

Methodological Characteristics of Ensuring the Integration of Physical Education in the System of School Education

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Abstract: Possibilities of independent and practical mastery of the forms distributed during the academic year based on the integration of the content of pedagogical features and components of complex development such as healthy lifestyle and work ethic in the educational process of developing the physical qualities of children aged 15-17 and teaching them to act.

Key words: Health platform, chest circumference, heart rate, experimental group, general development exercises, movement activity, movement training, preschool educational organization.

Introduction. In our country, practical measures are being implemented step by step to ensure that the population, especially children and schoolchildren, engage in mass sports and use forms of active recreation. Further development of physical education and sports, raising a healthy generation has become a priority of the state policy of our republic, "... the most important task of the entire education system is to provide a thorough education to the young generation, to make them physically and spiritually mature people. Therefore, in the fourth priority direction of the "Strategy of Actions for Further Development of the Republic of Uzbekistan" for 2017-2021, directed to "Development of the Social Sector", education, science, education, literature, it is not for nothing that special attention is paid to the improvement of art and sports fields [1,2].

In order to implement the practical aspects of these issues in life, to further develop physical education and sports in our country, to turn it into a mass movement, and to create a healthy lifestyle among the population, the introduction of the new "Physical fitness level" test set of sports tests approved on June 16, 2021 is general secondary education, higher educational institutions and other branches of the physical education movement were given the task of educating young people in all aspects of physical education, highly productive work and defense of the homeland.

The purpose of the study. "Physical training" of high school students level" of physical fitness based on the test complex of sports tests on the improvement of the analysis and methodology of the primary level is to develop recommendations.

Research tasks. The upper class experimental group determines the level of performance of students in determining the initial and final level of physical training of students based on the results of passing IV stage standards based on the "Level of Physical Fitness" sports tests, as well as the new standard of the level of training of students.

DISCUSSION AND RESULTS

Organization of research. As the main criterion for evaluating the level of development of movement qualities of high school students, we have conducted pedagogical control tests based on selected tests of the "Physical Fitness Level" sports test set for high school students of Fergana general secondary schools. participated. Pedagogical research from December 2021 to May 2022. The results of 30 boys were analyzed by randomization (random selection) according to the parameters of the one-minute jump rope (time) test.

The results of the analysis of the "Physical fitness level" sports test indicators of high school students using mathematical statistical methods are presented in Table 1.

Age-specific changes in physical fitness indicators of 9-10th grade students (boys) of Fergana city 15th secondary school

Table 1

№	Indicators of physical fitness	Age	n	$\bar{x} \pm \sigma$	m	Absolute difference	%	t	P	
									$\geq 1,67$	$\geq 2,00$
1	High and low barbell pull-ups (times)	15	30	8,1 ± 1,73	0,31	2,13	20,8	4,76	$\geq 1,67$	0,1
		16	30	10,2 ± 1,73	0,31				$\geq 2,00$	0,05
2	Throwing tennis ball (m)	15	30	33,4 ± 2,79	0,50	2,83	7,8	4,2	$\geq 1,67$	0,1
		16	30	36,2 ± 2,38	0,43				$\geq 2,00$	0,05
3	Standing long jump (cm)	15	30	189,5 ± 11,79	2,15	16,33	7,9	5,59	$\geq 1,67$	0,1
		16	30	20,5,8±10,77	1,96				$\geq 2,00$	0,05
4	60 meter sprint (minutes)	15	30	9,6 ± 0,36	0,06	0,49	5,3	5,65	$\geq 1,67$	0,1
		16	30	9,2 ± 0,30	0,05				$\geq 2,00$	0,05
5	Jump rope for 1 minute (time)	15	30	84,6 ± 5,56	1,01	6,16	6,7	4,98	$\geq 1,67$	0,1
		16	30	90,8±3,87	0,70				$\geq 2,00$	0,05

It can be seen from the indicators presented in Table 4.3 that in the 9th and 10th grades, the students in the 9th grade met the 5th grade requirements of the "Physical fitness level of sports tests" test and the 60m running test. 40% of girls and 2% of boys in the 10th grade fulfilled the task requirements of the II level. 5% of boys in the 9th grade and 15% of the boys in the 10th grade fulfilled the task requirements. Arithmetic mean value for boys in the 9th grade ($x = 9.7$) corresponds to the requirements of the JTDSS fifth age group level III, while for boys in the 10th grade ($x = 9.2$) these values correspond to the JTDSS fifth age category meets the requirements of level II.

40% of 9th-grade boys and 20% of 10th-grade boys fulfilled the requirements of Level III of the "Tennisball Throwing" test, 53.3% of 9th-grade boys and 63.3% of 10th-grade boys fulfilled II-level requirements. - 6% of the boys in the class, 16.6% of the boys in the 10th grade did it. Average arithmetic value for boys in the 9th grade ($x=33.4$) value J.T.D.S.S. while the fifth class is adapted for students of the III level, for boys in the 10th grade ($X = 36.2$) values are adapted to JTDSS fifth grade II level requirements. 10% of boys in 9th grade, 30% of boys in 10th grade fulfilled the requirements of the III stage of the "One minute jump rope" test, 56.6% of the 9th grade boys, 36.6% of the 10th grade boys fulfilled the II stage requirements. lips in 9th grade 6% of girls, 16.6% of boys in 10th grade did it. Average arithmetic value for boys in the 9th grade (x

=33.4) value J.T.D.S.S. while the fifth class is adapted for students of the III level, for boys in the 10th grade (X =36.2) values are adapted to JTDSS fifth grade II level requirements.

It should be noted that the percentage of those who met the standard requirements of the 5th category of the I level of the "Physical fitness level of sports tests" test set was 17% in the 9th grade, and 33% in the 10th grade, making it 16% in total. let's see how it grows.

- Conclusion and recommendations (Conclusion/Recommendations).

Taking into account the positive results of the pedagogical experience, it is appropriate to recommend the following basic conditions for the practice of physical education and health activities and sports clubs with high school students:

improving health and comprehensive development of all body organs and systems;

prioritizing physical training and comprehensive development of movement qualities in this process;

raising children's interest in doing physical exercises independently at home.

creating a complex of physical exercises for students depending on their age, gender, physical fitness

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