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**ЖИСМОНИЙ МАШҚЛАР ОРҚАЛИ ЎҚУВЧИЛАРДА ЧАРЧОҚНИ ОЛДИНИ
ОЛИШ ВОСИТАЛАРИ**

**СРЕДСТВА ПРЕДОТВРАЩЕНИЯ УТОМЛЕНИЯ У УЧАЩИХСЯ ПРИ
ФИЗИЧЕСКИХ НАГРУЗКАХ В ПРОЦЕССЕ ФИЗИЧЕСКИХ НАГРУЗОК.**

**MEANS OF PREVENTING FATIGUE IN STUDENTS DURING PHYSICAL
EXERTION DURING PHYSICAL EXERTION**

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Аннотация

Мақолада мактаб ўқувчиларини дарс жараёнида чарчаб қолиш орқали дарсга қизиқишини пасайишини олдини олиш учун дарс жараёнида қувноқ дақиқаларни ҳамда ҳар хил ҳаракатли ўйинларни ўтказиш билан ўқувчиларнинг дарсда фаоллигини оширишга қаратилган маълумотлар баён этилган. Шу билан бир қаторда таъкидлангандек дарс вақтида кўриш ва эшитиш органлари, тана мушаклари, айниқса аниқ бир ҳолатда бўлган умуртқа поғонаси қўл кафти мушакларида кўпроқ толиқиш кўзатилади. Бу эса ўз навбатида иш фаолиятининг пасайишига олиб келади. Шунингдек ўқувчиларнинг узоқ вақт давомида партада нотўғри ўтириши уларнинг таянч ҳаракат системасига салбий таъсир қилиш ҳоллари кўзатилаган. Шу даврда ўтказиладиган қувноқ дақиқасига оид тўғри танланган 2-3 та жисмоний машқ чарчашни нисбатан камайтиради, ўқувчилар диққатини яхшилайдди, иш қобилиятини оширади. Дарс жараёнида қувноқ дақиқасини ўтказиш соғломлаштиришга йўналтирилган бўлиб, даволаш гимнастикаси сифатида умуртқа суяқларини қийшайишини олдини олади.

Калит сўзлар: Олим, илмий, ўқувчилар, фаоллиги, давомийлиги, 16-18 дақиқани, 35 дақиқали, узлуксиз, машғулот, иш, қобилияти, кескин, пасаяди, шиддатлиги, 37 % воз кечиш, тайёр, кўриш, эшитиш, орган, тана, мушаклар, умуртқа поғонаси, қўл кафти, мушаклар, кўпроқ чарчайди, жисмоний, машқ, чарчаш, нисбатан камайтиради, ўқувчилар диққати.

Аннотация

Статья направлена на повышение активности учащихся на уроке путем проведения веселых моментов в ходе урока, а также всевозможных подвижных игр, чтобы не



допустить снижения интереса школьников к уроку из-за усталости в процессе урока. В качестве альтернативы отмечается, что во время урока мышцы органов зрения и слуха, мышцы тела, особенно позвоночника, которые находятся в определенном положении, устают больше, чем мышцы ладони.

Правильно подобранные 2-3 физических упражнения на веселую минуту, проводимые в этот период, относительно снижают утомляемость, улучшают внимание учащихся, повышают работоспособность. Проведение веселого момента в ходе занятия направлено на улучшение здоровья, лечение которого, как и гимнастика, предотвращает искривление костей позвоночника.

Ключевые слова: ученый, научный, ученики, активность, продолжительность, 16-18 минут, 35 минут, непрерывная, тренировка, работа, способность, резко, снижается, тяжесть, 37 % отказ, готовность, зрение, слух, тело, мышцы, позвоночник, ладонь руки, мышцы, более уставшие, физические, физические упражнения, усталость, относительно сниженное, внимание учеников.

Annotation

The article is aimed at increasing the activity of students in the classroom by holding fun moments during the lesson, as well as all kinds of outdoor games to prevent students from losing interest in the lesson due to fatigue during the lesson. Alternatively, it is noted that during the lesson, the muscles of the organs of vision and hearing, the muscles of the body, especially the spine, which are in a certain position, get tired more than the muscles of the palm.

Properly selected 2-3 physical exercises for a fun minute, conducted during this period, relatively reduce fatigue, improve the attention of students, increase efficiency. Holding a fun moment during the lesson is aimed at improving health, the treatment of which, like gymnastics, prevents curvature of the bones of the spine.

Keywords: scientist, scientific, students, activity, duration, 16-18 minutes, 35 minutes, continuous, training, work, ability, sharply, decreases, severity, 37% failure, readiness, vision, hearing, body, muscles, spine, palm of the hand, muscles, more tired, physical, physical exercises, fatigue, relatively reduced, attention of students.

