

Analysis of Physical Status Indicators of Primary School Students

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Annotation: This article analyzes the indicators of physical development and physical fitness of primary school students. Indicators of physical development and physical fitness of students were also developed by innovative methods.

Keywords: Physical status, indicators of physical development and physical fitness, innovations, methods, chest width, lung capacity.

The future of our country depends on the ability and formation of young people born today and brought up from an early age.

It is important to pay attention to the physical development of children from an early age. For this reason, we have taken tests to study the physical development of primary school students in the 1st secondary school in the city of Fergana. The test involved 52 elementary school students. The obtained physical development indices are given in Fig. 1.

Physical development of primary school students was determined by the following anthropometric indicators. The average body length is 123-121 cm in 1st grade boys and girls, 127-123 cm in 2nd grade boys and girls, and 131-128 cm in 3rd grade boys and girls.

Body weight 1- sync boy and 22.1-21.2 kg, 2-synch boy and 23.4-22.0 kg, 3-synch boy 27.2-26.1 kg. we're not going to be here.

"I'm not going to be a great boy," he said. 2-synch boy wa, 12.1-10.2 kg, left 10.9-9.9 kg, 3-synch boy wa, 14.5-12.5 kg, left 13.6-11.8 kg. we've got a lot of work to do.

The width of the thorax at rest is 60.1-58.0 cm in 1st grade boys and girls, 62.3-60.6 cm in 2nd grade boys and girls, 64.0-63.0 cm in 3rd grade boys and girls. when breathing, 64.0-62.1 cm in 1st grade boys and girls, 66.1-63.3 cm in 2nd grade boys and girls, 68.2-67.0 cm in 3rd grade boys and girls. when exhaling 60.0-59.2 cm in 1st grade boys and girls, 61.3-60.4 cm in 2nd grade boys and girls, 63.4-62.1 cm in 3rd grade boys and girls.

1-capacity 1-synch son 1512-1423 ml, 2-synch son 1589-1516 ml, 3-synch son 1731-1576 ml. we've got a lot of work to do.

From the collected materials, it was found that the height of boys was 4 cm between grades 1-2, 4 cm between grades 2-3, the height of girls was 2 cm between students in grades 1-2, and 5 cm between students in grades 2-3. differences were identified.

"I'm a weight boy not going to let you down," Henderson said.

He was 1-2 boys 1.7kg, 2-3 boys 2.4kg, 1-2 classes 0.5kg. 2.3 kg in 2-3 classes, 0.6 kg in left 1-2-synch boys, 2.7 kg in 2-3 synch boys, 0.6 kg in 1-2 classes, 1.9 kg in 2-3 classes. we've had a good time.

Chest width at rest is 2.2 cm for boys in grades 1-2, 2.0 cm for girls, 1.7 cm for boys in grades 2-3, 3.0 cm for girls, 2.1 cm for boys in grades 1-2, 1.2 cm for girls when breathing, 2-3 The differences were 2.1 cm in boys, 3.7 cm in girls, 1.3 cm in boys and girls, 1.2 cm in girls, 2.1 cm in boys and girls, 1.7 cm in girls.

It is known that 1-2 sync capacity boys 77 ml, 2-3 sync boys 142 ml, 60 ml headlights.

Table 1
 Indicators of physical development of students of I-III grades

№	Anthropometrics of Kʻyratkichlar		Жинси	I синф		II синф		III синф	
				n	$x \pm m$	n	$x \pm m$	n	$x \pm m$
1	Gavda Uzunligi (cm)		Ў	6	123±0,45	8	127±0,48	12	131±0,56
			Қ	6	121±0,57	8	123±0,59	12	128±0,67
2	Gavda oʻqirliги (kg)		Ў	6	22,1±0,28	8	23,4±0,34	12	27,2±0,41
			Қ	6	21,2±0,28	8	22,0±0,38	12	26,1±0,38
3	Kʻyl heaps (kg)	ЎНГ	Ў	6	10,4±0,18	8	12,1±0,20	12	14,5±0,28
			Қ	6	9,7±0,18	8	10,2±0,20	12	12,5±0,29
		chap	Ў	6	10,3±0,19	8	10,9±0,17	12	13,6±0,25
			Қ	6	9,3±0,19	8	9,9±0,16	12	11,8±0,24
4	Kʻykrak kafasi kengligi (cm)	тинч ҳолатда	Ў	6	60,1±0,20	8	62,3±0,22	12	64,0±0,21
			Қ	6	58,0±0,66	8	60,0±0,17	12	63,0±0,24
		nafas olganda	Ў	6	64,0±0,19	8	66,1±0,21	12	68,2±0,20
			Қ	6	62,1±0,21	8	63,3±0,19	12	67,0±0,24
		nafas chihuahua	Ў	6	60,0±0,22	8	61,3±0,20	12	63,4±0,20
			Қ	6	59,2±0,20	8	60,4±0,59	12	62,1±0,25
5	Ўпkaning thyiriklik sigimi (ml)		Ў	6	1512±15,64	8	1589±15,89	12	1731±21,08
			Қ	6	1423±15,28	8	1516±15,40	12	1576±14,50

The results of tests conducted to determine the physical development of boys and girls in grades 1-2-3 show that the state of natural biological development of primary school students living in different parts of the country is different.

The physical fitness of children who are the heirs of our future is important.

