

Ways to Increase the Effectiveness of Physical Education Classes by Organizing Morning Hygiene Gymnastics Workouts

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ABSTRACT

The article highlights the methods of increasing the effectiveness of physical education classes by solving the tasks of the school program: morning hygienic Gymnastics (MHG), frequency of heart contractions (FHC), Organization of torches.

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In recent years, systematic work has been carried out in the country to improve the quality and effectiveness of the educational and educational system, to form modern knowledge and skills in students and students, to ensure close cooperation and integration between educational systems and the field of science, continuity and continuity of Education.

The decisions of the president of the Republic of Uzbekistan on measures for the further development of gymnastic Sports on December 22, 2022 are aimed at increasing the popularity of gymnastic sports among the population. In particular, it aims to ensure that our national teams achieve high results in prestigious competitions by increasing the popularity of gymnastic sports (sports gymnastics, rhythmic gymnastics, trampoline, acrobatics) among the population, improving the system of qualifying talented athletes from among young people, training professional athletes on the basis of international requirements and standards.

At the same time, the current state of the national education system requires consistent measures to modernize it based on the requirements of the time, educate young people as owners of high knowledge and enlightenment, physically and spiritually healthy people, increase the authority of the heads and pedagogical workers of educational institutions, create the necessary conditions for their effective functioning.

The “sports games” section of the general education schools physical education program included the study of elements of action games, sports games (basketball, volleyball, handball and football). In elementary grades, action games are taught, in Grades 5-7, action games and elements of the games listed above, and in grades 8-9, students are engaged in one or two of their types. A comprehensive program in physical education solves the tasks of strengthening health, conditioning, achieving high working capacity, educating a high level of volitional qualities, mental work and readiness for the protection of the motherland. Physical education is carried out in close connection with mental, moral, aesthetic and labor education. Action and sports games are of particular importance in solving these tasks.

The specificity of the program of the Department of sports games necessitates the rational use of their

content in the selection of tools. This leads to the fact that the lesson will be able to significantly increase the motor density and its efficiency. The universal character of the action of action and sports games leads to a large-scale education of physical qualities, the complex manifestation of which is seen in the character of Speed Force, dynamic strength, jumping endurance.

Sports games are considered such a link in which the knowledge, skills and abilities of conducting extracurricular forms of training, the skills of a guide and an arbitrator are formed, and the skills and abilities of movement are formed. The content and volume of time of the program for sports games are designed to be mastered by readers of the main methods of the game being studied, to apply them in the game. When mastering individual methods of the game, one can single out the most important aspects of the execution of the technique: the initial and final States of the method, the duration and suitability in the execution of its individual parts. By applying the frontal method of analogy exercises and organization when teaching skills, it is possible to achieve a high motor density of the lesson without reducing the level of movement training and physical loads. Teaching movement skills requires the teacher to explain the methods of teaching and the methods of organizing students in an evolutionary way, with high quality. They differ in that they are short and demonstrative, accompanying the word explanation with the execution of exercises. The application of action games when teaching elements of sports game techniques in small classes gives an opportunity to apply the game method of teaching. The introduction of action games and relays into the lesson comes in handy in improving game techniques and increasing physical loads.

The program recommends training in sports games in the open air. Classes give a good effect if they are held in a sports uniform at +14 C, in a sports suit at a lower temperature than this. Intensive play activity increases oxygen intake through tissues by about 10 times more than in a calm state. Therefore, outdoor activities make high demands on the methodology and organization of their conduct. This implies a high density of the lesson, a warning of injury.

The causes of injuries can be stony sand, faulty equipment, indiscipline of the engaged. The use of many balls and additional equipment in training creates the need to increase the demand for student discipline. When organizing each exercise, it is necessary to take into account that it does not collide with each other. For this purpose, the direction of movement of the groups or teams performing the exercises as a potok is determined by lines. Injury prevention is characterized by training falls in volleyball, football, hand ball. In theoretical classes, it is necessary to explain to students the reasons for the observance of strict adherence to the rules learned during the performance of exercises with a ball.

