



Journal Website:
<https://theusajournals.com/index.php/ijp>

Copyright: Original content from this work may be used under the terms of the creative commons attributes 4.0 licence.

METHODOLOGICAL FEATURES OF TEACHING HIGH SCHOOL STUDENTS TO PRACTICE ATHLETICS

Submission Date: May 14, 2023, **Accepted Date:** May 19, 2023,

Published Date: May 24, 2023

Crossref doi: <https://doi.org/10.37547/ijp/Volume03Issue05-15>

Muxamedov Axmad Muxamedovich

Docent Of The Department “Physical Culture And Sports Activities” Of Tashkent Financial Institute, Uzbekistan

ABSTRACT

Among the mandatory means of physical education for upperclassmen, their exercises in athletics play a special role in aloofness. These are short-distance running Ham, agility-strength training as well (jumps to the pbalandlik and length, throwing grenades and from the place, standing with a side toomn and throwing a core). Improving the running technique will continue. Students master the technique of sharp turns, relay runs, continue to improve the passage of horizontal and vertical obstacles. This article covers the methodology of teaching upperclassmen how to properly apply elements of athletics.

KEYWORDS

Upperclassmen, athletics, running, jumping, jerking, grenade, speed, methodology.

INTRODUCTION

The program also contains materials for the development of speed-strength qualities, speed endurance.

At the end of the program, 10th graders must be prepared to fulfill the following requirements:

- correct running on turns and relay at maximum speed;
- hitting a grenade at a target size of 4 x 4 m (boys- from a distance of no less than 20 meters, girls-12 m);

- cross natural obstacles using the technique learned to run and jump;
- to be ready to perform Athletics performance according to the requirements of the program.

In the 11th grade, students are given theoretical knowledge of the rules for training in athletics with a team of comrades and in the tactics of running in competitions. The recovery of the technique of long jump and high jump with speed is continued. Jumping is learned to throw the core. The program also includes

materials for developing the qualities of speed-strength, agility and endurance.

Run

Running along the turn. Before starting to learn the technique of running along the turn, it is necessary to repeat the materials of the previous class programs associated with mastering the technique of running. It is necessary to pay the attention of students to the difference in running techniques in turns from straight running. The main difference is that when running in turns, the torso leans left-forward, the arms work asymmetrically - the right hand works in a plane almost perpendicular to the direction of running. The left leg is placed on the ground with the outside, while the right leg is placed with the tip turned to the left and placed on the inside of the leg.

When running along turns, the following errors may occur: insufficient deflection of the right arm elbow, incorrect placement and twisting of the legs. The fact that the torso does not bend is the biggest mistake. Instead of bending the whole body, the pupils only bend their heads or bend the torso back. These errors can be corrected by repeating exercises, reducing the speed of running, distance, increasing the radius of the turn.

Finish in running different distances. Coming to the finish refers to the fact that the runner finishes running the distance, a condition that is understood as the situation in which he touches the imaginary plane of the finish with some part of the body, in addition to the head, neck, arms and legs. The most effective way to finish is to bend the torso forward in the last step when completing short-distance running, or to lean forward by turning the shoulder towards the finish plane.

Learning to cross the Finish line begins with exercises to perform throw movements to the finish, first standing in place and then walking.

These moves can be switched to learning to cross the finish in running once they are first mastered. The running speed is gradually increased.

When teaching to finish, it is necessary to achieve that students can run the last part of the distance given from each wing and, at the same time, cross the finish line without lowering the speed (it is necessary to observe that they do not stop sharply before the finish, do not jump through the finish).

Relay race. In the initial-stage, the material passed in the middle class is repeated. First it is learned to transfer the relay while standing in place. The pupils are arranged in several rows. After transmission in one direction each row is turned and relay transmission is carried out in the other direction. After that, while walking and running slowly, the relay switch to the transmission. The task consists in introducing students to the methods of transmitting the existing relay rod "from above" and "from below", from one hand to another and without taking it. Adopting a relay rod at maximum running speed is the most difficult of the relay transmission techniques.

In order to master this technique, it is necessary to learn the relay on the sidewalks, where the relay transmission zones are marked according to the rules.

The following errors can be made when transmitting the relay:

- incorrect grip when passing the relay stick without taking it from one hand to the other - grab it from the middle;
- take the relay and lower the hand of the recipient before the time;

- start running ahead of the time of the recipient by receiving the relay;
- slow down the speed of running before the time of the Switch;
- the untimely nature of the transmitter's command to receive the relay Rod.

All errors are lost in mitigated conditions - depending on the teacher's account and with the transfer of the relay in situations of similar running speed slowness.

