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## PHYSICAL EXAMINATION OF PRIMARY CLASS STUDENTS THE CONTENT AND ITS STRUCTURE OF SPORTS CIRCLES IN THE DEVELOPMENT OF EDUCATION

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### ABSTRACT

The third stage that determines the structure of sports clubs, the methods used in the process of conducting the clubs, the application of each exercise, the information related to determining the interrelation of the consistent actions of the participants and the coach in solving any pedagogical task.

### KEYWORDS

Sport, circle, coach, strength, quickness, flexibility, endurance, agile.

### INTRODUCTION

Relevance of the topic: Sports clubs often mean a specific set of physical exercises, which are offered to athletes, oriented to the type of sport. Based on this, the analysis of the circles shows that it is very important to achieve the intended result, the process of performing various activities of those engaged in planned exercises.

As soon as he hears the coach, he is consciously mastered, shown in perception; It is manifested in the planning of private actions and the organization of their self-evaluation, self-control, in the discussion of the problem with the coach and comrades.

All these multifaceted activities of the coach are the determiner and leader of the activities of the

participants, therefore, he is a significant part of the circles.

The result of the coach's management of the athletes' activities is the change in the physical and mental state of the athletes, their character and their ability to master the exercise technique and the knowledge they have acquired. These are another aspect of the content of sports training, performing physical exercises that lead to changes in internal processes.

Sports clubs are planned by the coach, but the coach cannot foresee all the elements of the conditions and situations that will arise during the cooperation with the athletes. Therefore, in the practice of work, the precision with which sports circles are designed and the content of which is found in the process of holding them is different. The coach should take this into account during the training sessions.

All elements of the structure and content of the circles should be designed by the coach during the course of the circles. The basis of the structure of circles is the biological law of the functioning of the organism, which determines its ability to work.

we are looking at it as a matter.

The purpose of the work is to determine the relationship between the third stage, which determines the structure of sports clubs, the methods used in the process of conducting clubs, and the

consistent actions of the coach in solving any pedagogical task.

Tasks of the work The third stage, which determines the structure of sports clubs, is to determine the methods used in the process of holding the clubs.

pedagogy is to determine the interrelationship of the consistent actions of the students and the coach in solving the task.

The methods used in the research were analysis of scientific methodological literature, pedagogical observation, questionnaire, pedagogical testing, anthropometry, pedagogical experience and mathematical statistics).

## RESEARCH ORGANIZATION AND DISCUSSION

There are four zones of work capacity: the zone of work capacity, the zone of pre-start status, the zone of entry into work, the zone of relative stabilization and the zone of temporary loss of work capacity.

Sports circle. process. logic. the following. requires:

- consistent participation of people engaged in knowledge activities;
- gradual achievement of the necessary level of physical work ability;

Regularly solve the tasks of education, health and upbringing intended for this training;

A successful supporter of sportsmen's future activities. of the organism. from work next. good condition.

These circles are required to be divided into three parts; The division of circles into three parts (preparatory, main and final) does not mean that it loses its integrity.

On the contrary, each part should be derived from the previous one and logically connected with the previous one in the future. The transition from the first part to another should be soft and imperceptible. Solving its individual task, each part should serve to achieve the final result of the circles as a whole as effectively as possible.

Therefore, the time allocated to certain parts and their specific content is extremely variable, because it depends on many factors: the specific situation of those engaged in this training, their qualities, the tasks of the circles, the specificity of the selected exercises, the work external conditions, etc.

After the training is divided into parts, the choice of physical exercises (including their sequence) that allows to solve the general tasks of its structure in the best way is related to certain phenomena arising from the need to determine the effect of the sequence of exercises.

The coach should strive to achieve the next element of the exercise for future success. For example, complex

coordinated. putting the study of exercises at the beginning of the main part of the circles. They can also be done against the background of exhaustion at the time of perfection, that is, at the end of the circles. The development of speed is effective even after the training has worked on endurance. It is inappropriate to assign a skill exercise that causes a negative transfer phenomenon to one exercise.

The third stage, which determines the structure of circles, is used in the process of conducting circles. the application of methods to each exercise consists in determining the interrelationship of the consistent actions of the trainees and the coach in solving any pedagogical task.

Here is the organization of groups, assigning them tasks, the procedure for changing training places, installing shells, distributing and collecting inventory, that is, performing auxiliary actions used for this training.

Physical exercises solve tasks related to the formation of movement, skills and abilities in athletes, help the development of the movement apparatus, improve blood circulation and metabolism, have a positive effect on breathing. The most important feature of the athlete's body is rapid height growth and quality changes in all body organs.

The structure of training is understood as an approximate goal-oriented process used in the

formation of separate circles. The training structure helps the coach to choose the exercises wisely, to place the material correctly and to determine the focus of the training.

The training process conditionally consists of 3 parts:

Preparation part.

The main part

The final part

Training in preparatory groups consists of 4 parts.

Part 1: Introduction. We actively prepare athletes for actions from the mental side. 5-10 minutes.

2. Preparation part 10-15.

3. Main 20-25.

Finish 8-10.

The preparatory part includes: first of all, preliminary organization of athletes. It consists of preparing clothes and equipment, conducting a brief briefing with the guards, lining up the athletes before going to the training ground. These organizational aspects ensure the success of the circles in many ways. Pedagogically, during the initial organization of the circles, various issues are resolved. To train athletes to line up, to accustom them to maintain the correct posture, to achieve accuracy in the execution of rules. By further improving the working ability of the

functional organism for the main activity that begins in the first part of the circles, the general physical fitness of the person is carried out and prepares the participants to master more complex movements.

