There are convenient opportunities for those with physical disabilities or those with chronic and cardiovascular diseases to participate in these classes. The duration of its continuation depends on the level of physical fitness of the patients. Doctor's advice plays a key role during training.

Independent exercise classes give children the opportunity to engage in physical activities they love. For this, the educator has prepared for them a gymnasium or a special playground, a swimming pool, sports equipment and supplies. During the training, the teacher gives the children the effect that it is necessary to separate the roles [70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87].

A general work plan is drawn up in kindergartens and kindergartens, and physical education activities are defined in it. In this section, the main purpose of physical education is highlighted and specific tasks are defined for its implementation. Tasks can be different : teaching swimming, teaching a bicycle, scooter, roller skating, etc. For this, educators must consult in advance, the pool will be filled or a place to throw a racquetball will be made [88,89,90,91,92,93,94,95]. The educator plans the

program in quarters, months and weeks and manages the physical education process based on that plan. Plans must take into account the physical fitness of children. 3-4 times a year in kindergartens and kindergartens, systematic accounting of physical fitness, games, and bookkeeping is carried out, and control of the development of physical qualities is established. Based on that, the educator writes a report about the child who has been sent to school.

Literature

1. Abidjanovich A. A. THE ROLE OF CONTINUOUS EDUCATION SYSTEM IN IMPROVING PERSONAL ECOLOGICAL CULTURE //INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429. – 2022. – Т. 11. – №. 11. – С. 5-12.
2. Abidjanovich A. A. THE NEED TO IMPROVE HUMAN'S NOOSPHERICAL RELATIONSHIP TO NATURE //INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429. – 2022. – Т. 11. – №. 11. – С. 23-30.
3. Khakimovich K. N., Abdullazhanovich A. A. JOINT INTERNATIONAL EDUCATIONAL PROGRAM AS AN IMPORTANT FORM OF TRAINING BACHELORS IN THE CONDITIONS OF A NEW STAGE OF DEVELOPMENT. – 2021.
4. Abdumalikov A. A. ENVIRONMENTAL ECOLOGICAL POLICY IN UZBEKISTAN AND NECESSITY OF FORMATION OF RATIONAL COMMUNICATION TO NATURE //Scientific Bulletin of Namangan State University. – 2019. – Т. 1. – №. 9. – С. 94-101.
5. Abidzhanovich A. A. Issues Of Formation Of Rationality In Relations Of Nature With Society //The American Journal of Social Science and Education Innovations. – 2020. – Т. 2. – №. 08. – С. 301-304.
6. Абдумаликов А. А. HUMAN AND NATURAL HARMONY IN THE HISTORICAL PROCESS //Scientific Bulletin of Namangan State University. – 2019. – Т. 1. – №. 5. – С. 205-209.
7. Yormatov G. S. CHANGES IN THE RESPIRATORY AND BLOOD SYSTEM AS A RESULT OF PHYSICAL EXERCISES //Scientific Bulletin of Namangan State University. – 2020. – Т. 2. – №. 10. – С. 130-133.
8. Yormatov G. S. Socio-Pedagogical factors of integration of physical and cultural-moral education //TJE-Tematics journal of Education, ISSN. – 2021. – С. 2249-9822.
9. Atamukhamedova M. R., Yormatov G. S., Erkaev E. A. Relations between basic exchange and sprint //Scientific Bulletin of Namangan State University. – 2019. – Т. 1. – №. 10. – С. 304-308.
10. Атамухамедова, М., Абдугаппаров, А., Михеева, А., & Ёрматов, Г. (2019). Влияние умственной деятельности у учащихся на газообмен в различных экологических условиях. *Символ науки*, (3), 81-82.
11. Mirjamolov M. X., Odilov R. F. Zokirov dr salomatligi nogironat imkoniyatlari bo'lgan o'quvchilarning maxsus Jismoniy tarbiyasini takomillashtirish //Jismoniy tarbiya va sportning dolzarb muammolari.-2020.-S. – Т. 2023.
12. Миржамолов М. Х., Валиева Н. Ю. ДИФФЕРЕНЦИРОВАННАЯ ПРОГРАММА ЗАНЯТИЙ ФИЗИЧЕСКОЙ КУЛЬТУРЫ ДЛЯ УЧАЩИХСЯ С ОГРАНИЧЕННЫМИ ФИЗИЧЕСКИМИ ВОЗМОЖНОСТЯМИ //Актуальные проблемы физической культуры и спорта. – 2020. – С. 14-19.
13. Mirjamolov M. X. et al. Ko'rish qobilyatida nuqsoni bo'lgan talabalarda harakat koordinatsiyasini rivojlantirish uslubiyati //Academic research in educational sciences. – 2021. – Т. 2. – №. 12. – С. 375-382.
14. Саломов Р. С., Миржамолов М. Х. Жисмоний имконияти чекланган ўқувчиларнинг спорт машғулотларига мослашиши. Ўқув услубий қўлланма. – 2014.

