

Improving the Organization of Extracurricular Activities in General Secondary Schools

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Annotation; At the current stage of development of the society, in the field of physical culture and sports, issues related to the development of motor skills and management of the level of physical fitness of students in general secondary schools are of particular importance. The educational process in general secondary schools involves the creation of the basics of basic physical training, the formation of the necessary fund of motor skills and abilities in students, their harmonious development in all respects. However, it has been observed that the level of manifestation of basic movement qualities in schoolchildren does not meet today's requirements.

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A number of domestic and foreign scientists (AN Abdiev, 2008; A.Abdullaev, Sh.Kh.Khonkeldiev, 2005; V.K.Balsevich, 2000; V.U.Lyah, 2008; R.Salomov 2005; D.J.Sharipova, 2006, etc.) appeared in schools They emphasize that the "traditional" system of physical training does not fully meet the needs of the growing organism for physical activity.

An analysis of the physical education programs of general secondary school students shows that there are many shortcomings in the scientific support of this process, and its current state cannot be satisfied by the society. This is due to the following objective reasons: the physical education system does not meet the needs and interests of schoolchildren; the use of exercises that address the problem of complex development of physical qualities in the formation of motor skills and increase the effectiveness of the child's adaptation to different situations in life is not well studied in physical education classes at the junior and intermediate levels.

Increasing the psychological and physical workload by increasing the intensity of the learning process leads to students becoming overworked on a regular basis. Special studies have shown that this can lead to the development of various chronic diseases against the background of declining physical activity in children.

An analysis of the scientific literature shows that at a young school age, the basics of movement techniques are formed, previously unfamiliar exercises are mastered, and new movement skills are acquired. At this age, the establishment of educational activities and the quality of teaching the basic type of movement largely determines the level of growth in children's technical and physical fitness.

Based on the above, it is advisable to make fuller use of the opportunities of physical education to improve the overall physical development and health of students, to improve their readiness to move, and to develop healthy lifestyle skills.

Pedagogical practice shows that an effective tool for the development of physical qualities is aptitude exercises. For this purpose, it is recommended to use a variety of jumping exercises, especially specific exercises that help to form the correct posture, which, in turn, ensures the

normal functioning of the cardiovascular and central nervous systems. However, the literature we are familiar with does not sufficiently substantiate the use of jumping exercises in elementary school age as part of physical education classes.

Accordingly, the direction of our research has been defined and is to develop a system of jumping exercises to have a positive impact on the overall level of physical fitness and to justify the use of it in the overall development of basic physical qualities.

"The process of physical education in school-age children requires us educators to know what is the basis of physical education for school work, its content, organization, methods of teaching children to move."

The goal of the physical education process in school-age children is to gradually achieve physical maturity and, at the same time, to prepare them for life, creative work, and the defense of the population.

General and specific tasks are addressed in the process of physical education of students.

The general tasks are education, physical training and health, and the special ones are physical education as special tasks in the program of the State Education Standards.

Private duties include:

- strengthening, developing and improving the health of students;
- development of age-specific physical qualities to be ready for a variety of work activities;
- solves tasks such as educating students as physical culture activists and thus developing their organizational skills.

These tasks, along with the tasks of moral and spiritual aesthetics and labor education, which are elements of spiritual education, clarify some stages of education depending on the age of students, physical fitness, and are addressed in the following 3 different age groups.

Physical education classes for students include school work, extracurricular activities, physical education and health work, extracurricular activities and in the family in the following forms: "Physical education class", "Gymnastics before school", "Physical education minutes", "big break games »,« sports entertainment (for leisure) »,« extended day physical culture classes in schools »,« sports clubs »,« holidays, competitions «Cheerful and clever» meetings are organized in the form of more than a dozen different extracurricular activities such as "Health Day"

Children and youth sports schools, sports facilities and water basins, parks, houses of culture, sports sections under the palaces of culture, physical education clubs, housing administrations, community gatherings in the form of children's sports clubs, etc., are organized according to their health, age, physical fitness and regular classes are organized for different ages.

There will be games with variable content, family competitions, throwers 'day, mass crosses (runners' day), various competitions.

Physical education in the family is organized at home, physical education minutes during lessons, homework from physical education, sports exercises, family trips and independent physical education classes, games, sports activities and others.

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