

**SPECIFIC METHODS AND TASKS FOR THE PHYSICAL DEVELOPMENT OF
PRIMARY SCHOOL STUDENTS WITH THE HELP OF GAMES**

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Annotation: this article reveals specific ways and tasks for the physical development of Primary School students using games.

Keywords: primary education, sports, physical education, physical development, physical qualities.

In the system of physical education of Uzbekistan, sport is considered as the main means and methods of comprehensive physical education of students. Sports also occupy a large place in the physical education of children of primary school age. Sport as a means of physical education has great potential for strengthening the health of children. Properly organized sports training allows you to improve the central nervous system (MNT), improve the work of the pulmonary, cardiac system, improve muscle volume, blood composition, metabolism.

In the process of playing sports, conditions are created to solve a number of educational issues and, above all, the upbringing of positive morality and willpower. Scientific observations, practical experiments show that properly organized activities make it possible to improve the assimilation of children in general education, teach children to work, educate a strong-willed character, improve moral culture, discipline and bring up other positive aspects of their character. Timely practice of sports in childhood allows you to grow deputy masters of sports. All this leads to the fact that sports remain an irreplaceable means of physical education of students.

In the physical education of school-age children, sports elements take their place in children's educational activities outside of school and in their daily lives. These are classes: a) in mastering the sports technique of certain sports; b) lead children to participate in ordinary sports competitions that do not require training in one system for a long time. Sports elements are included in the school program. Children learn the technical basics of gymnastic exercises, athletics, volleyball, basketball, rhythmic gymnastics, national wrestling, swimming in the lesson. The submission of training norms is carried out in the form of sports competitions. In general, the introduction of elements of the competition in the optional appearance of the performance of physical exercises (morning hygienic Gymnastics, cheerful minute, etc.) contributes to the interesting (emotional) transition of the training, makes it possible to perform the exercises with better quality. The study of competitions, exercise techniques can be carried out at meetings of group teams, holding wellness days, physical education bay - Rams at school. In extracurricular competitions, residences, neighborhoods, the best runners in parks, height jumpers, racers, swimmers competition is widely held.

In sports work with children, we can distinguish 2 directions: 1) the application of sports elements in physical education is the initial stage of interest and rapprochement with Sports; 2) specialized training in certain types of sports. Specialized sports training is aimed at training highly qualified young athletes as organizers of mass sports activities, a public Sports judge, instructors. Specialized sports classes are held in the sports sections of the Bozm school team. Its task is that children conduct systematic exercises, master the selected type, technique and tactics of sports, participate in sports competitions, develop their physical qualities, increase the functional capabilities of the body.

Features of sports training with children.

Technical and tactical skills (gymnastics, acrobatics, figure skating, sports Games, athletics,

etc.) according to their coordination abilities in their activities with children.k) it is necessary to focus on sports that require their long-term work on capturing a large amount of complex.

The connection of techniques and tactics is not enough for children to achieve high results, but when adolescents reach a certain age, the children's organism is at its best when they acquire a complex technique for their time, when it is possible to bring them to high results. They must master the technique perfectly. Only then will the entire work carried out be focused on special training. If we look at the state of sports translation of Latinina, Iskhakova, ter-Avanesyan, Dumbadze and others, then they have achieved high results by adolescence. Many athletes who entered the national team of the Olympic Games were very young, they need to be trained for at least 7-8 years in order to show a high result on a global scale. And the length of service in the field of sports is equal to 7-8 years. 70% of athletes in our national team are 20-21 years old.

When working with young children, Sports (mountaineering, motto and auto racing) are not used, which require important special knowledge and skills.

Starting a sports training session is different. Therefore, we are not talking about an early start of training with sports, but about a timely start in each type of sport. Sometimes early engagement in sports limits, stops the growth of technical results in sports, delivering harm to health. These types of sports require more endurance, strength than everyone else (boxing, barbell, long and medium distance running).

In recent years, one of the favorite games of children has become roller skating, and in public they are engaged independently in residential areas on the streets. If a circle is organized in schools as a sport for roller skating, it is not advisable to start admission to it before the age of 9-10, since young children are not ready to master the running technique, cannot keep the free muscles of the legs bent and run on the right foot, that is, they master the wrong technique. But the fundament of their future success in sports begins to be laid in childhood and teenage sports. Sports translation case analysis of many years of observations shows that the start of training with certain types of sports depends on its nature. For example, at 7-8 years old with swimming and figure skating, at 8-9 years old with Alpine skiing, jumping into the water, tennis; at 9-10 years old; 7-8 b.gymnastics, acrobatics 8-9 years old, sports gymnastics; 7-8 - (girls), 10-11 years old - football, hockey, handball, volleyball, basketball; At the age of 11-12 - athletics, ski competition, cycling, water ball, 12-14 years old - it is possible to engage in boxing, etc. (this data must be determined, since in the current period, the age of participants in the national team is getting smaller by the year), which means that they are starting to engage in sports much earlier. The highest successes are achieved at the age of 25, but from year to year the age is decreasing, in the current gymnastics there are champions of 13-14 years.

When compared with an adult, the technical conditions for performing exercises are changing: the size of projectiles, is decreasing, the shape is changing, the size of the field is also decreasing, the distances are decreasing, the performance of the exercises is getting lighter. The assessment of the achievements of young children and adolescents is decreasing. For many years, it has been developing special standards of inventors for classes with children.

Classes should be held on a wider base of general physical fitness in relation to adults. They should vary in content. It is necessary to limit the choice of exercises only from a special type (one-sided specification), since this leads to an increased load. In some cases, the cessation of the growth of the athlete's height depends on the insufficient level of general physical development.

It is characteristic that the US national team did not have a single player who was engaged only in fodbol. All players are engaged in 9 more types of sports. But the demand for fodbol teenagers is that every fodbolist must be in the school national team for some types of American fodbol, baseball, tennis, swimming and athletics. Many players in our national team are not engaged in other types of sports.

In Uzbekistan, a system of youth and youth competitions has been developed:

9-10 school -1 stage 11-12 School-1 stage

13-14 district, city, vil.on the Scale-Stage II

15-16 regions, on the scale of the Republic - Stage III 17-18 regions, on the scale of the Republic-Stage III

The younger the student's age, the smaller the scale of the competition (increased Manning with health, physical and psychological load), because the larger the competitions, the greater the demand and excitement.

At each age in sports, the number of competitions is dying. For example: from gymnastics for 11-12 years old (5-6) to General Physical Training (2) classification in general physical training for 13-14 years old (5-6), (4) classification - athletics, etc.

Conclusion

The importance of physical education and sports in the education of the younger generation is incomparable. In particular, sports also occupy a large place in the physical education of children of primary school age. Sport as a means of physical education strengthens the health of children. In the implementation of these opportunities, there is a specific goal, objectives of both classroom and extracurricular forms of physical education, according to which the organization and systematic implementation of sports clubs will serve to increase students' interest in sports, as well as in their physical development.

The external structure of the Constitution describes its relationship with other sources of law, the totality of relations, its place and role in the legal system and its significance in the system of social and normative regulation in society.

The article presents the role of family, forming system of upbringing, traditional-educational system and traditions in Uzbekistan.

In an article consistently revealing the principles of the Bologna process for measuring the quality of education, the dynamics of internationalization and the logic of integration in European higher education and in Eurasia.

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