15. Миржамолов М. Х. Кўриш имконияти чекланган болаларда жисмоний сифатларни ривожлантириш услубияти //Fan-Sportga. – 2020. – №. 2. – С. 46-49.
16. Миржамолов М. Х., Каттаев У. Б., Давлетярова Л. Б. АДАПТИРУЮЩАЯ ФИЗИЧЕСКАЯ КУЛЬТУРА ПРИ НАРУШЕНИЯХ ОПОРНО-ДВИГАТЕЛЬНОГО АППАРАТА //Теоретические и практические проблемы развития современной науки. – 2015. – С. 189-193.
17. Олимов М. С., Давлетярова Л. Б., Миржамолов М. Х. ПОДГОТОВКА РЕЗЕРВ СБОРНОЙ КОМАНДЫ УЗБЕКИСТАНА ПО БЕГУ С БАРЬЕРАМИ //Теоретические и практические проблемы развития современной науки. – 2015. – С. 178-180.
18. Миржамолов М. Х. ТАЯНЧ-ҲАРАКАТ ТИЗИМИ ШИКАСТЛАНИШИДА АДАПТИВ ЖИСМОНИЙ ТАРБИЯ БЎЙИЧА ТИКЛАШ ДАСТУРЛАРИНИ ҚЎЛЛАШНИНГ ИЛМИЙ ВА АМАЛИЙ АСОСЛАРИ //Fan-Sportga. – 2020. – №. 4. – С. 70-72.
19. Миржамолов М. Х., Юнусов С. А., Светличная Н. К. Паралимпия тарихи ва ўйин коидалари. Ўқув-услубий қўлланма. Тошкент //Т.: Илмий техника ахборот-пресс. – 2019. – С. 13-14.
20. Атамухамедова Н. М., Тўхтабоев Н. Т., Миржамолов М. Х. РЕЗУЛЬТАТЫ ОЦЕНКИ ФУНКЦИОНАЛЬНЫХ ВОЗМОЖНОСТЕЙ УЧАЩИХСЯ С ОГРАНИЧЕННЫМИ ФИЗИЧЕСКИМИ ВОЗМОЖНОСТЯМИ RESULTS OF EVALUATING FUNCTIONAL CAPABILITIES OF STUDENTS WITH DISABLED PHYSICAL POSSIBILITIES //ББК 75.1 А-437. – 2019. – С. 33.
21. Миржамолов М. Х. ЭШИТИШ ҚОБИЛИЯТИ РИВОЖЛАНМАГАН ЎҚУВЧИЛАРДА ЖИСМОНИЙ ТАРБИЯ МАШҒУЛОТЛАРИНИ ЎТКАЗИШ УСЛУБИЯТИ //Scientific progress. – 2022. – Т. 3. – №. 6. – С. 214-221.
22. Миржамолов М. Х. Оценка результатов функциональных возможностей и взаимосвязи систем организма у студентов с ограниченными физическими возможностями //www. auris-verlag. de. - 2017. - с. 4– С. 5.
23. Маткаримов Р. М. Оғир атлетика назарияси ва услубияти. – 2015.
24. Matkarimov R. M., Yunusov S. A., Khodjaev A. Z. Teoriya i metodika tyazheloj atletiki [The theory and methodology of weightlifting] //Tashkent: Scientific and technical information. – 2019.
25. Сивохин И. П. и др. Биомеханические аспекты совершенствования двигательных действий в спорте. – 2019.
26. Matkarimov R. Questions of temporary adaptation of weightlifters to different climatic and geographical conditions //Eurasian Journal of Sport Science. – 2020. – Т. 1. – №. 1. – С. 18-22.
27. Маткаримов Р. М. Тяжёлая атлетика //Т.: УзГИФК. – 2005.
28. Matkarimov R. M. Pedagogical analysis of the participation of the national teams of Uzbekistan and China in the XXXII Tokyo 2020 summer Olympic games in weightlifting //Eurasian Journal of Sport Science. – 2021. – Т. 1. – №. 2. – С. 207-211.
29. Сивохин И. П. и др. Биомеханические аспекты олимпийской подготовки тяжелоатлетов сборной Казахстана //Fan-Sportga. – 2019. – №. 2. – С. 55-63.
30. Сивохин И. П. и др. Биомеханические аспекты олимпийской подготовки тяжелоатлетов сборной Казахстана //Fan-Sportga. – 2019. – №. 2. – С. 55-63.
31. Беляев В. С., Керимов Ф. А., Маткаримов Р. М. Методика планирования тренировочной нагрузки для тяжелоатлетов с учетом их биоритмов //Олимп. – 2006. – №. 1. – С. 14.
32. Маткаримов Р. М. Оптимальное соотношение объема и интенсивности тренировочной нагрузки тяжелоатлетов массовых разрядов: Автореф. дис. канд. пед. наук. Ташкент, 1999.-24 с. – 1999.

