



BUXORO DAVLAT UNIVERSITETI ILMIY AXBOROTI



Научный вестник Бухарского государственного университета
Scientific reports of Bukhara State University

6/2020

6/2020



E-ISSN 2181-1466
9 772181 146004



ISSN 2181-6875
9 772181 687004



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CONTENTS

LITERARY CRITICISM		
Bekova N.J., Choriyeva M.K.	Life and literary heritage of Abdurahmon Tamkin Bukhari.....	159
Khodjakulov S.	The gradual development of the genre of Tarkibband (poetic form with repeated refrain) in jadid literature.....	167
Fayzulloyev O.M., Durdiyeva D.D.	Technology for the selection of adequate options in the translation of children's games.....	175
Hamroyeva O.J.	Correlation between the science of rhyme and the science of bade'	181
Achilova R.A.	The role of antonomasia in the prose of Alisher Navoi.....	188
Murtazaeva F.R. Shermukhammedova N.A.	Problems of women's prose in modern literature of Uzbekistan.....	193
Nasriddinov D.A.	System of images in George R.R. MARTIN'S fantasy world.....	200
Khudayulova M.	Primary debates and their significance in Uzbek literature.....	206
Niyazova M.Kh.	Interpretation of blessings in the genres of Uzbek and English folklore.....	211
Safarova Z.T.	Analysis of orphan images and orphan hood in children's literature.....	217
Ochilova N.U.	The image of "Horse" in the work of Chingiz Aitmatov "Farewell, Gulsari".....	222
"NAVOIY GULSHANI"		
Bekova N.J.	A worthy response to Hafiz's ghazal.....	227
PHILOSOPHY, LAW AND POLITICAL SCIENCES		
Zamonov Z.T.	The importance of developing the social and spiritual basis of civil society institutions in Uzbekistan in the period of rapid reform (On the example of citizens' self-government bodies).....	230
Eshov Kh.Kh.	Political legal basis of improving the fight against spiritual threats in renewing Uzbekistan.....	236
Ahmedov A.M.	The role of "E-government" system in the effective organization of the activities of government authorities.....	243
ECONOMICS		
Rasulov S.S.	Fundamentals of sustainable development agriculture in modern conditions of economic reforms.....	249
Yakubov D.K.	Influence of the COVID-19 pandemic on the economic security of Uzbekistan.....	257
PEDAGOGICS		
Kahharova D., Sayfullayev A., Xudoyberdiyev Sh.	Activities of students to master classes in physical education in primary classes.....	264
Abdullayev Sh.Dj., Yusupova Z.Sh.	Theoretical analysis of the process of recovery of the ability of individual wrestlers to work in the post-competition stage.....	271
Mirzoev D.P., Kakhkhorov S.K.	Modern methods of improving the quality of education in the organization of the educational process in higher education.....	277
Karimova M.Kh.	The role of moral values in adolescents and their role in determining the criteria of spiritual perfection.....	283
Jamilov Yu.Yu.	Didactic possibilities of using multimedia software on alternative energy in the educational process.....	290

ACTIVITIES OF STUDENTS TO MASTER CLASSES IN PHYSICAL EDUCATION IN PRIMARY CLASSES

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Abstract:

Background. In the education system of our country, an important role is played by the training of highly qualified, competitive, highly professional and intellectual personnel in accordance with international educational standards, the promotion of a healthy lifestyle among young people. The high need of an elementary school student for physical behavior is based on his or her age and physiological characteristics. During this period, the child's musculoskeletal system continues to form, and the period of physical development in his activity is approaching. It is this condition itself that increases his need for physical behavior.

Objective. Popularization of physical education and sports, creation of the necessary conditions and infrastructure to promote a healthy lifestyle among students, development of recommendations for eliminating a number of systemic problems and shortcomings in the organization of extracurricular physical education and sports in primary school.

Methods. In the context of the pedagogical basis for the development of mental and physical abilities of primary school students, the promotion of a healthy lifestyle among students, the popularization of physical education and sports, the creation of the necessary conditions and infrastructure, the organization of classes and extracurricular activities in physical culture and sports in primary school, an analysis of the possibilities of using action is depicted - games.

Results. The article presents the importance of physical education classes and sports competitions in the development of mental and physical abilities of primary school students, the requirements for the professional and pedagogical training of physical education teachers, methodological recommendations for improving the organization and conduct of such classes.

