

Determination of physical development of primary school students through national movement games

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Abstract: This article highlights the methodology for the development of physical qualities in primary school students with the help of national outdoor games.

Key words: Physical development, indicators, analysis, replacement, mental, children.

Nowadays, in the era of technological advancement, student's demand for the action by students is not so great. Senior and junior schoolchildren spend a lot of time watching TV, playing computer games, doing manual labor tasks, and so on. Therefore, a decrease in motor activity in children leads to hypodynamics.

In order to bring up a healthy and harmoniously developed generation, it is necessary to develop physical culture and sports at a high scientific and technical level.

Raising children in the spirit of community, hard work and a sense of duty to the community is one of the most important issues of today. First day a child goes to school, and it is necessary to cultivate him with love to the work, cohesiveness, perseverance and the ability to finish the work he has started. To do this, it is necessary to use all means of education, including children's favorite movement games.

The movement associated with national movement games, physical labor is a vital necessity for man, especially in childhood and adolescence. Without them, the child's creative activity and ability to work may decline. Restricting or disrupting movement has its negative effects at every stage of life.

It has become clear that a lot of effort is required for a growing organism in childhood, so it is important to focus on national movement games that enhance movement.

The results of experiments conducted among primary schoolchildren are conducted using a variety of methods to study the relationship between different quantitative and qualitative characteristics. The implementation of such a task has been studied through a variety of traditional methods.

It is effective to draw conclusions from the results of experiments conducted using traditional methods, to add clarity. so we use mathematical-statistical and other methods in performing the task. We denote the number of experimental results among primary school students by "N". We denote the physical indicators by "X" and the age of the students by "Y". If there is such a relationship between a random quantity X and Y, then each value of the quantity X corresponds to a definite distribution of the quantity Y that changes legally with the change of X, such a relationship between X and Y is called a statistical or correlation relationship.

Physical development indicators and its analysis.

Reasonable replacement of mental and physical load is of great importance for the full development of children. It is advisable to use them extensively in the planning of physical education activities on the agenda.

One of them is to pay great attention to the development of the child's physical qualities from an early age. The physical development of primary school students is determined by anthropometric indicators.

1. The table shows that the body length of boys in the experimental group was 120.4 cm for 8-year-old boys and 119.8 cm for girls. ni, 9-year-old boys 124.7 cm and girls 123.5 cm. ni; The body

length in 10-year-old boys is 128.4 cm, in girls - 126.6 cm.

If we look at the weight of boys, it is 19.6 kg in 8-year-old boys and 18.2 kg in girls, while it is 23.8 kg in 9-year-old boys and 22.9 kg in girls. can be seen.

The 10-year-old boys weighed 26.7 kg and the girls 26.9 kg.

Table 1

Pre-experimental physical development indicators of 8-10 year old students

№	Tests	Age	Sex	n	Experiment	Control	t	P
					$\bar{X} \pm m$	$\bar{X} \pm m$		
1	Body length (cm)	8 years old	Boys	40	121,7 +0,41	120,4+0,59	0,04	>0,05
			Girls	30	120,6+0,48	119,3+0,36	0,44	>0,05
2	Weight (kg)	8 years old	Boys	40	20,4+0,25	20,9+0,44	0,60	>0,05
			Girls	30	19,4+0,28	19,8+0,34	0,28	>0,05
1	Body length (cm)	9 years old	Boys	40	125,8 +0,36	128,4+0,36	0,69	>0,05
			Girls	40	124,5+0,40	123,7+0,48	1,26	<0,05
2	Weight (kg)	9 years old	Boys	40	23,8+0,27	22,6+0,39	0,69	>0,05
			Girls	40	23,9+0,26	22,8+0,41	1,76	<0,05
1	Body length (cm)	10 years old	Boys	40	129,4 +0,40	128,3+0,75	0,58	>0,05
			Girls	30	12,6+0,39	126,6+0,47	0,94	>0,05
2	Weight (kg)	10 years old	Boys	40	27,5+0,26	22,6+0,41	2,04	<0,05
			Girls	30	27,7+0,56	25,8+0,69	1,87	<0,05

The results show that the gap between boys and girls is not large enough.

Taking into account the above, a pedagogical experiment was conducted. The results of pedagogical experience showed that due to the effective use of national folk games, the level of physical development and physical fitness of boys and girls has increased.

Following the experiment, the following data were obtained on anthropometric indicators (body length, lung capacity, weight, strength of right and left paws) of boys and girls aged 8-10 years.

The right choice of national movement games made the training based on it fun. Increased the level of physical development and fitness of students. At the same time, the health of boys and girls in the experimental group increased and the incidence rate decreased. From this it can be concluded that more and more effective use of folk national games also affects the health of students, their widespread introduction will greatly contribute to the development of physical culture.

With the various pedagogical conditions organized in the groups of experimental schools, good results were achieved in improving the system of physical education of students, and it was confirmed that it is expedient to organize the following as a whole.

1. The treadmill is 60 x 2.5 m

2. National action games exercise training areas.

3. A room 15 x 20 m equipped with small sports equipment (for example, the equipment needed to hold the Uzbek national games: duppi, rope, belt, and others).

4. Freely organized sports ground.

5. Sand pit for jumping - 3x 5 m.

The use of such ways and methods allows students to gain a deeper understanding of the essence of national movement games in physical education, to learn them with interest.

In the organization of classes in the physical education of primary school students through national games, it is clear that there is a need to increase scientifically proven information on the development of physical qualities of students. Moreover, at a time of independence and the fact that our government pays great attention to physical culture - the role of national values in the lives of not only young people, but all people in our country is growing.

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