With their help, all physical qualities such as strength and endurance, speed and elasticity of muscle contraction, coordination of movement and elegant performance are developed and improved, and the figure is formed correctly.

The level of influence of exercises should be applied through the following methods.

Control by increasing the number of repetitions, changing the speed of execution, changing the weight or the level of mutual resistance, changing the starting position or the method of execution.

In order for the coach of the sports club to be able to pass U.R.M., he must have the following special knowledge, skills and qualifications.

1. Mastering a large number of exercises by himself (showing, explaining in terms).

2. The ability to create a set of exercises according to the assigned tasks, etc. The quickly and accurately organized lesson will be of high quality and general. Therefore, the training of the coach should start from the time of the break. Where the coach lines up to the athletes, how he walks, attracts the athletes to discipline and organization of their sports work.

If the beginning of the circles is held in an organized manner, it ensures the success of the entire circles.

The task. Organizing athletes, explaining the task of the lesson, preparing the body for the main part of the circles.

Content. Line up elements, gymnastic line up, walk, addition

walking with hand movements, general developing and preparatory exercises, games on the elements of alignment.

The main part (20-25 minutes)

Task: acquisition of movement, skills and competences by athletes, strengthening of previous materials, education of physical qualities (agility, quickness, bravery, determination).

Content: general development exercises with and without objects, walking, running, jumping, crawling, jumping, hanging, balancing, acrobatic exercises, height-correcting exercises, games requiring alertness.

The main part should include the content of the program. This is achieved with the help of exercises that are easy to adjust, do not take much time to prepare and perform. Walking, jumping, URM are simple dance steps. During the performance of these actions, tasks of knowledge and education

(introduction, training and improvement) can be solved.

Among the tasks to be solved in the preparatory part of the circles, it should be considered that there should be a suitable relationship with the physiological factors and the content of the exercises one after the other.

For example: U.R.M. the complex is performed in the following order, following the principle of one after the other. Stretching exercises, squats, exercises for the body; jump; muscle relaxation exercises.

The preparatory part of sports circles should be related to the subsequent parts.

At the beginning of the training, the exercises selected according to the nature of the coordination mechanisms and physical stress should be in accordance with the characteristics of the main activity that will be started.

The direction and content of the pedagogical experience for primary school students and students of the same age who regularly participate in sports training were focused on determining the following methodological situation: a) the initial physical fitness of athletes was taken into account when planning materials and was organized on the basis of an individual approach to them. done; b) according to the results of the conducted pedagogical research, it became known that the set of national movement



games used in the experimental group had a positive effect on all the quality indicators of the athletes who participated in these groups. According to the data in the table, female athletes of the same age jumped 23.2 times, which showed a 20% improvement. 2 male athletes have jumped 22.5 times.

It jumped 5 times more than at the beginning of the year, which was 22 percent. It was seen that female athletes of the same age jumped 27.4 times more (Table 1).

Table 1

## Physical fitness indicators of students after the experiment

	Tests	Sex	n	Experience $\bar{x} \pm m$	Control $\bar{x} \pm m$	t	p
1.	Running from a high start to 30m .	O`	19	$5,7 \pm 0,09$	$6,3 \pm 0,05$	1,23	>0.05
		Q	13	$6,4 \pm 0,06$	$6,8 \pm 0,04$	1,02	>0.05
2.	Running maximally 3x10m	O`	19	$7,7 \pm 0,15$	$8,3 \pm 0,06$	1,23	>0.05
		Q	13	$7,9 \pm 0,16$	$9,0 \pm 0,07$	1,02	>0.05
3.	Jump rope (in 30seconds)	O`	19	$38,3 \pm 1,46$	$32,6 \pm 0,71$	1,38	>0.05
		Q	13	$45,5 \pm 1,19$	$39,2 \pm 0,84$	1,25	>0.05
4.	Jumping from the standing position.(sm)	O`	19	$143,4 \pm 0,72$	$137,3 \pm 0,77$	2,43	<0.05
		Q	13	$133,5 \pm 1,63$	$126,6 \pm 1,66$	2,04	>0.05
5.	Take aim (5 opportunity 8 m. Distance)	O`	19	$1,9 \pm 0,21$	$1,7 \pm 0,23$	3,39	<0.05
		Q	13	$1,8 \pm 0,28$	$1,6 \pm 0,28$	1,58	>0.05
6.	150gr. Throw a ball ( sm .)	O`	19	$26,7 \pm 0,51$	$22,5 \pm 0,34$	1,79	>0.05
		Q	13	$23,2 \pm 0,49$	$18,8 \pm 0,33$	0,94	>0.05

In the strength-speed (long jump from a standing position) test, 1-2 athletes were 3.2 cm in male athletes, and 3.6 cm in female athletes, the difference was 3 percent.

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#### We observed that it was

Hitting the target at a distance of 8 meters out of 5 opportunities. 1-4 athletes, when we check the opportunities of male and female athletes, as can be seen in the table, the athletes' hitting the target is 1.5, 1.6, 1.5, 1.6, 1, If it is equal to 7, 1.9, it can be seen that it is equal to 1.5, 1.6, 1.6, 1.8 in girls of athletes 1-4. These indicators showed that the level of the sportsmen's use of the Uzbek people's national movement games, which increase attention, is sufficient.

Throwing a tennis ball weighing 150 gr. 1-2 male athletes 1.3 meters, female athletes 2.8 meters, 3-4

male athletes 3.5 meters, female athletes of the same age 2, It was 5 cm.

As can be seen from the tables, the results of male athletes in throwing a 150-gram tennis ball are much different than female athletes, because male athletes are higher in terms of strength development than female athletes.

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