

NORMALIZATION OF LOAD THROUGH ACYCLIC EXERCISES IN PHYSICAL EDUCATION CLASSES OF ELEMENTARY SCHOOL STUDENTS OF GENERAL SECONDARY SCHOOLS

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Annotation

The article presents information about the measurement of the load in the course of classes by means of outdoor games in physical education lessons for younger schoolchildren

Keywords: acyclicity, intensity, training, standardization, loads, physical education, motor skills, field, physical activity.

Introduction

In addition to acyclic exercises, jumping, throwing, and gymnastics, movement games are also used during physical education classes of elementary school students. It is necessary to assess the speed of movement and the recovery of physiological processes in the evaluation of the cyclical exercise program. Nowadays, in the assessment of the exercise program, more energy is taken into account for muscle movements. It is performed for 5-10 minutes before the transition. When regulating the acyclic exercise program, it is necessary to take into account its speed, intensity and the number of repetitions of the movement, and the results of correction and systematic control for the purpose of improving the movement should be taken into account. When training, special attention should be paid to the duration of the exercises. Based on the above, the exercises should be performed from 2-4 times to 8-10 times in one series for 5-20 minutes: the rest time between exercises should be 20-30 seconds, 2-3 series of exercises should be performed, and 30-40-70 between series - It was determined that it should be rested for 80-100 seconds.

A slow walk is considered an exercise that is done before jogging. Each part is important in the organization of training. The main part of the training consists of exercises performed in the order of continuous rhythmic movements. Its benefit is that they have a positive effect on the cardiovascular and respiratory systems. The repetition of training is determined by the number of exercises per week. It is better to

start training 3 times a week for 4-6 weeks. Later, the intensity of training can be increased to 4-6 days a week. In the main part of physical training and sports exercises the amount of effort will depend on the level of general physical fitness, and people who do not have sufficient physical fitness will start with the lowest level of training intensity.

Pulse is the information about heart rate during exercise. The goal of the exercises is to bring the training to such a high level that it is equal to the pulse rate during physical exertion or the pulse frequency during exercise.

The recommended level of intensity for the first 4-6 weeks of training is 50-70% of the maximum pulse frequency. With the improvement of physical fitness, the level of intensity gradually increases.

In order to achieve an effective health-improving result through physical training, it is necessary to carry out physical loads with a strictly defined composition and rate. The value of the load is characterized by its intensity and size. The main criteria for the correct regulation of loads are heart rate, the number of breath movements, the value of resistance in terms of the number of maximum repetitions of exercises, the volume of breath per minute, etc. is the normalization of teaching loads. Stimulating preparatory loads are used in morning physical education, in gymnastics before classes, and attention-grabbing activities before special professional activities. The loads that you recover during the training should be used regularly - day, week, month. Activating loads can be performed even in the absence of fatigue For example: the norm of daily activity of a school student can be considered as 15-30 thousand steps. Restorative loads in physical education and sports are used to strengthen health, reduce fatigue, and increase work capacity.

During physical training, changes in the body under the influence of load, signs of a decrease in the accuracy of movements, are also observed using the following methods:

1. Calculation of heart rate;
2. Shortening or increasing the duration of games;
3. Introduction of rest stops and breathing exercises;
4. Complication or simplification of games;
5. Changes in the number of players;
6. Change of the rules of the game and the roles of the players.

National and active games with a sports element and focused on sports are selected taking into account the specific aspects of the development of attention, perception, memory, and thinking of primary school students, and the use of different objects excludes the same actions. provides a replacement of the child's loading activity. This again helps to change the game conditions to complex movement tasks.

The use of one or another form of load modification depends on the goals set for the training, the age and skills of the participants, and the stage of the training.

