

**SCHOOL STUDENT IN THE SYSTEM OF CONTINUOUS EDUCATION -
METHODS OF DETERMINING SPORTS ABILITY OF GIRLS**

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Abstract

This article provides information about the methods of determining the ability of schoolboys and girls to play sports in the continuous education system, general education programs, and the healthy upbringing and development of young people in secondary schools.

Keywords: Society, National program of personnel training, preschool education, General education programs.

Introduction

The issues of perfect education of the young generation in the society, raising them as mature and complete individuals in the system of spiritual-educational and physical education have risen to the level of state policy.

The adoption of the "National Personnel Training Program" and the new version of the Law "On Education" became the basis for the creation of a modern, continuous education system from pre-school education to the Academy of Sciences, and the fundamental reform of the education system of Uzbekistan.

General education programs mainly cover three periods: pre-school education, general and secondary special education, vocational education.

In particular, school institutions, which are considered the first link of continuous education, solve the task of preparing physically healthy, mentally and spiritually mature young people for the next stages of the system.

Taking into account the above, it is ensured that young people are educated and matured in secondary schools.

Scientists say that physical education and sports are of great importance in the education and upbringing process of schoolchildren in order to grow up healthy and well-rounded. Along with education, physical education plays a big role in the healthy and mature growth of students.

The purpose of physical education classes in schools is to properly engage students in physical exercises aimed at maintaining their health, to train them, to develop them in all respects, and to raise them to adulthood by observing general and personal hygiene. The most important factor in organizing and conducting sports activities is the process of physical preparation. The main goal of training the physical qualities of female students in secondary schools is to form various skills and qualifications in girls, to develop the qualities



of agility, flexibility, and endurance in them. In the system of physical education, it is necessary to correctly determine the level of physical qualities of female students and their ability to play sports, and direct them to sports.

Currently, regularly held and properly and efficiently organized physical education classes in schools have a positive effect on the process of healthy and well-rounded development of girls, and at the same time attract them to sports.

Taking into account the above, we decided to determine the contingent of schoolgirls who play their favorite sports in schools.

In order to determine which type of sports the schoolboys-girls are more capable of, analysis and experimental work was carried out for three months among 215 high school boys and girls of the 3rd-5th grade of Yashnaabad district.

Indicator for determining the ability of 3-5 graders for sports (30 n)

The date	Sports	Athletics	Gymnastics	Sport games (football, volleyball, basketball, handball)
March	Number of eligible students	10	10	10
	Percentage (%)	33.3%	33.3%	33.3%
April	Лаёқатли талабалар сони	10	12	8
	Percentage (%)	33.3%	40%	26.6%
May	Number of eligible students	8	15	7
	Percentage (%)	26.6%	50%	23.3%

The number of participants in the groups was equal in one month, and all groups were given age-appropriate exercises in athletics, gymnastics, and sports. In the second and third months, each group was given exercises specific to the chosen sport. Monthly results were taken into account, observing the interest and physical development of the students.

In March, there were 10 female students in each group, and the percentage of the groups was 33.3%. In April, the number of students in the athletics group did not change, and the percentage remained at 33.3%. 2 students from the sports group were transferred to the gymnastics group. As a result, 12 girls in the gymnastics group, i.e. 40%, and 8 in the sports group changed to 26.6%. At the end of May, 8 schoolgirls were recognized as eligible for athletics, which is 26.6%. 15 schoolgirls were considered talented in all-round rhythmic gymnastics and reached 50%. 7 of the girls in the sports games group made up 23.3%.

It can be seen that due to the high flexibility in the schools and the ability to learn and perform easy movements, at the end of the experiment, the number of students who needed gymnastics reached 50%.

To sum up, since solving the task of educating students and making them mature in all aspects of the continuous education system begins in secondary schools, we consider that we have made our contribution by working with each student individually and forming them well. Our country is raising a healthy generation that will raise our flag to the blue through sports. In this case, it is important to attract the child to sports from a young age and, based

on experiences, to direct the ability of students to the type of sport based on their body, physical qualities, and gender.

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