

**Gofurov Abduvokhid Makhmudovich**

**Gofurov Abdushokir Makhmudovich**

Kokand State Pedagogical Institute, Uzbekistan

**Annotation:** The article considers the basic concepts of physical preparation and technical preparation, physical preparation, the concept of individual development of the body is considered constant, natural changes in the size of the body, and functional characteristics of organs and systems.

**Key words:** pedagogical, physical qualities, physical training, special physical training, hygienic, health and sports, movement accuracy.

The onset of school maturity. During ten school years, a child goes a huge way, during which he grows, matures and reaches a mature type of functioning of his body, intelligence is formed. Children grow and develop unevenly. Periods of intensive growth processes are replaced by their braking, periods of drawing alternate with periods of rounding.

Throughout the individual development of the body, constant, natural changes occur in the size of the body, and the functional characteristics of organs and systems. As a result of changes at each stage of ontogenesis, the properties of individual systems and the body as a whole are formed specific for each stage. Consideration of these properties is necessary when planning and conducting both pedagogical and hygienic, health and sports events. Entering school, the start of children's schooling, marks a major change in their lives. It changes completely, primarily the mode of work and rest.

Having made the first step into the school class, getting into the atmosphere of the lesson for the first time, the child falls into completely new conditions for him. These conditions are accompanied by the necessary prolonged and sustained attention, restriction of motor activity, which makes starting school one of the most difficult stages in a child's life.

In addition, the beginning of school is one of the three critical periods of postnatal ontogenesis. It is this fact that it is necessary to pay attention to experienced teachers in whose hands we will give our children. Therefore, before moving on to the characteristics of school age, we will stop at the age of the first year of school. The first year of school falls on a very important age period characterized by accelerated morphofunctional transformations in the child's body. In the works of a number of authors, it was noted that the restriction of motor activity associated with an increase in the volume and intensity of mental load, especially with the inclusion of various forms of education in the curriculum, has a significant effect on the child's body, including the cardiovascular system. So in many children, the T-electrocardiogram wave changes, which indicates a decrease in metabolic processes in the myocardium, which in turn leads to a slowdown in the development of the heart muscle. The P wave remains at a high level, which indicates a great sympathetic functional effect on the heart, and this allows you to keep the heart in constant tension even at rest. These changes are largely alarming and the main cause of them, a decrease in motor activity in children of the first year of school. By the time a child enters school, his growth reaches the S body length of an adult (this period, 5-7 years in age physiology, is called the stretching period). The development of the body of children of this age is characterized by heterochronicity: the length of the body and the size of the head increase to a lesser extent than the length of the limbs of the arms and legs. Significant, but not final development reach the muscles of the hand. Already by the time they enter school, their coordination becomes quite subtle, which contributes to the mastery of drawing and sculpting skills, however, as we have already indicated that heterochronicity is characteristic of this age, which leads to more intensive development of large muscles, which makes it difficult to perform small accurate movements. Therefore, it is at this age that children are hardly given spelling.

During the first year of study, morphological and functional development of the nervous system continues. Despite the end of the morphological development of the cerebral cortex (the size of the cortical zones is 80% of the adult size), the instability of nervous processes is still characteristic of higher nervous activity during this period. In the behavior of children of this age, imitation is of great importance, creativity and initiative are manifested. To ensure that the brain works as a whole, the degree of maturation of connections between different structures is important. The development of these connections does not end by the age of 6-7, the most late are formed (by the age of 15-16).

This means that although the child's brain was largely structurally mature by the beginning of school, the connections of the cerebral cortex continue to develop. This happens under the influence of external influences: upbringing and training. That is why games are of great importance for the development of children of this age. And as P.P. Lesgaft said: "The game is an exercise through which a child prepares for life." At the age of 6-7, the bone system also undergoes changes. So, for example, at this age, the ribs grow, their position changes.

Due to the change in the shape of the chest caused by the growth of the ribs, the nature of breathing also changes: if earlier breathing was mainly "abdominal," then from this age it becomes "thoracic." Thus, in the mechanism of inhalation and exhalation, the intercostal muscles begin to play a leading role. This age is characterized by a high level of metabolic processes in all tissues of the body. At rest, the energy consumption of the child's body 6-7 years old is 2-3 watts/kg of body weight.

This high level of energy consumption is provided in children by more intensive work of the cardiovascular and respiratory systems. That is, children of the first year of school are characterized by a high respiratory rate of 24-26 respiratory cycles per minute, a small breathing depth of 140-150 ml. Heart rate - 95-98 bpm. The relative volumetric velocity of blood flow (per unit body weight) in children is 2 times greater than in adults, which is the reason for the provision of oxygen to tissue metabolic processes.

So, the age of 6-7 years, the age of the first year of school is one of the main stages of adaptation to the new conditions of social existence. Special studies have shown that some 6-7-year-old children who have not yet reached school maturity are poorly adapted to new conditions throughout the school year, show low performance and educational activity compared to "mature" peers.

These qualities in "immature" children persisted in the next 3 years. That is why, very strictly, the question of how to improve, optimize the functional state of the nervous system of first-graders, how to reduce the negative consequences of neuropsychiatric tension becomes.

It has been found that aerobic exercises are especially beneficial for the central nervous system of children.

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