Action games are the basis of the physical education lesson. That is why games occupy a greater place in the school curriculum than other materials. Each game included in

the program is easier for children to understand and learn through various games. Today, in the researches of scientists, the uniqueness of the game, its role and importance in the life of society and individual, in human culture have been studied. Scientists who conducted deep research on the characteristics and variety of games of the Uzbek people: O. Safarov, R. Mavlonova, O. Hasanboyeva and D. B. Elkonin explained the conditionality of using the game, its social behavior in the formation of people in society. They emphasize the importance of being able to determine the position of z, to regulate the behavior during the transaction.

There is no limit to the average duration of exercises in physical education classes. It is important to perform the exercises in series.

In the physical education classes held with 7-8 year old children, the children play active games with great interest. National folk games are effective and collective, so they require sufficient agility, responsiveness and physical preparation, and at the same time improves these characteristics.

According to the data obtained during the game, there is a significant connection between the movement apparatus, the respiratory system and the circulatory system, and when the game is repeated over and over again, the body gets used to the load.

The analysis of the results obtained in the process of pedagogical research shows that national movement games occupy the main places in the formation of mental and movement skills and qualifications, along with the education of all qualities, abilities, and qualities. It was found that physical qualities develop when national games are combined with exercises in the physical education program for 7-8-year-old children. Experiment to include national games in physical education classes:

- divide them into categories;
- selection based on the development of physical qualities;
- proved the need to determine the games used in the seasons of the year;

Physical education classes often consist of various games. The teacher conducts physical training in an interesting way with the help of mobile national games. 7-8-year-old students are able to develop various movement skills. When students participate in action games, their actions become more active, orderly and precise.

A well-chosen game in primary grades is an important condition for the success of education and training. When preparing for the game, it is necessary to determine the main tasks of the lesson, taking into account the composition of the participants, their age characteristics, as well as their physical fitness.

Action games are used in the classes using frontal, group and individual methods.

The use of action games is one of the most effective ways to improve physical fitness. The child's interest in the game in the course of the game overcomes the difficulty in raising the burden of physical training without realizing it. That's why physical qualities are often cultivated due to extremely intense exercises in action games. In such games, the physical load is also gradually increased. For example, enlarging the field, increasing the number of game equipment, extending the running distance,

using complex exercises and increasing their number. If these methods are used consistently, the goal will be achieved faster.

The use of action games in the course of physical training has an effect not only on physical training, but also on all-round development.

The most important priorities of action games are that the playing areas are defined by a certain limit and require full compliance with the rules of the game. In the course of lessons, they will have a general idea of explaining the rules of mobile games to students, game methods, and the formation of movement skills. Action games can be used in the preparatory, main and final parts of the lesson, but the load is selected taking into account the age characteristics of the students.

At the end of the training, the action games are completed with a general walk, which reduces the physical load.

It is to identify and develop ways to improve the physical qualities of 7-8-year-old students through the use of national folk games, to find effective forms of increasing the role of national games, to theoretically justify and determine the educational possibilities of folk games.

Achieving this goal was carried out on the basis of the following tasks.

1. To show the connection of physical culture with folk traditions, to clarify the connection of Uzbek folk games and various aspects of the social life of the republic.
2. To determine the physical fitness of 7-8-year-old students of secondary schools through the use of national games, and to draw certain conclusions by observing the development process.
3. To determine the effective methods, forms and ways of educating children's physical qualities through the use of Uzbek folk games in physical education classes.

The following methods were used to perform these tasks:

1. Study and analysis of scientific and methodological literature;
2. Test exercises;
3. Pedagogical experience
4. Mathematical statistical methods

To determine the physical fitness of students, the tests listed in Table 1 were used:

