

IMPROVING THE HEALTH OF SCHOOL CHILDREN THROUGH THE UZBEK NATIONAL STRUGGLE

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Abstract: In this article, suggestions and recommendations are given regarding the scientific theoretical and practical basis of improving the health of general secondary school students by means of Uzbek national wrestling, problems and solutions, prospects of further development of wrestling.

Basic words: will, fortitude, tradition, mechanism, technical, tactical, technology, quality, calendar, great, ancestor, heritage, value.

Annotation: In this article, suggestions and recommendations are given regarding the scientific theoretical and practical basis of improving the health of general secondary school students by means of Uzbek national wrestling, problems and solutions, prospects of further development of wrestling.

Today, popularization of physical education and sports is considered one of the important directions of social policy of the world community. The role of sports is incomparable in raising a person to be physically healthy, mentally mature, strong, strong-willed, and tenacious.

There are national sports that reflect the customs, national traditions, and social origin of every nation in the world. National sports are used as the most effective tool in raising the growing young generation to be physically healthy and mentally mature. In the physical education system of general secondary schools of the Republic of Uzbekistan, Uzbek national wrestling is one of the important factors of improving the health of young students and educating them in all aspects.

Creative and intellectual potential of the young generation in our republic increasing and realizing, forming a healthy lifestyle among children and young people, involving them in physical education and sports is of great importance. It is appropriate to pay special attention to the creation of organizational foundations for the effective use of national sports equipment for the health of schoolchildren in educational institutions¹.

The education system is considered as the main driving force of the country's development and an important factor of sustainable development. Currently, according to the medical-demographic characteristics of the population of Uzbekistan, the health level of students is considered one of the important social indicators.

Law of the Republic of Uzbekistan No. ORQ-394 "On Physical Education and Sports" dated September 4, 2015, Law No. PF-60 of the President of the Republic of Uzbekistan dated January 28, 2022 "Applicable to 2022-2026 Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On the development strategy of the new Uzbekistan" dated October 2, 2017 No. PQ-330 "On measures to further develop the national sport of wrestling" No. 893 of November 7, 2017 on the

¹ O'zbekiston Respublikasi Prezidentining "2017-2021 yillarda O'zbekistonni rivojlantirish bo'yicha Harakatlar strategiyasi to'g'risida" gi PF-4947-sonli Farmoni //O'zbekiston Respublikasi Qonun hujjatlari to'plami. –T., 2017. -b 39.

program of comprehensive measures for the further development and popularization of the national sport "Wrestling", the Decree of the President of the Republic of Uzbekistan dated October 30, 2020 "Wide implementation of a healthy lifestyle" Decree No. PF-6099 of the Cabinet of Ministers of the Republic of Uzbekistan dated April 28, 2021 "On measures for the development of mass sports" 253 and other regulatory legal documents related to this activity, it is important to implement the defined tasks of maintaining and strengthening the health of the population, all-round education and health of students and youth is a task.

The purpose of the study: The benefits of improving the health of schoolchildren through the means of Uzbek national struggle.

Research results and their discussion.

An individual approach to the physical education of young people should become the main direction of the pedagogical system of healthy physical education².

Uzbek national wrestling is important in maintaining and strengthening a healthy lifestyle and health of students and youth, and occupies an important place in the educational process. The existence of a unique system of physical exercises as a health-improving means of wrestling creates an opportunity for a person to improve not only physically, but also spiritually and morally. To develop the student's personal health through struggle is not only a system of general decisions, but knowledge about health and its strengthening is a special mechanism of self-education.

Special physical exercises and methods of their application, the versatility of national wrestling types, develop and heal the main functions of the body when carried out appropriately, serve as a mass means of physical education in our country, bring the young generation to maturity Scientific research has been conducted on the importance of wrestling³.

For example, A.Q.Atoev emphasized that national sports are not unique elements of the national culture of each nation, but an important means of solving the current tasks of the physical education movement⁴.

The scientific research works of many scientists on the Uzbek national struggle, including the preparation of several scientific-methodical, educational guides and textbooks; planning the training process of wrestlers, physical, psychological, technical, tactical preparation, teaching wrestling methods, sorting into wrestling divisions, organizing and conducting competitions, forming young wrestlers into basic elements, and conducting training sessions at sports schools, dedicated to the organization and conduct of wrestling classes in higher educational institutions.

In the calendar-subject plan for the 2022/2023 academic year for the subject of physical education of general secondary schools, the total is 476 hours in the section of grades 5-9, 40 hours are allocated to wrestling classes: the plan includes Uzbek wrestling history, stages of development, attention to wrestling in our country, development and development of wrestling in the world, body care rules, action games in wrestling, special exercises, formation of physical qualities necessary for a wrestler, improving physical fitness exercises, technique training, defense and countermeasure techniques, safety rules, neck holds, fall prevention methods, soft falls backwards and sideways; the topics of standing, performing exercises of sliding situations, methods of defense techniques are included⁵.