Throw

Throwing the grenade at the target and far away. In the senior class, you will begin to learn the technique of throwing a grenade. All grenades for boys - 700 g, for girls - 500 g. Learning begins by showing and explaining how to catch a grenade. After that, get out of place, take three steps and proceed to irradiate the grenade with full speed. During ironing, there should be no stopping in the initial state of readiness for movement. When throwing, the grenade is carried over the right shoulder.

The methodology for studying the ironing of a grenade into a target will be useful to irradiate projectiles of different weights - rubber rods, grenades of different weights, etc., as in the case of ironing a ball. All this contributes to the development of the sensation of fine muscles, which is necessary to increase the accuracy of movements.

Further improvement in the qualification of throwing projectiles of various weights, including grenades, far away, is carried out at the expense of numerous repetitions of throwing exercises with a small and full speed, standing out from the place. The fact that the shoulder girdle has developed, mastering the movement of "shaking" the hand, has a great influence on throwing away. For these purposes,

exercises for ironing internally filled balls from different positions will be useful: correctly looking in the direction of ironing, standing with the side and standing with the back. The strokes are performed with one hand, with two supports, from the bottom, sideways and the like.

Jumps

Running high jump. Special attention should be paid to the last steps, pushing and passing over the plank. In order to increase the height of the jump and, therefore, to increase the height of the jump, it is necessary to increase the length and speed of the speed acquisition distance for a while. To improve the technique of pushing, it is necessary to regularly carry out jumps with the right speed. During training, it is necessary to train students to push with the right and left legs, to jump from various complex positions. For jumps for these purposes, the position of the Struts is changed, the angle of speed acquisition is changed, and so on.

Speed taking long jump. The focus is on speed gain, pushing and jumping techniques. The speed acquisition distance is increased to 20-24 meters in length. in each session, it is necessary to pay attention to improving the accuracy of exceeding the plank.

For the purposes of speed acquisition improvement, it is used in classes in the form of control lines. Such lines are passed eight steps from the place of pushing. To increase thrust, it will be useful to use athletics hurdles (barers) 40-60 cm high for girls and 80-100 cm high for boys. Fences (barbers) are installed at a distance of 180-280 cm from the place of pushing. ropes and the like can be used instead of fences (barbers).

From vertical and horizontal beams. The methods of crossing obstacles were mastered by students in the

previous grade. At the beginning of training, the height and width of the fences are slightly reduced. It is necessary to learn how to go through separate obstacles, then move on to exceed the total pool of obstacles. In the first sessions, the speed should be lower, the speed should be increased as soon as the technique is mastered. It is necessary to use various obstacles.

Development of mobility qualities (7 class)

During the mastering of athletics materials, students develop speed-strength qualities, endurance, speed and speed endurance. Short to increase the speed of movements - 20, 40, 60, 80, 100 meter distance running is used. Short distance running exercises use multiple repetition paths-8 x 20 m; 5 x 40; 4 x 80; 2 x 100, and so on. The rest time between repetitions should last from 30 seconds to 2 minutes. In addition to getting started from different situations, special running exercises: alternating running; running with legs raised high; jumping running and similar exercises are used. For the development of speed, ironing Light projectiles - tennis balls, light grenades, cores weighing 1-2 kg and the like- is also used.

The development of endurance is carried out using cross - country running in girls to 500 meters, in boys - to 1000 meters; girls - to 6-8 minutes, boys-to 8-10 minutes.

To develop speed-strength qualities, in place on one and two legs, moving jumps, races on one leg, over a rope, jumping from low obstacles, taking speed to the length and high jump, hammock, throwing grenades, core throwing exercises are used. These exercises are carried out in series up to 10-20 times.

To increase speed-strength endurance, repeated runs, multiple jumps in the 100, 200, 400 meters are used.

Depending on the function and content of the lesson, these exercises can be included in different parts of the lesson. For example, slow running can be included in the introduction to the lesson. The main part of the running of replays in the 100 and 200 meters will be included in the finish. Special running exercises can be used to improve the technique of running in turns and jumping long with speed.