In the lessons of Physical Culture, the skills of independent training in schoolchildren are formed. At the beginning, this is a complex of exercises on the charging ball, then exercises for the development of physical qualities, improving the technical methods of the game. Students complete the assignment under the guidance of a teacher, while their improvement is in homework. Independent homework is planned according to the achievement of each student. The performance of homework is monitored by the teacher. Homework is one of the forms of the educational process, the systematic work of the teacher, the necessary function of every day. When solving the tasks of the school program, the principle of educational training is implemented. It will be necessary to strictly follow that health promotion and physical fitness are a mandatory duty of students.

**Recommended for students of different classes
the norm of the estimated time of "active rest"
(on account of hours)**

Forms of active rest	I-II	III-IV	V-VI	VII-VIII	IX
Outdoor recreation (action games and various entertainment activities)	3.30	4.00	3.30	3.00	2.30
Extracurricular activities (with the addition of Labor)	2.00	2.30	2.00	2.00	2.30
Total	5.30	6.30	5.30	5.00	5.00

Based on the results of the work experience of the Ministry of education of the people and educational

institutions, research carried out in our country, it was recommended that schoolchildren spend time outdoors as follows:

The daily movement activity of students begins with the fact that they perform the morning hygiene Gymnastics (MHG) session. We are interested in their knowledge of MHG exercises in the composition of the daily routine and the choice of physical loads that occur when performing them. Our sociological research, conducted with more than 700 schoolchildren in order to study it, showed that the theoretical training of students regarding the choice of physical loads, setting their norm is very shallow.

Below we gave an approximate schedule of the duration of classes for performing hygienic Gymnastics exercises, which we recommended for school-age people, the number of selected exercises, tests for school-age people for the norm of their repetitions, an approximate schedule of the norm of loads (Table 2).

In the “A” of the column for repeated execution of the exercises recorded in the table, the dosage for performing the students of our region is given, and in the “b” the number of recommended “repetitions” for students of the central regions of Russia is given.

Table 2 Normalizing morning hygienic Gymnastics exercises according to the age of the practitioner

Age	Duration of training, minutes	Number	
		Exercises	Repetition of each exercise
7-9	“a” 8-10 “b”	“a” 5-6 “b”	“a” 5-10 “b”
10-11	10-12	6-8	8-15
12-13	12-15	6-8	10-20
14-15	15-17	8-10	15-25
16-17	Up to 20 minutes	10-12	20-30

Morning hygienic Gymnastics should be exercises that gradually pull the body into its daily activities. By doing them selectively, the student should be given the convenience of quick adaptation to the school day. The fact that the selected set of exercises consists of complexes that do not create a large physical load without difficulty in execution, the benefits of performing them with the use of factors that give an invigorating effect - air, water, sunlight-are invaluable. The norm of loading during exercise only if the frequency of heart contractions after each exercise increases by at least 2-3 times, the benefit to the body from morning hygienic gymnastics can be expected. Below we recommended the EGG exercise complex for those of younger school age fig.

The practice of healthy lifestyle physical culture dictates the organization and conduct of the frequency of heart contractions (FHC) with counting after each exercise, not just at the beginning of training. Only then can an opinion be said about the norm of the load on the workout. The benefit of not melting from calculating the frequency of heart contractions during training is great. Attentiveness to him prevents the emergence of the concept that training is useless.

In conclusion, it can be said that the determination of students by the norm of daily, weekly, monthly movement activity is determined by calculating the frequency of cardiac contractions.

Physical loads through the frequency of heart contractions – 10 sec.by counting the shot in 6 is multiplied by. For example, 10 sec.at 15 times if the heart is shrinking, $15 \times 6 =$ per minute = 90 times is considered. If the frequency of heart contractions increases by at least 2 times after each attempt exercise, you have chosen the correct dose of your ciz exercise.

The maximum pulse should not exceed 150-160 beats per degree of heart contraction in EGG training of students, more than 5-10 beats in preschool age, and 10-20 beats less in adults. Based on the results of the studies we conducted and other, it has been proven that during hygienic gymnastics one can expect the necessary effect from training if the frequency of heart contractions is around 140 (± 10) per minute. The frequency of heart contractions after the cessation of the performance of the exercise complex (a minute later) is a decrease in the pulse by 100-120 units, and after about 8-15 minutes, depending on the state of your physical fitness, the frequency of heart contractions returning to its normal state is the norm.

It is desirable that every day, systematic morning hygienic gymnastics classes have a minimum of movement activity, which has become a habit of constant execution at any time of the year.

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