Table 1 Tests to be performed

The name of the test	Implementation methodology
3x10 meter maximum run	The test was held on the school grounds. After general development exercises, the observed child performs it in 2-3 attempts. The indicator is obtained using a stopwatch. When taking this test, two parallel lines are drawn on the ground at an interval of ten meters.
Jump rope (times)	The test will be held in the school hall. After URM exercises, the observed child jumps over the rope on two legs. The jump count lasts one minute.
Standing long jump (cm)	The test is conducted in a gym or on a treadmill. After developing them and specially directed exercises, the observed child makes 2-3 attempts. Jump length is measured in cm.
Throwing a small ball to a 1x1 m target, distance 10 meters (5 chances)	A small ball is thrown five times to a 1x1 target 150 cm high. The distance between them is 10 meters

"Sniper" game. Pupils are divided into two teams and line up facing each other. A stick is placed in the middle, 6-8 m away from each team. When the signal is given, the children in each row take turns throwing the ball at the ball and trying to knock it down. The team that knocks down the ball more is the winner

"We are happy children" game. All the players stand behind the line on one side of the field and say the following words: "We are happy children who love to run and play, come and join us." After saying these words, all the children run to the room on the opposite side, and the mother stands in the middle of the playground and tries to "catch" them. The "captured" will become assistants to the mother. Once all players have been caught, the game is over. Can't catch outside the line. Players are prohibited from running out of the field.

"Trap" game Students form two circles inside each other, 6-8 players stand in the inner circle. They act as mice. 13-15 players take the role of traps and line up in the outer circle. People in both circles stand with their hands on their hips, and those in the inner circle hold hands. At the first signal of the teacher, with hands on the hips, those in the inner circle walk sideways to the right, the outer circle stops walking, and the players raise their hands up. This means that the trap has been opened. The "mice" who used it go out of the circle and clap 2 times inside, the trap will be set, and they will join the players in the outer circle and expand the circle. The game continues until 2-3 players are not caught. Unsuccessful students will be encouraged. All players should play the role of mice one by one.

The players of the game "Jumping from ice to ice" are divided into several teams and stand in front of the starting line in a column of one person. 10-12 circles (circles) with a diameter of 25-30 cm are drawn in the right direction from the start to the finish at an interval of 60-80 cm from each other. At the teacher's signal, the first players of the teams jump from start to finish and run back and stand behind their column. The first runner gets 5 points, the second runner gets 4 points, and the third runner gets 3 points. After that, the racers continue running. The team with the most points at the end of the game wins

Table 2 Test and standard types.

№	Test types	Unit of measure	Boys		girls	
			Account	Target	Account	Target
1	Shuttle running 3x10 m	Soniya	9,8	9,7	10	9,8
2	Jump rope (1 minute)	times	50	60	60	70
3	Small ball 1x1 m. throwing at a target from 10 meters	Out of 5 possibilities	3	4	2	3
4	Standing long jump	cm	110	120	95	110
5	Climbing the gymnastic wall (up and down)	seconds	6	4	7	5
6	Walking on an overturned gymnastic chair (for balance)	meter	4	5	5	6
7	Swimming (water sports)	minute	15	17	12	15
8	Action games with a ball	minute	15		12	
9	Relays	timeless				

It is necessary to take into account the speed, intensity and the number of repetitions of the movement in physical education classes, as well as the results of correction and systematic control for the purpose of improving the movement.

When regulating the load of acyclic physical exercises, special attention should be paid to the duration of the exercises. When regulating physical loads, it is necessary to take into account the age characteristics of students.

In the conditions of improvement of movements, the optimal inter-interval ratio at the beginning of the exercise series indicates the need to obey the optimal pace.

In the use of mobile games in primary classes, the correct distribution of loads is an important condition for success.

Uzbekistan pays a lot of attention to children's sports. The issue of development of children's sports is focused on the importance of physical education and involvement in sports, organization of classes on a scientific basis and effective formation of physical training, which is the fundamental basis of sports skills, in its comprehensive and comprehensive education.

Based on the above points, in the education system of the growing generation, the experiences of folk pedagogy, including national sports games, can be considered as a tool and main force for controlling the character and consciousness of young people. requires widespread promotion of problems in improving the physical fitness of students.