We have developed tests to study the state of physical preparation of elementary synth students. Through these tests, the physical condition of students in the 1st comprehensive school of Fergana city was determined. In the experimental study, 52 boys and girls participated. The obtained zhysmonny readiness indicators are shown in Table 2

shown.

The physical fitness of primary school students was determined through the following tests.

According to the data, 4x10m.ha mokkisimon running 1st grade boys and girls 13.9-14.3 seconds, 2nd grade boys and girls 12.8-13.2 seconds, 3rd grade boys and girls 12.5-13.0 seconds tenge.

30 m. yes running 1st grade boys and girls 6.5-6.9 seconds, 2nd grade boys and girls 6.2-6.5 seconds, 3rd grade boys and girls 5.9-6.3 seconds.

1600 m. yes running 1st synth boys and girls 10,22-10,53, 2nd grade boys and girls 10,12-10,23, 3rd grade boys and girls 9,26-10,08 minutes and sonia results.

Long jump 1st grade boys and girls 114-103 cm. ni, 2nd grade boys and girls 133-113 cm. ni, 3rd grade boys and girls 142-129 cm. formed.

Shooting tennis ball 1st grade boys and girls 18.95-12.70 m, 2nd grade boys and girls 21.02-16.39 m, 3rd grade boys and girls 23.94-16.99 m. natizha showed.

Gavdani on March 20-17, on March 20-17, on March 20-17, on March 2, on March 23-21, on March 25-20, on March 25-20, on March 25-20.

Hands forward without bending the knees 1st grade boys and girls 2.0-2.3 cm, 2nd grade boys and girls 2.3-2.9 cm, 3rd grade boys and girls 2.7-3.1 cm. the results were recorded.

Turnicle traction for boys (Martha), lifting the body hanging on a horizontal bar, for girls (seconds), 1st grade boys and girls march 1-9 and seconds, 2nd grade boys and girls march 2-13 and sonya, 3rd grade boys and daughters march 2-16 and numbered.

From the obtained materials it was found that 4x10m.ha mokkisimon running, the difference in boys of 1-2 classes is 1.1 seconds, in boys of 2-3 classes 0.3 seconds, in boys of 1-2 classes 1.1 seconds; Showed 0.2 seconds in Grade 2-3 girls.

30 m. is pushed by 1-2 synphylls. The presence of 0.2 sonar, 2-3 synths, 0.3 sonar, 0.2 sonic farms, 0.2 sonic farms annies.

The 1,600-yard field goal gave him a 1-2 innings. 30 sonia, 2-3-synths, 46 sonar, 15 sonic farms were known to exist.

19 cm in boys and 10 cm in girls in the long jump from place to place; Grades 2-3 differed by 9 cm in boys and 16 cm in girls.

Table 2
 Indicators of physical fitness of students of I-III grades

№	Тестлар	Жинси	I синф		II синф		III синф	
			n	x±m	n	x±m	n	x±m
1	4x10 м. мOKKИСИМОН югуриш (сония)	Ў	6	13,9±0,09	8	12,8±0,07	12	12,5±0,12
		Қ	6	14,3±0,11	8	13,2±0,07	12	13,0±0,13
2	30 м. masofaga yugurish (sonja)	Ў	6	6,5±0,06	8	6,2±0,04	12	5,9±0,05
		Қ	6	6,9±0,06	8	6,5±0,04	12	6,3±0,05
3	1600 м. masofaga yugurish (daqika, sonya)	Ў	6	10,22±0,06	8	10,12±0,03	12	9,26±0,07
		Қ	6	10,53±0,07	8	10,23±0,05	12	10,08±0,04
4	Turgan joyidan uzunlikka sakrash (see)	Ў	6	114±0,01	8	133±0,01	12	142±0,01
		Қ	6	103±0,01	8	113±0,01	12	129±0,01
5	Tennis coptogyni otish (m)	Ў	6	18,35±0,41	8	21,02±0,49	12	23,94±0,46
		Қ	6	12,70±0,34	8	16,39±0,32	12	16,99±0,37
6	Tirgan xolda gavadani egish va yozish (1 daqika davomida, March)	Ў	6	20±0,45	8	23±0,56	12	25±0,56
		Қ	6	17±0,56	8	21±0,56	12	20±0,42
7	Oyoklarni uzatib ytirgan xolatda tizzalarni bukmasdan aldinga engashish (cm)	Ў	6	2,0±0,47	8	2,3±0,38	12	2,7±0,46
		Қ	6	2,3±0,47	8	2,9±0,40	12	3,1±0,40
8	Turnicle tortilish (March)	Ў	6	1±0,06	8	2±0,21	12	2±0,13
9	Turnicle osilib turish (kizlar, sonya)	Қ	6	9±0,36	8	13±0,54	12	16±0,55

Throwing a tennis ball 2 m in 1-2 grade boys. 7 cm, 3 m in daughters. 69 cm, 2 m in 2-3 grade boys. 92 cm, 60 cm in shorts. differences were identified.

It was found that boys in grades 1-2 performed better on March 3, girls performed better on March 4, girls in grades 2-3 performed better on March 2, and girls performed better on March 1.

Hands without bending the knees were found to be 0.3 cm ha for boys in grades 1-2, 0.6 cm ha for girls, 0.4 cm ha for boys in grades 2-3, and 0.2 cm ha for girls.

Turnicle pull was no different on March 1 in 1-2 grade boys, 4 seconds in horizontal bar hanging pockets, no difference in 2-3 grade boys because they were pulled from March 2, 3 seconds difference in pole pulls.

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