33. МАТКАРИМОВ Р. М. СПОРТ ТАКОМИЛЛАШУВИ БОСҚИЧИДАГИ ОҒИР АТЛЕТИКАЧИЛАР ТАЙЁРГАРЛИГИНИНГ МОДЕЛ ТАВСИФЛАРИ (67 ВА+ 109 КГ ВАЗН ТОИФАСИДАГИ ОҒИР АТЛЕТИКАЧИЛАР) //Фан-Спортга. – 2020. – №. 8. – С. 21-23.
34. Маткаримов Р. М., Черникова Е. Н. Совершенствование тренировочного процесса велосипедистов-шоссейников на этапе непосредственной предсоревновательной подготовки //Вестник спортивной науки. – 2011. – №. 5. – С. 22-24.
35. ЭРНАЗАРОВ Ғ. Н. ТАЛАБАЛАР ЖИСМОНИЙ МАДАНИЯТИ ҚАДРИЯТЛАРИНИ ЎРГАНИШ //Фан-Спортга. – 2020. – №. 3. – С. 66-68.
36. Акбаров А., Алламурастов Ш. И., Эрназаров Г. Н. Педагогический Анализ Физической Подготовленности Современных Студентов Вуза //Инновационные технологии в спорте и физическом воспитании подрастающего поколения. – 2020. – С. 203-206.
37. Акбаров А., Алламурастов Ш. И., Эрназаров Г. Н. Корреляция Между Антропометрическими Параметрами И Двигательной Активности Студентов Неспортивных Факультетов //Инновационные технологии в спорте и физическом воспитании подрастающего поколения. – 2020. – С. 207-210.
38. Эрназаров Г. Н., Акбаров А., Алламурастов Ш. И. Мониторинг здоровьесберегающих технологий в учебном процессе студентов //Наука сегодня: проблемы и пути решения [Текст]: материалы. – 2020. – Т. 27. – С. 90.
39. Эрназаров Г. Н. Исследование изменений ростово-массовых показателей студентов педагогического ВУЗа //Достижения науки и образования. – 2020. – №. 12 (66). – С. 61-63.
40. Ньёматович Э. Ғ. Обоснование метрологической доступности контрольных тестов по физической подготовленности //Педагогика ва психологияда инновациялар. – 2020. – Т. 11. – №. 3.
41. Ernazarov G. N. Attitude of a modern student to a walky lifestyle //Stress. – 2020. – Т. 269. – №. S 43. – С. 74.
42. Хонкелдиев Ш. Х., Эрназаров Г. Н. Вегетативное обеспечение терморегуляционного эффекта у детей, проживающих в условиях гипертермии //Наука сегодня: вызовы и решения. – 2020. – С. 116-117.
43. Uraimov S. R., Qambarov O. F. Qualifications of physical education teachers forms of growth //Конференции. – 2020.
44. Ураимов С. Р., Мухриддинов Ф. Р. Жисмоний маданият мутахассисини касбий жисмоний қобилиятлари ва касбий маҳорати //инновации в педагогике и психологии. – 2021. – Т. 4. – №. 2.
45. Uraimov S. R. Influence of the hypodynamic factor on the physical condition of students of the military-technical lyceum //Science today: tasks and ways to solve them. – 2019. – Т. 117.
46. Khakimovich K. S., Rozmatovich U. S. Regional Problems of Differentiated Physical Education of Preschool Children //Journal of Higher Education Theory and Practice. – 2022. – Т. 22. – №. 15. – С. 215.
47. Rozmatovich U. S., Hayotkhan A. BODY POSITION (POSTURE), MOVEMENTS OF SOME JOINTS, THE PATH (TRAJECTORY) OF PHYSICAL EDUCATION OF CHILDREN OF DIFFERENT AGES, CONTENT AND METHODS OF ITS ORGANIZATION //INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429. – 2022. – Т. 11. – №. 08. – С. 146-150.
48. Ruzmatovich U. S. et al. ANALYSIS OF THE RESULTS OF PHYSICAL TRAINING OF FERGANA STATE UNIVERSITY STUDENTS //ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW ISSN: 2319-2836 Impact Factor: 7.603. – 2022. – Т. 11. – №. 09. – С. 85-96.

