

## THE IMPORTANCE AND TASKS OF PHYSICAL EDUCATION LESSONS

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**Abstract.** *Students engaged in physical education classes and sports exercises have little free time, they count and value every minute. Children who engage in sports do not smoke, do not drink alcohol, do not become drug addicts, and use their free time productively.*

**Key words:** *Students engaged in physical education classes and sports training will have less free time. Insufficient physical activity negatively affects a child's health. Physical education plays.*

## ЗНАЧЕНИЕ И ЗАДАЧИ УРОКОВ ФИЗИЧЕСКОЙ КУЛЬТУРЫ

**Аннотация.** *У учащихся, занимающихся физкультурой и спортивными упражнениями, мало свободного времени, они считают и ценят каждую минуту. Дети, занимающиеся спортом, не курят, не употребляют алкоголь, не становятся наркоманами, а продуктивно используют свое свободное время.*

**Ключевые слова:** *У учащихся, занимающихся физкультурой и спортивными упражнениями, будет меньше свободного времени. Недостаточная физическая активность негативно влияет на здоровье ребенка. Физкультурные игры.*

Physical education plays a crucial role in the health of school-aged children, their physical fitness, and the development of various vital motor skills and abilities. If students do not actively engage in physical education and sports activities at this time, their body will not fully develop comprehensively. According to scientists from around the world, Russia, and Kazakhstan, the physical activity of school-age students should be no less than 8-12 hours per week. Lack of physical activity negatively affects the child's health, weakens the body's defense mechanisms, and does not fully satisfy physical development. Since the natural developmental limit of a child's organism reaches high school age, their main physical abilities and functional capabilities should be developed during this school age. The most beneficial period for developing and nurturing general physical qualities is the school age. In subsequent periods, their development becomes difficult.

The school age period is considered a favorable period for teaching and improving various movement skills, and forming skills and abilities necessary for life. During this period, when the body hardens, joint mobility and tendon elasticity decrease, and movement skills decline, learning and improving unfamiliar movements becomes difficult. Various, well-learned,

developed, and accustomed movements during childhood allow a person to move freely and easily in space. It paves the way for quick learning of new, complex movements. Well, the school lightning is different, spent it without movement, Students engaged in physical education classes and sports exercises have little free time; they count and value every minute. Children who engage in sports do not smoke, do not drink alcohol, do not become drug addicts, and use their free time productively.

If physical education activities that affect children's bodies are properly organized at school age, it leads to an increase in the student's physical and mental work capacity. Sufficient for this is proper planning, students need to correctly receive, learn, and understand certain knowledge bases and various information. A student who understands this strives to improve their physical, mental, and work capacity.

Properly organized physical education work facilitates the fulfillment of other aesthetic, labor, and intellectual educational duties conducted with students.

Tasks of physical education of school-age students:

Questioning tasks:

1. Strengthening health, forming the right form, developing all systems and functions of the body, strengthening heart circulation, breathing, the central nervous system, and activating the metabolic process.

2. Increasing the body's resistance to adverse environmental influences. As much as possible, physical education exercises and lessons should be conducted in fresh air. The heat of the day, air temperature, and humidity strengthen the child's body.

3. Increasing the body's overall work capacity and developing hygiene skills. To fulfill these duties, students must perform daily physical exercises, observe the rules of study, rest, sleep, and nutrition. Starting in these modes and middle school age, because these periods are the time when the child's organism develops rapidly.

4. Developing physical qualities based on gender and school age. All physical qualities of primary school students should be developed together. However, primary attention should be paid to speed and the movement process, as well as agility. More attention should be paid to developing speed abilities and speed of movement in middle school children. However, prolonged burning exercises

#### **Educational tasks:**

1. Formation and improvement of life-necessary motor activity and skills. The motor activity and skills necessary for the formation of students are divided into five groups (Z.I. Kuznetsov, 1968):

- 1) motor activities and skills that help a person move in space. These are: walking, running, swimming, skiing;

should not be given. It is advisable to pay more attention to developing the quality of sweat rate in high school students and developing general and aerobic endurance 4) skills in controlling hand and leg movements along with the movements of other body organs. These are: rolling down, hanging, rising, supporting, maintaining balance;

5) skills that perform complex actions that ensure the overcoming of artificial obstacles. These are: landing jumps, climbing, long jumps and high jumps;

2. Formation of necessary knowledge in physical education and sports. Students should know the following:

- 1) rules and methods of physical education exercises;
- 2) the influence of physical exercises on the main systems of the body;
- 3) rules and methods of independent exercises;
- 4) physical education classes, basic methods of self-control during exercises;
- 5) the role of physical education in the family;

#### **Educational tasks:**

1. Cultivating awareness and understanding that physical education exercises should be used consciously during rest, training, increasing work capacity, and strengthening health. To fulfill these responsibilities in the field of physical education and sports, it is necessary to create conditions for students to engage in independent training. For this, it is necessary to: increase students' knowledge in the field of physical education and sports, equip them with evidence of the necessity of physical education, correctly perform the basic techniques of life-necessary motor activity and skills, and form methodological and organizational skills. If students perform their exercises correctly, they should be able to manage the load. They need to be taught to develop physical qualities, use educational methods, and apply self-monitoring,

Cultivating aesthetic qualities that contribute to the development of mental processes, such as determination, diligence, and courage.

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