

Improving the Physical Fitness of Schoolchildren through Athletics Training, As Well as Improving Sports Results

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Abstract: This article describes the reforms in the field of physical education and sports, the role of physical education in the education of the young generation, the popularization of physical education and sports, and measures to promote a healthy lifestyle. Also, theoretical and practical knowledge about the development of athletics and the process of athletics training with students in schools is presented.

Keywords: physical education, sports pedagogy, training, athletics, coach's activity, training technique, speed, strength qualities, dynamics, speed, flexibility, technique, tactics, skill, flexibility.



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INTRODUCTION

Physical education and sports play an important role in the mental, moral, spiritual and physical development of the young generation in society. Today, the development of physical training, sports rehabilitation in all educational institutions, increasing the interest of students in sports, and strengthening their knowledge, skills, and abilities is becoming a demand of the times.

Consistent measures are being taken to popularize physical education and sports in our country, to create the necessary conditions and infrastructure for promoting a healthy lifestyle among the population, especially young people, to ensure the worthy participation of the country in international sports fields.

PF-5368son decree of the president of the Republic of Uzbekistan dated March 5, 2018 "on measures to radically improve the system of Public Administration in the field of physical education and Sports"says that the presence of a number of systemic problems and shortcomings in the organization of physical education and sports is being prevented from effectively conducting public policy in this area and, in particular, it is noted that" the lack of an effective and transparent system of selection (selection)of talented athletes from among young people in places prevents the formation of a sports reserve and the training of highly qualified athletes in order to qualitatively replenish the composition of national teams."

MAIN PART

As a result of popularizing physical education and sports among young people, establishing modern sports complexes in cities and villages, sports schools for children and teenagers, providing them with the necessary equipment, creating all the necessary conditions and opportunities for young people to practice sports and show their potential, healthy life among young people style is widely accepted, and the popularity of the sport is ensured. In any country and society, there are many representatives of healthy and mature generations, the number of results in big sports will be higher.

The activities of physical education teachers in schools are of particular importance in training highly qualified athletes who will raise the flag of our country by recording high results at the Olympic Games, world championships, Asian Games and championships, and international competitions.

Currently, the low level of results of athletics athletes, the lack of attention to their general and special physical fitness, and their physiological condition, hinders the growth of the athletes' potential. Therefore, the influence of physical qualities on athletics is one of the urgent problems.

In athletics training, students have the opportunity to develop several basic physical qualities: Learning how to perform athletics exercises by schoolchildren not only expands their range of motion, improves their management skills, but also lays the groundwork for further sports-technical skills. Doing athletics helps to strengthen the young body.

In 11-12 year old children, there is a rapid growth of speed and strength qualities. In the development of speed-strength qualities, priority is given to dynamic exercises with explosive properties. The efficiency of jumping up after a deep jump is very high.

Between the ages of 12-14, mainly due to the development of the qualities of speed and strength, the speed of movement also increases rapidly. Therefore, the wide use of speed-strength exercises creates favorable conditions for the strengthening of this quality. Dynamic strength exercises with small weights (1-2 kg), load carrying, cast iron ball throwing are successfully used in physical education classes of 5-8 classes in schools.

At the age of 15-16, due to the increase in strength endurance, the number of exercises with 2-3 kg weights increases, elements of wrestling are used. In girls of this age, strength training is limited due to a decrease in relative muscle strength. In training with teenagers, it is necessary to use exercises that require static situations, preliminary situations, hanging and leaning.

Physiologically-based means of developing endurance in children and adolescents include various types of cyclic exercises that increase the aerobic capacity of the body. In this regard, it has been found that moderate intensity running (about 60% of the maximum) with a gradually increasing duration is preferable to other exercises. For this purpose, it is recommended to include active games and game exercises in training.

Short-term, non-fatiguing fast running at distances from 15 to 30 m in children of small school age is an effective tool for developing speed and strength qualities. 10-11-year-old students develop the ability to perform quick activities several times (repeatedly running short distances). In 13-14-year-old teenagers, there is a close relationship between running speed and body length.

Tall teenagers have an undeniable advantage over their short peers. 10-11-year-old children do not have such a connection. Both tall and short people run at the same speed. Therefore, the level of such maturity and the level of physical development associated with it are of decisive importance in the manifestation of speed qualities during physical maturity. Children of school age can tolerate short-term speed-power loads. When training with them, dynamic exercises in jumping, acrobatic exercises, gymnastics, shells are widely used.

In 11-12-year-old children, there is a rapid growth of speed-strength qualities. Explosive dynamic exercises dominate the development of speed-strength qualities. Jumping up after deep jumping is more effective. At the age of 14-15, age-related reconstructions based on immediacy subside. Therefore, the effectiveness of speed-strength training is reduced. In school-aged children, between 11-14 years of age, the level of muscle strength development increases. Exercises such as climbing a rope and carrying loads are widely used in physical education classes in schools. At the age of 15-16, the number of exercises with weights of 2-3 kg increases due to the increase in endurance.

At the junior school age, there are favorable conditions for the formation of flexibility. First of all, it depends on the morphological characteristics of the musculoskeletal system. At the age of 7-10, the development of flexibility is naturally very high. At the age of 7-10, the speed of development of agility is also high. This is facilitated by the flexibility of the central nervous system and the drastic improvement of the motion analyzer. In physical education classes at school, changing the activity depending on the game situation, performing exercises with different equipment, as well as performing coordinated movements with individual parts of the body, helps to develop the quality of agility. At the age of 14-15, age-related reconstructions based on immediacy subside. Therefore, the effectiveness of speed-strength training is reduced. In school-aged children, between 11-14 years of age, the level of muscle strength development increases. Exercises such as climbing a rope and carrying loads are widely used in physical education classes in schools. At the age of 15-16, the number of exercises with weights of 2-3 kg increases due to the increase in endurance.

In conclusion, schoolchildren's learning to perform the technique of athletics exercises not only expands their range of motion, improves their management skills, but also lays the groundwork for further sports-technical skills. During the period of growth in the organism of school-aged children, the process of assimilation prevails over the process of dissimilation. As a result, the child's height and body mass increase. Along with growth, the development process also happens proportionally. During the growth period of the organism, various factors influence it. In addition, physical education and sports have a positive effect on the growth and development of school-aged children. The development of physical qualities is also observed at certain young ages. Doing athletics helps to strengthen the young organism, strengthens the cardiovascular and respiratory systems, ensures harmonious development of muscles, improves joint mobility, and improves neuromuscular coordination. As a result, the width of the act of movement increases, and there is a positive increase in the dynamics of dependence on sports results.

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