49. Rozmatovich U. S., Maftuna I. DEVELOPMENT OF STUDENTS'ENDURANCE IN PHYSICAL CULTURE LESSONS //ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW ISSN: 2319-2836 Impact Factor: 7.603. – 2022. – T. 11. – №. 10. – C. 102-106.
50. Sanjar U., Doston H. CREATIVITY IN IMPROVING PROFESSIONAL AND PEDAGOGICAL SKILLS OF PHYSICAL EDUCATION TEACHERS //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – T. 16. – №. 10. – C. 60-67.
51. Sanjar U., Nargiza A. METHODOLOGICAL FOUNDATIONS OF THE DEVELOPMENT OF PHYSICAL ABILITIES OF STUDENTS //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – T. 16. – №. 10. – C. 40-48.
52. Uraimov S. R. et al. EFFECTIVENESS OF INCREASING MOVEMENT ACTIVITY USING PHYSICAL EDUCATION TOOLS IN PROFESSIONAL ACTIVITY //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – T. 16. – №. 10. – C. 31-39.
53. Rozmatovich U. S., Temur E. QUICK ATTACK AND DEFENSE TACTICS IN FOOTBALL PLAYERS //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – T. 16. – №. 10. – C. 165-171.
54. Rozmatovich U. S., Elyor D. TEACHING ATTACK TACTICS TO FOOTBALL PLAYERS //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – T. 16. – №. 10. – C. 125-132.
55. Sanjar U., Sharifjon T. THEORETICAL FUNDAMENTALS OF SPORTS EXERCISES //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – T. 16. – №. 10. – C. 140-147.
56. Sanjar U., Abdubannob M. NATIONAL SPORTS GAMES //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – T. 16. – №. 10. – C. 109-117.
57. Fozilov I. STATUS OF DIRECTION AND COMPETITION IN SPORTS SPORTS SPECIALTY //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – T. 16. – №. 3. – C. 60-64.
58. Fozilov I. ORGANIZATION OF RECONSTRUCTION MEASURES AND PROCESSES FOR ATHLETES //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – T. 16. – №. 3. – C. 55-59.
59. Tursunalievich F. I. MOVEMENT OF CHILDREN ON THE BASIS OF THE MEANS OF OPTIMAL DAILY PHYSICAL ACTIVITY AND THEIR TRAINING //Web of Scientist: International Scientific Research Journal. – 2022. – T. 3. – №. 1. – C. 744-750.
60. Abdunabiyevna K. D., Mansur B. SOLVING ALGEBRAIC PROBLEMS USING THE VECTOR CONCEPT //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – T. 16. – №. 10. – C. 49-59.
61. Abdunabiyevna K. D., Mansur B. E-LEARNING RESOURCES IN DISTANCE EDUCATION //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT,

- ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 10. – С. 68-79.
62. O'G'Li B. M. M. MASOFADAN TURIB DARSLARNI TASHKIL ETISH VA O 'TKAZISHDA ELEKTRON TA'LIM RESURSLARINING AHAMIYATI //Ta'lim fidoyilari. – 2022. – Т. 8. – С. 77-80.
63. Bakhromov M. THE IMPORTANCE OF ELECTRONIC LEARNING RESOURCES IN ORGANIZING AND CONDUCTING DISTANCE LESSONS //INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH. – 2022. – Т. 11. – №. 09. – С. 91-95.
64. Jakhbarovich A. S., Alijonovich E. T. ANALYSIS OF INDICATORS OF PHYSICAL DEVELOPMENT OF STUDENTS OF SECONDARY SPECIAL EDUCATION INSTITUTIONS.
65. Temur E. DEVELOP THE QUALITIES OF STRENGTH AND AGILITY IN YOUNG PLAYERS.
66. Tursinovich K. A., Mirzaakhmadovna M. F., Alijonovich E. T. 'Topical issues of pre-university preparation of students in the field of physical culture and sports //Texas Journal of Multidisciplinary Studies. – 2022. – Т. 7. – С. 253-255.
67. Сиддиков Ф., Эшимов Т. СОВЕРШЕНСТВОВАНИЕ ФИЗИЧЕСКОЙ ПОДГОТОВЛЕННОСТИ ДЕТЕЙ МЛАДШЕГО ШКОЛЬНОГО ВОЗРАСТА НА ОСНОВЕ ПОВЫШЕНИЯ ДВИГАТЕЛЬНОЙ АКТИВНОСТИ //ЎЗДКОР О'QITUVCHI. – 2022. – Т. 2. – №. 23. – С. 41-44.
68. Temur E. MAMLAKATIMIZ JISMONIY TARBIYA TIZIMIDAGI SPORT VA OMMAVIY SOG'LOMLASHTIRISH SPORTI MASHG'ULOTLARI MONITORINGI //Spectrum Journal of Innovation, Reforms and Development. – 2022. – Т. 8. – С. 158-169.
69. Ruzmatovich U. S. et al. Organization And Content Of Professional And Practical Physical Training Of Students Of Pedagogical Higher Education Institutions //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 06. – С. 29-35.
70. Ураимов С. Р. СОВЕРШЕНСТВОВАНИЕ ФИЗИЧЕСКОЙ ПОДГОТОВЛЕННОСТИ ДОПРИЗЫВНОЙ МОЛОДЕЖИ НА ОСНОВЕ ВНЕДРЕНИЯ В УЧЕБНЫЙ ПРОЦЕСС БЛОЧНО-МОДУЛЬНОЙ СИСТЕМЫ ОБУЧЕНИЯ //Fan-Sportga. – 2020. – №. 7. – С. 56-58.
71. Ураимов С. Р. ҲАРБИЙ-ТЕХНИКА ВА ГУМАНИТАР ЛИЦЕЙЛАР ЎҚУВЧИЛАРИНИНГ ЖИСМОНИЙ РИВОЖЛАНИШ ДАРАЖАСИНИ БАҲОЛАШ //Central Asian Academic Journal of Scientific Research. – 2022. – Т. 2. – №. 2. – С. 169-175.
72. Ruzmatovich U. S. et al. PROCESSES OF ORGANIZATION OF TECHNICAL, TACTICAL AND PHYSICAL PREPARATION IN NATIONAL WRESTLING TRAINING //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 3. – С. 65-68.
73. Sanjar U., Nargiza A. DEVELOPING STUDENTS'PHYSICAL QUALITIES TO THE BENEFIT OF THEM //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 06. – С. 4-9.
74. Sanjar U., Hayotxon A. CONTENT OF PHYSICAL EDUCATION OF CHILDREN OF DIFFERENT AGES AND WAYS OF ITS ORGANIZATION (FOR EXAMPLE OF CHILDREN AGED 4-6) //INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429. – 2022. – Т. 11. – №. 06. – С. 1-5.
75. Sanjar U., Doston H. INNOVATIVE METHODS OF IMPROVING THE PROFESSIONAL SKILLS OF A TEACHER OF PHYSICAL CULTURE //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 06. – С. 20-23.

23	ISSN 2277-3630 (online), Published by International journal of Social Sciences & Interdisciplinary Research., under Volume: 11 Issue: 12 in December-2022 https://www.gejournal.net/index.php/IJSSIR
	Copyright (c) 2022 Author (s). This is an open-access article distributed under the terms of Creative Commons Attribution License (CC BY). To view a copy of this license, visit https://creativecommons.org/licenses/by/4.0/

