

# Improving Theoretical Fundamentals of Physical Culture Classes

**Abdullaev Jasurbek Xolmirzaevich**

Lecturer at the Department of Theory and Methods of Physical Culture, Fergana State University

**Annotation:** This article discusses the theory of physical education, physical maturity, physical training and physical development of preschool children, the fact that physical culture is part of the general culture, a set of material and spiritual wealth of society in the field of human physical development accumulated in the course of socio-historical practice. 'z goes.

**Keywords:** physical culture, theory of physical education, physical maturity, physical training, physical development.

The level of preparation of children for school education in ensuring the implementation of the Resolution of the President of the Republic of Uzbekistan dated December 29, 2016 No PP-2707 "On measures to further improve the system of preschool education in 2017-2021" radical improvement, introduction of modern educational programs in the educational process, provision of qualified pedagogical staff, creation of conditions for all-round intellectual, moral, aesthetic and physical development of children Methods of physical education of educational institutions, preschool reveals the peculiarities of physical education of children of different ages.

The theory of physical education of preschool children is a science that teaches the general laws of the formation of physical education of children. The theory of physical education of preschool children has a single content and subject of study with the general theory of physical education, while it specifically studies the laws of physical education of children under 7 years of age and, accordingly, the general laws of child development. . The theory of physical education of children, studying each age group, summarizing scientific data and practical experience, defines the tasks of physical education, comprehensively reveals their essence, very effective tools and methods of organizing the whole process of physical education, appropriate forms.

Physical maturity is a historically formed level of physical development and the highest stage of comprehensive physical training for health, life, work and defense of the Motherland. "Physical maturity" varies with the production of growing social needs, as well as the growth of human needs. Physical education is a pedagogical process aimed at achieving physical maturity.

In the process of physical education, mental, moral, aesthetic and labor education is carried out. The culture of physical education is the values, norms and norms created and used by society for the purpose of physical training, physical development and physical training, physical and intellectual development, improvement of abilities and physical activity, formation of healthy lifestyle skills, social adaptation. the part consisting of the sum of knowledge; physical education - a process aimed at educating a person, developing his physical abilities, gaining skills and knowledge in the field of physical culture and sports in order to form a comprehensively mature and physically healthy person with a high culture;

Physical training is the professional orientation of physical education (physical training of actors, pilots, astronauts, etc.). It is characterized by the specifics of the tasks, means, methods of conducting physical exercises, depending on the specifics of the profession. Physical education is a form of physical education that involves the acquisition of specific knowledge, movement skills, and competencies. Exercises are movements, movement activities, complex types of movement activities (movement games) that have been selected as a means to solve physical education tasks. The term "exercise" refers to the process of repeating a movement activity several times. Sport is a special activity that is manifested during the competition, aimed at achieving the highest results in this or that type of exercise.

Physical development is the process of changing the shape and function of the human body. When the term "physical development" is used in a narrow sense, it means anthropometric and biometric indicators (height,

body weight, chest circumference, air volume of the lungs, posture) and others. When the term "physical development" is used in a broad sense, it also includes physical qualities (speed, agility, flexibility, balance, visual acuity, strength, endurance). Physical fitness is a measure of movement skills, abilities, and physical attributes.

Walking and running exercises. The goal of walking and running exercises is to teach light, free movements while maintaining good balance when the arms and legs are moving. Preschoolers are able to walk and run in the same direction and at the same age.

By the age of six, children will be able to fly. To improve walking and running, a gradual complication of various exercises is used based on the movement skills acquired in the previous groups.

The physical education teacher takes turns teaching walking and running in a large group, gradually complicating the tasks and making demands on the technique of the exercise being performed.

For example, it is very difficult to master the exercise of lifting the knees. In this type of walking, the steps are short and clear, with the tip of the front foot first and then the foot fully extended. When running with the knees raised, the bent leg is raised to a right angle and placed gently on the ground, but the tip of the foot is placed with a vigorous motion.

Walking and running with a wide free step is characterized by a slight slowing of movement. In this case, the arms and legs are in harmony with each other, as usual, the heel is placed first and the tip is moved.

If a fast run (20 m distance) is suggested to develop agility qualities, a moccasin run is given to develop agility and movement compatibility, and finally a regular run for 2.5 minutes at a slow and moderate distance is applied to develop endurance.

Jumping exercises. There is a lot of jumping practice in preschool. There is a very good coordination of movement at all stages of a very strong push from the ground, rapid shaking of the legs, jumping up, length, etc.

A large group of children can easily handle the loads, which can be increased, but the quality of the exercises should be more focused. In addition to standing on or standing forward and jumping on both feet, you will be taught to run and jump long and high, and long jump from a short rope.

Throwing exercises. By the age of six, children will have the ability to analyze movements, which will help them master a variety of tasks: they will be able to hit the target clearly, move their hand vigorously, assume the correct starting position, and jump. They can shoot away. They can throw the ball in space and time when throwing, picking and catching the ball, they can change the position of the body towards the flying ball and stretch their arms, which indicates a significant improvement in coordination of movements.

Balance exercises. It is well known that balance (trying to maintain and maintain it) is a constant and necessary component of any action. The balance of preschool age will continue to be improved through a variety of different exercises.

Delayed or insufficient development of the balance function affects the accuracy, speed and norms of movement. The improvement in their results is associated with a sufficiently good development of muscle tone compatibility in children aged 5-6 years.

In large groups, it is recommended to perform balance exercises with the base in a narrowed and widened position. In this case, the tasks are performed with different things. All balance development exercises require children to concentrate, concentrate, and exercise willpower; therefore, the exercises should be conducted at a moderate to slow pace under the supervision of a tutor and, if necessary, help and care for individual children.

Climbing exercises. Different groups of muscles are used during climbing exercises. Assignments in a large group become more complex, and higher demands are placed on the technique of completing them. In addition to the exercises learned earlier, it is recommended to climb the gymnastics wall with a change of pace, jump from one side to the other, and go through the stairs, and so on. In the physical education system of preschool children, the main components of gymnastics for children are basic movements, general developmental and cleansing exercises. Preschoolers have unique characteristics for developing basic motor skills. At this stage of training, in connection with the expansion of the range of motor skills and abilities, the development of physical qualities (speed, endurance, agility, etc.), the elements of both the whole exercise and the movement technique are separated. There are normative indicators for all basic types of

physical activity for preschool children and the quality of their performance. They are specified in the basic program "Bolajon".

Physical culture is a part of the general culture, a set of material and spiritual riches of society in the field of human physical development accumulated in the course of socio-historical practice. Material assets include sports facilities (stadiums, gyms, swimming pools, tennis courts), physical education equipment, special clothing, footwear, as well as the level of physical maturity of people. Spiritual treasures include works of science and art about physical education (literature, sculpture, color, graphics, music). Physical activity is a special type of social movement that aims to increase the level of physical education of the population and to promote the development of sports. It envisages targeted activities of the state, public organizations and the public in the development of physical culture and sports.

All this is the implementation of a common approach to the educational process in the interaction. This process contributes to the formation of a comprehensively developed personality.

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