REFERENCES

1. Шерматов Ф.Қ. (2021) DYNAMICS OF PHYSICAL DEVELOPMENT OF STUDENTS WITH ONE AND TWO TIME COMPULSORY LESSONS, World Economics & Finance Bulletin (WEFB) <https://www.scholarexpress.net/>
2. Мухамметов, А.М. (2022). Научно-методические основы нормирования нагрузок в физкультурно-спортивном здравоохранении. Евразийский научный вестник, 8, 194-197.
3. Мухаметов, А. М. (2022). СПЕЦИАЛЬНЫЕ ЗНАНИЯ ПЕДАГОГА И ИХ МЕСТО В ФИЗИЧЕСКОМ ВОСПИТАНИИ ДЕТЕЙ. IJTIMOIY FANLARDA INNOVASIYA ONLAYN ILMIY JURNALI, 2(5), 1-4.
4. Ahmad, M. (2022). Health Orientation as An Important Principle of the System of Physical Education. Eurasian Scientific Herald, 6, 84-87.
5. Mukhammetov, A. M. (2022). Scientific and Methodical Basis of Normalization of Loads in Physical Education and Public Sports Health Care. Eurasian Scientific Herald, 8, 194-197.
6. Mukhametovich, M. A. (2022). Scientific and Methodical Basis of Management of Loads in Physical Education and Public Sports Health. Texas Journal of Multidisciplinary Studies, 6, 321-324.

7. Ахмад, М. (2022). НОРМАТИВНАЯ НАГРУЗКА В ФИЗКУЛЬТУРНОЙ И ОБЩЕСТВЕННОЙ СПОРТИВНО-ОЗДОРОВИТЕЛЬНОЙ ДЕЯТЕЛЬНОСТИ. Emergent: Journal of Educational Discovery and Lifelong Learning (EJEDL), 3 (2), 45-49.
8. Мухаметов, А.М. (2022). Научно-методические основы организации физкультурно-массовой физкультурно-оздоровительной подготовки в высших учебных заведениях. ЕВРОПЕЙСКИЙ ЖУРНАЛ БИЗНЕС-СТАРТАПОВ И ОТКРЫТОГО ОБЩЕСТВА, 2 (2), 14-17.
9. ATAXANOV, R. (2021). FARGONA VODIYSI QORAKALPOGLARY ZAMONAVIY KIYIMLARIDAGI ANANAVIY ZHIHATLAR. www.fdu.uz.
10. ATAXANOV, R. (2022). Chorvador khalqlar ananaviy moddiy madaniyatining airim zhihatlari (Fargona vodiysi korakalpoqlarining ananaviy taomlariga oid materiallarr tahlili).
11. Atakhanov, R. S. (2021). Karakalpak of the fergana valley: migration and integration processes. ACADEMICIA: An International Multidisciplinary Research Journal, 11(5), 586-596.
12. Sotvoldievich, A. R. (2021). Farg'ona vodiysi qoraqalpoqlarida oilaga oid an'ana va marosimlar: An'ana va zamonaviylik. Web of Scientist: Xalqaro ilmiy tadqiqot jurnali, 2 (05), 747-755.
13. Атаханов, Р. С., & Ахунов, М. А. (2023). КАРАКАЛПАКЫ ФЕРГАНЫ: В ПРОШЛОМ И НАСТОЯЩЕМ (анализ полевых исследований). Journal of new century innovations, 12(1), 82-90.
14. Sotvoldiyevich, A. R. (2021). Dafn marosimi bilan bog'liq oilaviy marosimlar (Farg'ona vodiysi qoraqalpoqlari misolida). Berlin tadqiqotlari Transmilliy fan va gumanitar fanlar jurnali, 1 (1,5 Pedagogika fanlari).
15. Атаханов, Р. С. (2023, March). ФАРФОНА ВОДИЙСИ ПОЛИЭТНИК ТАРКИБИНИНГ ШАКЛЛАНИШИДА МИГРАЦИЯ ЖАРАЁНЛАРИНИНГ ТАЪСИРИ. In Proceedings of International Educators Conference (Vol. 2, No. 3, pp. 27-31).
16. Атаханов, Р. С. (2023, March). ТРАДИЦИОННОЕ ХОЗЯЙСТВО КАРАКАЛПАКОВ ФЕРГАНСКОЙ ДОЛИНЫ. In Proceedings of International Conference on Modern Science and Scientific Studies (Vol. 2, No. 3, pp. 105-109).
17. ATAXANOV, R. (2023). FARGONA VODIYSI POLIETNIK TARKIBINING SHAKLLANISHIDA MIGRATION ZHARAYONLARINING TASIRI.
18. Атаханов, Р. (2022). МАТЕРИАЛЫ К ИССЛЕДОВАНИЮ ПОХОРОННО-ПОМИНАЛЬНОЙ ОБРЯДНОСТИ КАРАКАЛПАКОВ ФЕРГАНЫ: ТРАДИЦИИ И ИННОВАЦИИ (НА ОСНОВЕ ПОЛЕВЫХ ИССЛЕДОВАНИЙ). Вестник Ошского государственного педагогического университета имени А. Мырсабекова, 2(2), 24-31.
19. ATAXANOV, R. (2022). QORAQALPOQ FARG'ONASI DANOS VA JANOS MARASYONLARINI O'RGANISH UCHUN MATERIALLAR: urf-odatlar va yangilanishlar (DALA TADQIQOTLARI ASOSIDA). O'sh davlat pedagogika universiteti . <https://doi.org/https://doi.org/10.56122/..v2i2.18>
20. Sotvoldievich, A. R. (2022). TRADITIONAL FISHING ACTIVITIES OF KARAKALPAKS IN FERGANA VALLEY (Field Ethnographic Data Analysis). Spectrum Journal of Innovation, Reforms and Development, 3, 246-249.