76. Sanjar U. et al. THE ROLE OF PHYSICAL QUALITY AND ABILITIES IN THE FORMATION OF STUDENT TEAMS IN FUTZAL //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 06. – С. 10-16.
77. Ураимов С. Р. Гипертермиядаги жисмоний тарбия дарсларини кузатиш //ИННОВАЦИИ В ПЕДАГОГИКЕ И ПСИХОЛОГИИ. – 2020. – №. SI-2№2.
78. Ханкельдиев Ш. Х., Ураимов С. Р. Пульсовая оценка беговых упражнений первокурсников военно-технического лицея на занятиях по физическому воспитанию //Профессионализм педагога: сущность, содержание, перспективы развития. – 2017. – С. 426-432.
79. Ураимов С. Р. Динамика соматометрических показателей учащихся военно-технического лицея //Fan-Sportga. – 2019. – №. 2. – С. 63-66.
80. УРАИМОВ С. МОЛОДЕЖИ НА ОСНОВЕ ВНЕДРЕНИЯ В УЧЕБНЫЙ ПРОЦЕСС БЛОЧНО-МОДУЛЬНОЙ СИСТЕМЫ ОБУЧЕНИЯ. – 2020.
81. Ханкельдиев Ш. Х., Ураимов С. Р. Факторная структура моторики учащейся молодежи. – 2021.
82. Uraimov S. R. Theoretical training in physical culture of students of the school education system //Pedagogy va psychologyda innovatsiyaar. – 2020. – Т. 11. – №. 3.
83. Ruzmatovich U. S. et al. INCREASING THE ACTIVITY OF SCHOOL-AGED CHILDREN //World Bulletin of Social Sciences. – 2022. – Т. 8. – С. 49-51.
84. Ruzmatovich U. S. et al. CHANGES EXPECTED TO COME IN OUR LIFE MOVEMENTS //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 3. – С. 485-489.
85. Ураимов С. Р. Мониторинг готовности выпускников военно-технического лицея к службе в Вооруженных Силах Республики Узбекистан //Наука сегодня: факты, тенденции, прогнозы. – 2019. – С. 76.
86. Ruzmatovich U. S. et al. PROCESSES OF ORGANIZATION OF TECHNICAL, TACTICAL AND PHYSICAL PREPARATION IN NATIONAL WRESTLING TRAINING //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 3. – С. 65-68.
87. Gennadyevna K. G. HISTORICAL SKETCH OF THE LONG JUMP //Galaxy International Interdisciplinary Research Journal. – 2022. – Т. 10. – №. 3. – С. 530-534.
88. Gennadyevna K. G. Прыжок В Длину С Разбега Long Jump with a Running Start //Periodica Journal of Modern Philosophy, Social Sciences and Humanities. – 2022. – Т. 5. – С. 19-30.
89. Gennadevna K. G. Athletics in the System of Physical Education of Student Youth //Interdisciplinary Conference of Young Scholars in Social Sciences. – 2021. – С. 143-145.
90. Gennadiyevna K. G. Methods of Teaching the Technique of Athletics to Students of the Faculty of Physical Culture //Journal of Pedagogical Inventions and Practices. – 2022. – Т. 7. – С. 28-38.
91. Gennadyevna K. G. LONG JUMP FROM A PLACE //Galaxy International Interdisciplinary Research Journal. – 2022. – Т. 10. – №. 3. – С. 521-529.
92. Yunusalievich B. T. THE CONTINUITY OF THE STUDY ON THE TOPIC" COMPLEX NUMBERS" IN SECONDARY SCHOOLS AND IN PEDAGOGICAL UNIVERSITIES OF THE REPUBLIC OF UZBEKISTAN //European Journal of Research and Reflection in Educational Sciences Vol. – 2020. – Т. 8. – №. 10.
93. Bakirov T. Y., Turgunbaev R. M. IMPROVING THE TEACHING OF SCIENTIFIC CONCEPTS ABOUT THE LINE IN INTERDISCIPLINARY COMMUNICATION IN THE PROCESS OF PREPARING FUTURE MATHEMATICS TEACHERS //Scientific Bulletin of Namangan State University. – 2019. – Т. 1. – №. 10. – С. 278-287.

94. Бакиров Т. Ю. Об изучении темы «Комплексные числа» в общеобразовательной школе и в вузах Республики Узбекистан //Физико-математическое образование. – 2021. – №. 5 (31). – С. 17-22.
95. Расулов М. Ф., оғлы Кодиров Ш. М. ФАРҒОНА ВИЛОЯТИ ЗИЁРАТҒОҲЛАРИ ТАРИХИДАН ЛАВҲА (Пир Сиддиқ ва “Киргил ота мозор” зиёратгоҳлари мисолида) //ВЗГЛЯД В ПРОШЛОЕ. – 2021. – Т. 4. – №. 8.