

Development of Physical Fitness of General Secondary School Students through Sports Games

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Abstract

The article reviews the general and special physical training of students of the of the secondary school, the organization of a course of physical culture, the impact of the loads on the organism of students given in the lesson.

Keywords: *physical development, cycle, stereotype, sports game, general physical training, special physical training, physical loads, heart rate reduction.*

In the Republic of Uzbekistan, the physical development of students in the physical education classes of general secondary schools under the Ministry of Public Education is among the tasks of the physical education class.

In physical culture lessons, sports games: football, handball, volleyball, basketball, chess and checkers are organized for students of 7-8 grades through the departments of the physical culture program. Through the physical culture lesson, the teacher conducts the introductory, main, and final parts of the lesson in accordance with each other within 45 minutes. According to the instruction of the teacher, classes are organized for the students of 7-8th grade on the types of sports specified in the program and given in the annual work plan. In the development of physical fitness of students through the sport of basketball, they are first given general physical training exercises in class. These exercises are divided according to the situation of the students. Here we can say that people who do physical exercises (as well as athletes) are always fresh, their bodies are erect, and their hands and faces are supple. However, although it may be compact or compact in appearance, 7-8 graders of some schools may not be able to perform the above-mentioned activities freely. Because, nowadays, most of the young people are used to resting after coming from class and eating. This is an example of the way of our social education. The main reason for this is not being bored from class, but watching movies, videos, concerts, etc. on TV. It is necessary to organize the activities of extracurricular sports clubs in the development of physical fitness of students in general secondary schools. Through sports clubs, students who have not mastered certain movement skills during the "Physical Education" lesson will be able to achieve the highest status of knowledge, skills, competence and competence in sports clubs. Sports clubs are organized outside of school, 3 or 4 times a week. It is necessary to pay special attention to exercises, i.e. loads, at the specified time during sports games. In secondary schools of general education, it is possible to organize sports clubs from any sports department of "Physical education".

The loads given by the basketball sport should be in accordance with the general intensity of the lesson and the intensity of the motor. If the loading percentage is low in the intensity of the lesson, it can affect the physical fitness and physical development of the students. After the general physical training, special exercises, which are the main basketball game, are given to the students

as a load (as a load). In the first table below, general developmental and special developmental exercises are given.

These activities are of great importance in the development of general and special training of 7-8 grade students. During the lessons, the physical and physiological condition of the students is monitored by the teacher. It is necessary to take into account the level of fatigue of students and their body's ability to bear a linear load. If 7-8th graders are given a load during a basketball game, if they are left unsupervised, it can have very negative consequences. If the teacher uses strict and partially regulated methods of physical culture in the development of general and special physical training of 7-8th grade students through the game of basketball, it will have a positive effect on the students. When creating the program of each lesson, it is necessary to take into account the size, time, and rate of downloads.

Our research conducted in general secondary schools showed that the effect on the body of all physical education lessons (up to 2 per week) for 7-8th grade students is not the same. The same doses are given after full recovery and others during periods of extreme recovery or no recovery. This is achieved by heterochronic restoration of various functional systems and organs after different periods of time. For example, cardiovascular systems - blood pressure, mechanical force of heart contraction, respiratory system - the function of the cardiovascular system recovers relatively quickly, but it takes longer for the recovery of blood production and excretory systems. Therefore, the more correctly the recovery tools are selected, the more successful the loading of the physical culture lesson will be. Increasing the number of physical education classes is considered a major factor in the development of physical fitness of students. In the physical culture classes given to 7-8 graders at school, if sports games are given once a week, the physical fitness and physical development of the students will be slow. According to the training load of the students from the sports games in the lesson, their flexibility will not be stable in the next lesson. For this purpose, it will be necessary to increase the hours of physical culture lessons in general secondary schools. If 7-8th graders have 3-4 hours of physical culture lessons per week, their physical fitness will increase like the cyclic training of sports training, and the development of the organism will be at an active level.

In conclusion, it is worth saying that it is necessary to draw up the programs of lessons on sports games for students of 7-8 grades of general secondary schools in physical education classes. In the program, it is important to give a sequence of separate exercises related to general and special physical training. In addition, it is necessary to pay attention to the formation of students' stereotypes (habits) towards the lesson. By developing the physical fitness of students of general secondary schools under the Ministry of Public Education, it will be possible to develop their intellectual (mental) abilities. Therefore, as in a healthy body - a healthy mind, students will be able to master the theoretical lessons included in the programs of general secondary schools faster. Brain activity is at a high level of receiving information. Therefore, schoolchildren should be regularly engaged in school and extracurricular activities, while following the daily schedule of sports and movement games.

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