21. Nafasova, D. (2022). TABIIY RESURSLARNI BOSHQARISH, EKOLOGIYA VA ATROF-MUHIT MUHOFAZASI. Scientific progress, 3(3), 739-744.
22. Турсунов, Х., & Алибаев, М. А. (2020). Важность обеспечения безопасности наземных транспортных средств. Life Sciences and Agriculture, (3-2), 33-36.
23. Hamdam, T. (2022). Theoretical and Methodological Aspects of Community Supervision Instituting. American Journal of Economics and Business Management, 5(9), 80-85.
24. Tursunov, X. T., & Rahimova, T. U. (2006). Ekologiya.
25. Турсунов, Х., & Алибаев, М. А. (2020). REQUIREMENTS TO ENSURE THE SAFETY OF GROUND VEHICLES. Life Sciences and Agriculture, (3-2), 33-36.
26. Турсунов, Х. КОРХОНАЛАРДА МЕХНАТНИ МУХОФАЗА КИЛИШНИ АСОСИЙ ЧОРА-ТАДБИРЛАРИ ВА УНИ ТАШКИЛ ЭТИШДА КАСАБА УЮШМАЛАРИНИНГ РОЛИ. Хорijiy hamkorlar ishtirokida o 'tkazilgan Respublika ilmiy-amaliy anjumani to'plamining TAHRIR XAY'HATI, 607.
27. Habibullaevna, K. C. ., & Hamdam, T. . (2023). Training of the Population in the Field of Civil Defense and Protection against Emergencies. Best Journal of Innovation in Science, Research and Development, 2(3), 17-20.
28. Abdurashid, A. (2023). SANOAT KORXONALARIDA YUK KO'TARISH MASHINALARINI ISHLATISH TARTIBI VA XAVFSIZ ISHLATISH BO'YICHA CHORA-TADBIRLAR ISHLAB CHIQISH. Journal of new century innovations, 24(3), 46-50.
29. Abdurashid, A., & qizi Xushvaqtova, V. A. (2023). ISH JOYLARIDAGI JAROHATLANISHLARNI OLDINI OLISH BO'YICHA XALQARO TAJRIBALAR TAHLILI. Journal of new century innovations, 23(3), 173-176.
30. Abduraxmonov, A. A., & Dadabayeva, N. A. (2021). O'TA XAVFLI YUQUMLI KASALLIKLAR VA ULARNING TARQALISHINI OLDINI OLISH CHORA TADBIRLARI. Academic research in educational sciences, 2(3), 340-351.
31. Atakhanovich, Abdurakhmonov A., and Dadaboeva N. Abdurazakovna. "Origin And Protection Of Epidemiological And Episootic Diseases." JournalNX, 2021, pp. 744-751.
32. Abdurakhmonov, A. A., & Dadabayeva, N. A. PREVENT SERIOUS INFECTIOUS DISEASES AND THEIR SPREAD PRECAUTIONARY MEASURES.
33. Abdurashid, A. (2023). Energetik innovatsion poligon tashkil etish. Journal of new century innovations, 20(1), 169-177.
34. Abdurashid, A. (2023). Qayta tiklanuvchi energetika manbai. Journal of new century innovations, 20(1), 178-186.
35. Абдурахмонов А. А., Дадабаева Н. А. ЗАМОНАВИЙ РАҚАМЛИ ТЕХНОЛОГИЯЛАРНИНГ ҚЎЛЛАНИЛИШ СОҲАЛАРИ ВА ЮТУҚЛАРИ //Academic research in educational sciences. – 2021. – Т. 2(3). – С. 178-186.
36. Abdurakhmanov, A., & Usmonov, U. (2023, January). THE PROBLEMS OF AUTOMOBILE ENTERPRISE STUDYING MUD SWEATS AND STORING THEM IN A LAND. In Proceedings of International Conference on Scientific Research in Natural and Social Sciences (Vol. 2, No. 1, pp. 105-108).