² Koshbaxtieva I.A., Kerimov F.A., Axtamov M.S. Valeologiya asoslari. Darslik.-Toshkent, 2005.-227 b.

³ Shukurov R.S. Talabalarda turon yakkakurashi vositasida sog'lom turmush madaniyatini rivojlantirish: Avtoref.dis. .p.f.f.d (PhD).-B.: 2022.

⁴ A.K.Atoev. O'quvchi yoshlarni o'zbek kurashiga o'rgatish usuliyoti. Uslubiy qo'llanma.-Toshkent, 2005.- 34 b.

⁵ O'zbekiston Respublikasi Prezidentining 2020 yil 4 noyabrdagi "Kurash milliy sport turini rivojlantirish va uning xalqaro nufuzini yanada oshirish chora-tadbirlari to'g'risida"gi PQ-4881-son qarori. <https://lex.uz/docs/>

Today, the globalization taking place in the world space leads to the wide development of technologies aimed at protecting the environment and the health of students and young people. It shows the physical and mental health of students and the quality of the education and upbringing process in the process of general secondary education.

Based on observations, studies, and experience, it is necessary to increase the number of hours of physical education classes in general secondary schools and the number of hours allocated to wrestling classes. At the 36th General Assembly of the Olympic Council of Asia held on September 20, 2017, for the first time in history, wrestling was included as a separate sport in the program of the XVIII Summer Asian Games held in Indonesia in 2018, and in 2022 - in China, in 2026 - in Japan. Its inclusion in the programs of the next summer Asian Games, the popularization of wrestling, its transformation into a masterpiece of world sports and its inclusion in the program of the International Olympic Games have been brought out as a priority of state policy today. Because the attractiveness of Uzbek national wrestling, it refreshes a person spiritually, strengthens his health, and serves as an important tool for improving the health of students and young people in particular.

It is important to take into account the following when solving the issues of popularization, further development of Uzbek national wrestling among students and youth, and health promotion through the means of wrestling:

- formation of necessary material and technical base and infrastructure for fighting;
- regular organization of activities of wrestling extracurricular sports clubs at school;
- organization and holding of high-level sports competitions and events on wrestling among students;
- holding meetings, roundtable discussions, seminars-trainings with the participation of winners and prize-winners of republican, Asian and international sports competitions, wrestling veterans, leading specialists, scientists;
- To increase the number of hours allocated to wrestling classes in school physical education and to increase the efficiency of classes, to introduce modern educational methods of teaching and learning in classes, and to pay serious attention to the quality of education.

Today, physical education is 476 hours in the section of 5-11 grades of general secondary schools. The hours allocated to wrestling lessons are shown (table 1).

1-table

№	Classes	Yearly	I quater		II quater		III quater			IV quater	
			IX	X	XI	XII	I	II	III	IV	V
1	5	4						4			
2	6	6						6			
3	7	8						7	1		
4	8	6						6			
5	9	6						6			
6	10	6					2	4			
7	11	4						4			
TOTAL		40					2	37	1		

Table 1 shows that wrestling lessons make up 8.4% of school physical education. Are the allotted hours enough to help students develop their knowledge and skills in wrestling, to further increase their

interest in wrestling, to strengthen their health through the means of wrestling, and to provide them with comprehensive education and health?

To make this issue more clear, let's look at the percentage of classes: 5.8% in classes 5, 11, 8.8% in classes 6, 8, 9, 10, and 11.7% in class 7. These data were summarized and displayed in the form of a diagram (see Figure 1).

1-picture

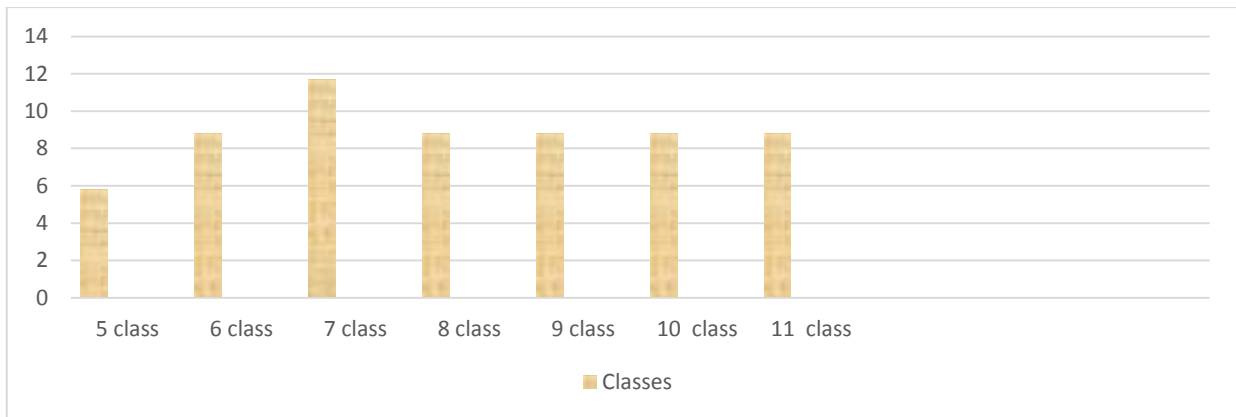


Figure 1. Diagram of teaching hours allocated to wrestling classes in general secondary schools in the academic year 2022/2023.

