

Physical Preparation and Development of School Students

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Annotation: In this article, students will learn about different forms of organization of physical education, the important tasks of the physical education process, the features of physical health and development in relation to the child's age and opportunities at each stage of life, all body systems (musculoskeletal, cardiovascular, respiratory and others) and organs (control, hearing, sight, speech, etc.).

Keywords: physical education, process, tasks, health, degree, development, opportunity, organism, system.

Physical education of school students not only increases the level of physical fitness, but also increases academic efficiency and physical health. In addition, physical culture also solves the problems of children's moral, aesthetic and labor education.

The family plays a big role in the upbringing of a child. So, the first thing a child should do in physical education is to exercise in the morning.

It is important to determine what type of sport the student's spirit is associated with and enroll him or her in sports school and fitness center. It is very important to teach a child to actively relax: walk, exercise, walk in the garden, play on the children's playground.

Thus, the role of physical education in the comprehensive development of the student is undoubtedly great. To nurture a child's physical education with love, parents need to be proactive because they are the child's primary role model.

Exercise provides children with the opportunity to quickly acquire the necessary movement activities in the future. At the same time, there is a strong commitment to the physical education program for children. It takes into account the developmental characteristics of the child's age and capabilities at each stage of life, all systems of the body (musculoskeletal, cardiovascular, respiratory, etc.) and organs (control, hearing, vision, speech, etc.). Physical education is an important component in the comprehensive education of the individual, at the same time it in this process comprehensively solves the tasks of mental and moral, aesthetic, labor education.

Physical education is a pedagogical process aimed at improving the morphological and functional state, mental and volitional aspects of the human body, improving the qualities of knowledge, skills, abilities, achieving high results in labor and defense of the Motherland. Based on the tasks related to physical education, two aspects can be seen in it: physical enlightenment and upbringing of physical qualities.

Physical education is the ability of students to acquire certain knowledge, to be able to perform physical exercises and to apply them in life.

There are various forms of physical education for students:

1. Lessons;
2. Extracurricular and extracurricular activities;
3. Health and fitness activities;
4. Independent movement activities, etc.

Through these forms, the teacher's attention is focused on the ability to act consciously and actively according to their age, to be able to behave freely, to show self-confidence, to successfully develop motor skills. It is aimed at raising a child who is always in creative search, who can overcome the difficulties of life without fear.

The theory of physical education studies the goals, objectives and principles of the system of physical education and reveals the legal relationship of physical education with other types of education (mental, moral, aesthetic and labor). The theory of physical education pays special attention to the study of the means of physical education and the forms of their use. An important part of the theory of physical education is a serious focus on the study of each movement and the study of the principles and methods of educating the child the basic qualities of movement.

The following important tasks are solved in the process of physical education:

1. Wellness;
2. Educational tasks;
3. Educational tasks.

In the literature on physical education and pedagogy, the principles are described differently, but the analysis of the sources shows that a principle described by different names has the following meanings:

- conscious, understanding organization of physical exercises for the full development of students in the process of physical education classes;
- use different forms of demonstration to better master the exercises taught;
- ensuring the simplicity and comprehensibility of the specific goals and psychological burdens offered to each student.

In addition, sports and games play an important role in the organization of children's physical activity.

- Skiing, skating, sledding, cycling, skating, rollerblading, and swimming.

All of them help to strengthen the main muscle groups, develop the bone, cardiovascular, respiratory and nervous systems. It should be noted that during the training, children develop physical qualities (agility, speed, endurance...), as well as rhythm, coordination of movements, spatial orientation. Cycling, skating develop vestibular stability.

- Exercise in the fresh air at different temperatures in appropriate clothing, as well as exercise in the sun, as well as in the water, strengthens the metabolism and serves to harden.

- Sports activities help children learn about natural phenomena (snow, wind, ice, water...), the concepts of sliding, braking,

as well as sports rollers, allowing them to acquire knowledge about the structure of the bicycle.

- Exercise - exercises that help strengthen muscles, develop bones, heart, blood vessels, nervous system.

- Teaches children the elements of sports and sports games in outdoor physical education classes. This work is mainly done by the educator, but it is necessary to constantly repeat and strengthen them during the walks so that the children acquire the skills to do sports and learn to play sports.

In conclusion, the physical education system is an integral part of the overall education system. It has ideological, scientific, methodological and normative bases, as well as organizations and institutions that carry out and control the physical education of citizens. Only when physical education is approached on the basis of a defined system, it is possible to achieve its goals and objectives. The system of physical education means the means, methods, forms of organization and conduct of physical education, the conformity of these means to the goals of the comprehensive development of the individual in society. The emergence and development of the system of physical education is determined by such concepts as the needs of society, the development of the level of material production, forms of organization of physical education and the generalization of best practices.

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