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THE IMPORTANCE OF PHYSICAL EDUCATION CLASSES FOR PRIMARY STUDENTS

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ABSTRACT

Physical education of elementary school students has its own characteristics due to their anatomical, physiological and psychological characteristics, as well as adaptation to new conditions. With the beginning of studies, the amount of mental work of children increases significantly, and their physical activity and ability to be outdoors is significantly limited. In this regard, proper physical education at primary school age is not only a necessary condition for the comprehensive development of the student’s personality, but also an effective factor in increasing his mental activity. Therefore, in terms of relevance, this topic should occupy a leading place in pedagogy.

KEYWORDS

Physical education, development, mental activity, physical culture.

INTRODUCTION

work on physical education at school is distinguished by various forms, which requires students to show organization, initiative, which contributes to the education of organizational skills, activity, resourcefulness.

Socially important results of physical education are students’ physical fitness and physical development, knowledge, tool and methodological skills, skills and habits necessary for physical self-education, healthy life formation of style, cultural direction of free time. These include physical and spiritual recovery,

METHODS

increasing the body's resistance to diseases, physical rehabilitation and rest. Physical culture in the life of society performs a number of different functions.

DISCUSSION AND RESULTS

we will dwell in more detail on the justification of the importance of each of them in improving the physical education of elementary school students. Physical education of schoolchildren is an integral part of the entire educational process organized on the basis of a modern educational institution. as an integral part of the whole pedagogical process, it is characterized by its close connection with the rest of the components of this process, its dependence on their condition, and the ability to have a beneficial (unfavorable) influence on others.

Physical culture is also the most important means of forming a person as a person. Physical exercises allow you to have a multifaceted effect on the mind, Will, moral appearance and character traits. Long-term practice shows that physical education affects development and moral qualities - confidence, determination, Will, ability to overcome obstacles, collectivism, sense of friendship. Mental, moral, aesthetic education and physical education, which is closely related to labor education, helps the comprehensive development of schoolchildren [7].

The function of development consists in improving all physical forces of people, including muscular and

nervous systems, mental processes: flexibility and harmony of the body, movement in space in extreme situations, ability to adapt to changing conditions [1].

The educational function of physical culture is aimed at strengthening endurance and strengthening human spirituality. Physical education should be inextricably linked with high moral aspirations. In this case, the strong will, determination and determination of the character serve the interests of society: in the fight against immorality, alcoholism, drug addiction, etc. consists of introducing; with different types of physical education. The function of health and hygiene is related to the fact that many people develop physical inactivity and reduce the body's resistance due to the lack of active activities in modern life conditions. It requires daily exercises, rhythmic gymnastics, physical education breaks at work for everyone [3].

Thus, for example, physical education is one of the directions of educational work and is closely related to other aspects of education: moral, intellectual, labor, aesthetic, etc. in the process of physical education, if it is properly organized, favorable conditions are created among students for training Will, courage, discipline, friendship and mutual support, organization, etc. physical training means, in appropriate pedagogical conditions, determination, courage, perseverance, honesty, conscientiousness, self-confidence and a number of other important personal characteristics are formed. The same characteristics are formed in the

process of intellectual, aesthetic, moral and labor education. This shows the close relationship between all aspects of education. Thus, during open games, the child learns leadership and obedience, criticizes not only peers, but also himself, discipline and self-control, and as a result, is morally educated. It is desirable to include the game in the physical education program in every lesson [2].

Thus, the following conditions and factors for the successful organization of children physical education can be distinguished: 1. To be able to analyze and evaluate the level of physical health and motor development of children. 2. Formation of physical education tasks for a certain period (for example, for the academic year) and determining the most important of them, taking into account the characteristics of each of the children [6]. 3. Organize the educational process in a certain system by choosing the most appropriate means, forms and methods of working in certain conditions. 4. Anticipate the difficulties in achieving the goals and design the desired level of the final result. 5. Compare the obtained results with the initial data and set tasks. 6. Self-esteem is a professional skill, its continuous improvement [4]

A direct connection was established between the level of children motor activity and their vocabulary, speech development, thinking. Under the influence of exercise, physical activity in the body increases the

synthesis of biologically active compounds that improve sleep, have a positive effect on the mood of children, and increase their mental and physical performance [5].

One of the tasks of the complex program of physical education of primary school students is to independently engage in physical exercises, to form the need for personal physical and moral improvement. Therefore, the second stage-motivation is a conscious pursuit of moral and physical perfection.

It is necessary to educate schoolchildren to learn the culture of movement by understanding the responsibility for their health and physical development. The formation of independent physical exercise skills begins with the organization of classes.

During the lesson, several methods of organizing students' motor activities are used, which are selected taking into account the tasks, children readiness, the availability of sports equipment and equipment. The used methods of organizing lessons should ensure high physical activity of students and the necessary load in the lesson. But at the same time, it is necessary to take into account the individual characteristics of the child's body [8].

The development of speed, dexterity, endurance qualities is closely related to the formation of motor skills in children. Performing physical exercises at different speeds with different complications for a

certain period of time will help their development. During the cold season, schoolchildren should spend at least 2-3 hours in the fresh air during play activities. It should also be remembered that the load in exercises should be regularly increased. If you do not follow these instructions, it may affect the health of your children. Regular exercises prevent and relieve psychoneurosis stress, improve emotional background, bring joy to children. Physical exercise from a young age lays a strong foundation of health for a child later in life.

CONCLUSION

To improve the health of children, the whole process of physical education should be improved. And to solve these problems, you need to involve the child. It's no secret that any activity is more successful if a person has strong, bright, deep motives, a desire to act actively, if he has full strength, if he overcomes inevitable difficulties, unfavorable conditions and other circumstances. gives an important and effective result. Physical education plays a big role in raising children. By the age of 7, the child knows how to perform basic physical exercises.

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