According to foreign experience, studied literature, the sports that are included in the current program of the Olympic Games are considered to be the national sport of a country, and it is important that they are developed, popularized, and taught as a science in educational institutions in that country. focused.

Popularization and development of physical education and sports, especially national sports, has risen to the level of state policy and has become a priority in our country. Therefore, today, in educational institutions, including general secondary schools, the science of physical education, including wrestling classes, needs to be organized at a higher level, the number of allocated hours needs to be increased, and it needs to be revised.

It is important to make changes to the substantive and structural parts of the calendar-subject plans for wrestling lessons in general secondary schools.

In general secondary schools, we offer the procedure shown in the section of classes (Table 2).

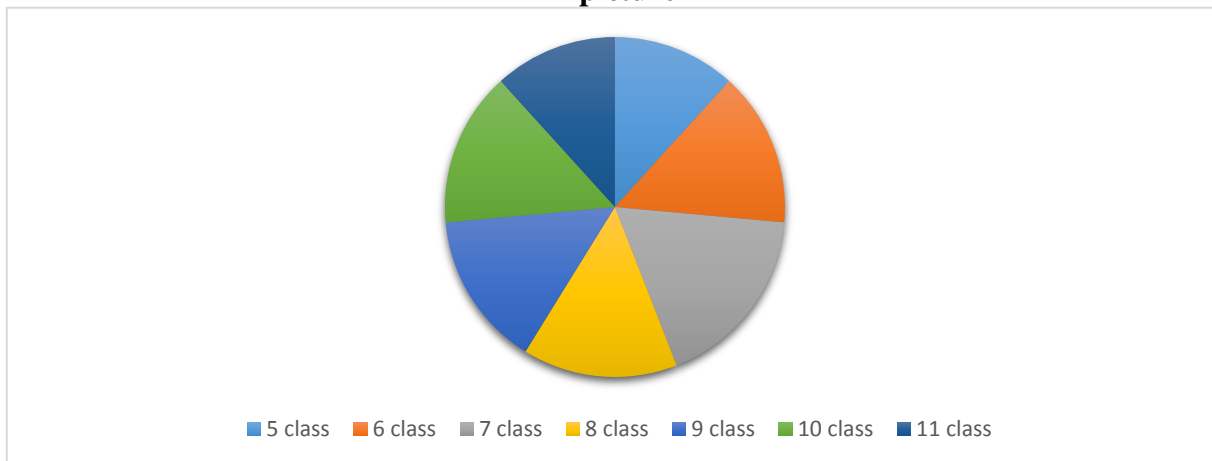
2-table

№	Classes	Yearly	I quater		II quater		III quater			IV quater	
			IX	X	XI	XII	I	II	III	IV	V
1	5	8					4	4			
2	6	10					4	6			
3	7	12					4	7	1		
4	8	10					4	6			
5	9	10					2	6	2		
6	10	10					4	4	2		
7	11	8					4	4			
Total		68					26	37	5		

Wrestling lessons for grades 5-11 in the order indicated in Table 2, the total number of study hours from the current 40 hours to 68 hours in the future $40+28=68$, i.e. from 8.4% to 14.3% and in the

section of classes, it is desirable to increase it by 11.7% in classes 5, 11, 14.7% in classes 6, 8, 9, 10, and 17.6% in classes 7. The representation of these data in the form of a diagram (Fig. 2) see

2-picture



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Summary. Foreign and domestic literature, government decisions, regulatory and legal documents, programs, observations, studies and analyzes conducted in general secondary schools show that the globalization environment in the world, the way to protect human health leading to the large-scale development of cutting-edge technologies. It is observed that the human need for physical education and sports training is increasing day by day.

Especially in educational institutions, the importance of physical education and national sports is increasing in strengthening the health of students and young people, forming healthy lifestyle skills, and making them well-rounded in all aspects. Attracting students and youth to national sports, increasing their interest, introducing foreign experiences, modern methods of education and upbringing into the content of education, raising physical education and sports education to a new level, and bringing our national cadres into it. to improve their health through the means of wrestling, the importance in their lives, the mirror of the nation, the prestige of the wrestling sport, the national value, and the international level, it is necessary to organize wrestling classes at a high level in educational institutions.

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