Conclusions. The use of outdoor games is an important factor in the training of highly professional and intellectual personnel, the popularization of physical education and sports among primary school students, the organization of lessons and extracurricular activities in physical education and sports.

Key words: primary school student, lessons, physical education, state educational standards, teacher's professional and pedagogical training, sports competitions, movement exercises, movement games, collaboration

Introduction. Decree of the President of the Republic of Uzbekistan dated March 5, 2018 No. PF-5368 "On measures to radically improve the system of public administration in the field of physical culture and sports" and ensuring the fulfillment of the tasks set by the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated April 6, 2018 No. 542 "On measures to create sports clubs at state educational institutions" and the Resolution of the Minister of Physical Culture and Sports of the Republic of Uzbekistan dated July 14, 2018. execution of the Resolution of the Minister of Higher and Secondary Specialized Education of the Republic of Kazakhstan dated July 18, 2018 No. 54, serve the development of mass sports.

The current development of science, technology, production and technology determines the image of modern society. The most important characteristic of modern society is that globalization

is evident in all its spheres. Globalization requires quick independent action, immediate receipt of the necessary information, its processing and effective application in practice. Only personnel with knowledge of their business, a high level of professional skills, rich experience and skills will be able to act in this way. Therefore, in the process of studying in higher educational institutions, it is advisable to take into account this requirement of the time.

Methods. Today, in educational institutions of the republic, especially in secondary schools, the work on physical culture and sports for primary school students is well organized. The use of sports facilities in educational institutions is well organized, especially for primary school students in the classroom and extracurricular activities.

Establishment of preferential sports centers for the involvement of students in mass sports on the basis of vacant sports facilities in the regions, holding competitions and events such as "Alpomish" and "Barchinoy" for the involvement of students in sports and three-level (1,2,3) the relevant normative-legal documents on the introduction of awarding the place with gold, silver, bronze medals) badges were adopted and tasks were defined.

At the same time, the promotion of physical culture and sports, especially the creation of the necessary conditions and infrastructure to promote a healthy lifestyle among students, as well as a number of systemic problems in the organization of extracurricular activities in physical education and sports in primary school. there are shortcomings. They are:

a) Lack of management system for extracurricular activities in physical education and sports in primary school, insufficient work of physical education leaders in this area, lack of promotion of healthy lifestyles;

b) Lack of extracurricular activities in physical education and sports in primary school;

c) Inability to fully use the modern material and technical base of sports for extracurricular activities in physical education and sports in primary school;

d) Insufficient implementation of state educational standards in primary school.

It is recommended that the primary school physical education teacher organize special courses or special seminars (24-26 hours) in order to further study and bring to the required level the organization of physical education classes in boarding schools of full-time and full-time education, in small community rural schools). The number of hours allocated to such events can be divided [2].

For the successful formation of professional skills in teaching the basics that drive the practical part of the program and linking theory with practice, teachers are encouraged to perform the following tasks:

– Record and conduct exercises with the training group in accordance with the shape of the body, the upper back, shoulder muscles, front legs, exercises for the body, jumping exercises. In this terminology, it is important to know the correct use, the "mirror" image, the ability to take one's place to lead the group;

a) Terminological dictation (students write and draw exercises or pictures shown by the teacher);

b) Describe the mechanics of low and high ball throwing. In doing so, teachers must show ways to correct common mistakes;

c) Training in the rules of sports technique for high and long jumps, throws, etc. without equipment, general development exercises, selection of at least five games with sports;

d) Independent development of a set of exercises for the organization of physical education activities with teachers (mental labor staff) after studying the topic "Physical education and sports in the work and leisure activities".

Great attention should be paid to the method of teaching students, the organization of lessons, the introduction of a new form of the norm in the method of increasing his physical fitness, and so on. Physical education teachers perform a series of independent tasks by summarizing appropriate exercises to identify students' major mistakes and to warn and correct them. Physical education requires teachers to study the program materials in the classroom, to conduct a full lesson at school, in the study group, to participate in the pedagogical analysis of the lesson, to work independently on

the topic. Analyze the curriculum of physical education for primary school students, review and compile special literature on the topic of extracurricular activities: a) create a schedule of physical education curriculum for each grade throughout the year; b) prepare a set of exercises with subjects (adults, flags, jump rope, hoops, gymnastic sticks, small and large balls) for primary school students.