Introduction

The main attention and attention of schoolchildren in most cases will be focused on the game. But sometimes long periods of time are sedentary, a lot of time at school is in a sitting position, causing blood to stagnate in the pelvic bones at the ends of the legs, in the abdomen. The blood supply to the brain deteriorates, which negatively affects work activity, affecting nerve cells, as a result of which the child's attentiveness is impaired. The child gets tired, the ability to work decreases. He becomes uninterested in training, his mind is scattered, and he cannot master academic disciplines. The skillful application of mental and physical activities and the Prevention of extreme fatigue are considered to be the most important of the teacher's methods of work, especially in elementary grades. Мавзуга оид адабиётларнинг таҳлили (Literature review).

Scientists have confirmed this on a scientific basis so that students can, for example

The duration of the activity of students in Grade 1 is 16-18 minutes.



After 35 minutes of continuous training, the working capacity drops sharply. The intensity of work is reduced by 37%, and its quality by 50%. In this, students in half-grades will be ready to give up work.

Alternatively it is noted that during the lesson the organs of vision and hearing, the muscles of the body, especially the muscles of the palms of the hands of the spine, which are in a specific position, are more tired.

Properly selected 2-3 physical exercises for the cheerful minute spent during this period will relatively reduce fatigue, improve the attention of students, increase work capacity. Conducting a cheerful minute in the course of the lesson is aimed at improving health, and as a treatment gymnastics, it prevents the curvature of the bones of the spine (scaliosis).

Research Methodology

Cheerful moments consist of 3-4 exercises for the arms, body, legs, head, and these exercises should not be complicated. They perform exercises sitting or standing for 1-2 minutes, in accordance with the work activity of students.

Secondary schools have much more experience in conducting a cheerful minute, which is held in the course of the lesson. The methods of its transfer are heterogeneous. In recent years, to improve the effectiveness of the course process, a cheerful moment is achieved by performing rhythmic gymnastics. Songs like " JIB – JIB Chicks", " two times two four " for 2-3 minutes give students physical effort, great joy, enthusiasm and enthusiasm, increasing their motivation for the lesson.

The sentence of wellness events on the school agenda includes first-hand gymnastics, Games held in large bodyafuses, "cheerful moments" held in general education classes, independent physical activity, and sports hours in groups with an extended day.

Cheerful moments are physical exercises that are carried out in the process of general education classes. Cheerful moments, held correctly and on time, relieve students ' fatigue, increase their attention and activity, which means, increase the level of assimilation of educational materials.

The positive effect on the children's body is also enhanced.

The correct execution of students of mental and physical tasks in all respects prevents them from getting tired. Educators who teach especially in primary school students should always keep this in mind. Because pupils at the age of 7 grow rapidly due to their anatomical and physiological characteristics. In them, the muscular system is still empty and the notex is developed faster than large muscles (lower parts and shoulder girdle), small muscles (such as the paw muscles).

The fact that cheerful moments in the course of the lesson are spent as a game gives the student even more joy. During a short game, several different movements can be performed; turning, stretching, transmission, etc.k. The game is held with a high emotionality. For example, " prohibited exercise " is designed to attract attention.

"Forbidden exercise", which means that this exercise cannot be performed. For example, it was forbidden to play chapels ahead of the hands. The teacher calls on children to perform various exercises more often: hands up, hands behind the head, hands on the shoulders, hands at the



waist, hands are ahead, quickly commands the chaplain to play. Those who play clap lose. The exercise is repeated 2-3 times.

Children who perform movements quickly, with emotion and enthusiasm are satisfied with their games, and joy is felt on their faces. The lesson will continue.

The second game is "traffic light". The teacher has three different color forms that represent the lights of the "traffic light". The teacher conceals these forms down. When an optional form is indicated, Children Act in compliance with the rules of street movement corresponding to this Color. As agreed in advance, they perform a run in Green, a slowdown in movement in yellow – a walk standing in place, and in red they sit in their places. The teacher suddenly shows these forms first slower, and then faster to the degree of assimilation.

Analysis and Results

The complex of cheerful moments figurative passage of exercises also gives children fun and great disposition. In the exercise "climbing along the gymnastic Wall", children express their arms alternately up and climbing the rope.

Exercise "wind" - children bend to the right and left, like trees moving in the wind, with their hands up, sitting at the table or leaving the table.

Exercise "boxing" - children move (beat) forward with their right and left hands while sitting at the table.

Exercise "Pahlavon" - elbows bent with arms punched. Describing the two puddles as if lifting a stone, the hands are alternately moved up.

Conclusion/Recommendations

In general, the exercises recommended by doing this sample can be performed by changing the speed of movement, adapting to other exercises. They are performed by children with excellent interest and disposition. All these games will give a pleasant joy, even if only for a short time. Spending joyful moments at home will again provide additional opportunities for maintaining and strengthening health. It is advisable for children to do 3-4 physical exercises for 2-3 minutes when they are tired of writing and reading at home.

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