

**PHYSICAL CULTURE IN SCHOOL-AGE CHILDREN**

Jabbarov Umid Soltiboldiyevich

The Teacher of the "Physical Culture and Sports Activity" Department

Abstract

This article provides the necessary information about the development of physical culture of school-aged students in physical education classes, and this thesis is recommended for use as a methodical guide for secondary school teachers.

Keywords: Physical culture, tasks, childhood, sports, development, defense of the homeland, education, lifestyle, healthy life, features.

The process of forming the physical culture of school-age children requires us from pedagogues to learn the basis of their physical culture, its content, structure, tools, forms of organization, and the methods of teaching them to engage in physical exercises and life-necessary actions. requires professional practical knowledge. An 11-year compulsory education was introduced in our country, the quality of which meets international standards. The President raised the education of a comprehensively developed, physically healthy and spiritually mature generation to the level of one of the tasks in the development of Uzbekistan. The foundation of comprehensive physical development is continuous physical education in the form of physical culture education, physical education process at all stages of the compulsory education process (preschool age, school age, vocational colleges, higher education system) has developed a strategy and is implementing it. The purpose and tasks of physical culture of school-aged children. School age is grouped into "childhood", "second childhood", "adolescence" and "early youth" period. it goes through sudden changes in a short time in indicators such as speed, flexibility.

This period serves as a basis for maintaining the physical condition of old age and old age at an age-appropriate level, without diseases, only with physiological aging. Preparing the ground for physical fitness is only related to the physical knowledge acquired during school age, such as improving physical development and physical fitness, knowing how to keep it at the level of age requirements. The purpose of the process of physical culture and physical education of school-aged children is to gradually bring students to physical maturity, and thus prepare them for life, creative work, defense of the Motherland, and make them possessors of healthy lifestyle physical culture (STTJM). In the process of forming physical education and physical culture of students, general and private tasks are solved. The general tasks are education, physical training and health of their organism through physical culture. The special tasks of physical education are the tasks of secondary special general state physical education in the program recommended by the State Education Standard (DTS), which are:



- 1) To acquire the STTJM ethic of strengthening, developing and training the health of the students' organism;
 - 2) To develop the qualities of action specific to the age and the occupation in order to be ready for various labor activities;
 - 3) Development of necessary movement skills and abilities for life and equipping them with what they will need in the next period of their life activity;
 - 4) To provide students with new theoretical physical knowledge related to physical culture at the standard of general secondary education and to improve them from year to year;
 - 5) To make students interested in regular exercise and to form a stable habit for it;
 - 6) To form students as physical culture activists and thus create organizational skills in them.
- It is accepted in science that each individual is distinguished, first of all, not by being similar to others, but on the contrary, by not being similar to others, therefore, the name is called individuum, and to put it more simply, it is called person-individual. Every person, individual is characterized by a system of "inner priceless world" unique to him. In turn, this is the body of each of us - our organism is typical.

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