Results. According to research, it is recognized by many experts that the physical health of primary school students is not at the required level. According to research, today three-quarters of primary school students have difficulty mastering normal subjects due to the sudden overload of their workload [2,3,4].

The teacher of the primary school students teach them until the fifth grade. The teacher can focus on writing, reading, and math lessons to make them literate faster, teach them to read and write, and math wisely. Such an educational process pushes physical education, music, and art, which children are most interested in and need, into secondary subjects. As a result, both physical and psychological defects in the developmental activities of the primary school student occur. This, in turn, causes the child to get tired of school and school quickly, and some even do not like to go to school and study. The school becomes not only a place for such a child to demonstrate its potential, to satisfy the needs of knowing, reading and learning, to satisfy its desire to shape it, but also a place that excludes it in every way.

Primary school student for physical behavior is based on his or her age and physiological characteristics. During this period, the child's musculoskeletal system continues to form, and the period of physical development in his activity is approaching. It is this condition itself that increases his need for physical behavior. Occasional physical activity in activities that require a lot of mental work alone is not considered sufficient to meet the above-mentioned needs of the child. Even the physical education classes held twice a week are not enough to form the physical skills, as well as the physical culture, at the required level in the students.

According to experts, today only 9 % of primary school students have high-level, 57 % - intermediate, and 34 % - low-level physical indicators [5,6].

According to T.V. Korneeva, 95.3 % of primary school students do not exercise outside of school hours, 87.8 % do not do morning physical exercise, and only 12 % of children actively spend time with their parents [7,8].

Such information can be continued, our worries is that these students develop the skills of regular physical education from primary school, and even earlier, to lead a healthy lifestyle, not only in educational institutions, but all social institutions involved in educational work - the family, depends on the joint educational activities of schools, neighborhoods, the media, law enforcement agencies.

Discussions. As an example, let's analyze the one-hour lesson plan of physical education in the 1st grade of primary school:

Course Objectives:

- Develop the skills of performing movements and body correction exercises;
- Development of agility, speed, ability to plan their actions according to their abilities;
- Formation of moral qualities such as mutual cooperation, honesty, helping one's partner.

Course tasks:

Develop intellect understanding and comprehension of assigned tasks:

1. Performing behavioral exercises.
2. Rotational exercises. Increase overall fitness, agility and endurance.
3. Conducting an action game "Wizards".
4. Independent repetition of tasks (aloud, etc.)

Venue:

A classroom, a room for sporting events or classes.

In order to continue the positive trend and its constructive reflection on the Uzbek economy in September, the monetary policy department lowered the base rate by 1 percentage point to 14 % per annum. In the future, this provides for:

- a slowdown in forecast inflation dynamics while maintaining moderately positive real interest rates in the economy;
- achieving a balance between the goal of inflation and maintaining business activity in a pandemic [13].

Conclusion. Considering the above, as well as in order to maintain the stable functioning of the national economy of the Republic of Uzbekistan, it is necessary:

- interaction of the structural blocks of the national economy based on the "golden triangle", i.e. integration "science-state-business", which provides for the introduction of innovations, the development of innovative mechanisms and the commercialization of scientific developments. To date, according to the Ministry of Innovative Development of the Republic of Uzbekistan, projects have been prepared for the commercialization of scientific developments in the amount of 149.5 billion sums, and the volume of scientific products produced has exceeded 18 billion sums [14];

- formation of a developed ecosystem and a business accelerator for establishing innovative production. Financed 34 start-up projects in the amount of 31.5 billion sums [14] and launched the production of competitive new products;

- assistance in the prompt solution of existing internal problems through comprehensive measures to manage cash flows and increase the stability of the national economy;

- determination of directions for the development of priority industries, taking into account competitive advantages;

- introduction of an effective mechanism to counter various threats with ensuring the effective functioning of public administration and high potential for economic development and growth in the long term.

Taking into account the forecasts of experts that the pandemic will continue until the end of this year, the governments of the countries are required to competently adapt to the current realities, effective cooperation in all spheres and sectors of the economy, as well as the exchange of scientific and technological achievements.

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