

WAYS TO DEVELOP PHYSICAL FITNESS OF HIGH SCHOOL STUDENTS.

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Key words: *physical education, educational system, social development, physical training, physical qualities, movement qualities, individual programs, set of exercises, physical education system, physical education of the population, exercise regulation.*

Abstract: *In this article, high school students about ways to develop physical qualities, in which leading scientists and foreign experiences were analyzed. It has been noted that a class approach to the physical development of high school students will benefit them significantly.*

Today in our country, which is moving along the path of development, fundamental reform and improvement of the education system, introduction of advanced pedagogical modern information technologies, and improvement of educational efficiency have been raised to the level of state policy. One of the main pillars of this policy is the continuity and consistency of education. This is one of the reasons why lifelong learning is recognized as one of the main components of the national model of human resource development. Human health is more valuable than everything else. Especially, raising a person to be healthy from a young age is even more expensive to raise him to become a mature person in all aspects. Therefore, in order to introduce an important principle in the system of physical education, ensuring the health of students, improving physical development and physical training has always been one of the urgent problems. It is noted that the development of physical qualities is different in students of the same age and the same physical development and physical fitness. Therefore, physical development and physical fitness are different.

One of the urgent issues in the process of physical education is the creation of individual programs for the preparation of physical qualities in boys and girls, the development of a set of exercises, and the improvement of the physical readiness of students for the lesson. In recent years, the issues of physical training and physical development of young people in the educational system, as well as a number of problems related to the physical education of the population, have been theoretically studied by the leading scientists of the Republic of Uzbekistan on the side of prominent foreign pedagogues.

The issues of physical training and physical development of students in the educational system, as well as a number of problems related to the physical

education of the population, were discussed by the leading specialists of the Republic of Uzbekistan, prominent foreign pedagogues and many scientists (Y.V. Verkhoshansky 1988, L.P. Matveyev 1990, F.A. Keremov 1990, Sh.Kh. Khankeldiyev 1991, L.R. Ayrapetyans 1992, R. Salomov 1994, T.S. Usmonkhoyayev 1995 and others) were studied theoretically. In the following years, I. Aliyev and Z.B. Boltayev's examinations revealed that the height, weight, functional readiness, psychological development of students of the same age, and their movement capabilities are not the same.

Special indicators of physical development of pre-school and school-aged students indicated the uniqueness of wide popularization in physiology, anthropology, medicine and other disciplines. Therefore, in order to introduce an important principle in the system of physical education, ensuring the health of students, improving their physical development and physical fitness has been one of the most pressing problems.

For this reason, creating individual programs, developing a set of exercises, improving the physical fitness of students during the lesson is one of the urgent issues in the process of physical education. Therefore, the authors pointed out that these characteristics and standards, which are set only for high school students, are insufficiently adapted to the physical fitness of students. It is noted that the development of physical development and physical training. As a result, the physical development of schoolchildren in the program of general secondary schools, physical shortcomings and errors in the development of preparation, movement qualities are clearly visible. One of the important problems of physical education is to create new methods and forms of teaching movement activity. Teaching students movement skills and competencies mainly takes place in physical education classes. The physical education program of general secondary schools envisages the gradual assimilation of student's specific knowledge, skills and abilities.

Pupils should walk and run correctly. It is necessary to properly organize educational activities so that students like physical exercises and games. It is necessary to take into account the backwardness of the level of physical fitness of students and their different preparation the development of ways to apply theoretical foundations to practice. It is necessary to strictly take into account their gender difference when organizing and holding physical training activities for children. It is very important to regulate the exercises used in properly organize educational activities so that students like physical exercises physical education classes. Taking into account the individual capabilities of students in the organization of a multi-level approach in physical education classes, the use of complex activities gives high efficiency in the implementation of their comprehensive physical development and physical fitness during the educational process. In the physical education of high school students, it is necessary to implement the graded approach (regimen,

nutrition, correct selection of games and physical exercises, age, health status, physical development and readiness when choosing them).

LIST OF USED LITERATURE:

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