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Annual Dynamics Of Physical Training Of Schoolchildren

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Annotation: The article examines the annual dynamics of physical characteristics of students aged 14-15 in high school, such as speed, strength, speed, strength and endurance.

Keywords: physical culture, physical education, physical qualities, speed, strength, endurance.

Today, the modernization of education in the world is important in that it is aimed at the spiritual and physical development of the individual and the improvement of the quality of the educational process. Special programs have been developed in foreign countries to increase the effectiveness of physical education classes. In private schools, however, the choice of curricula is relatively free compared to public schools, so various pedagogical oppositions are being tested.

The study of scientific and methodological literature of our country and foreign scholars testifies to the fact that a number of scientific researches have been carried out in the field of physical education in secondary schools. In particular, the work of TS Usmankhodjaev, VK Balsevich, VA Bogdanova and others can be cited as examples.

The problems of organizing physical education classes aimed at health have been studied in the research of D. Antonyus, MG Gorsky and others.

The analysis of age characteristics in the physical training of schoolchildren was studied through the work of AA Guzhalovsky, VI Lyah, AG Sukharev, VP Guba, OV Goncharova and others.

The world's leading educational institutions have a set of measures aimed at maintaining and strengthening the health of students, especially in the process of physical education in general secondary schools.

However, if we do not take into account some methodological recommendations on the subject of this study, a separate monograph devoted to solving the problem of improving the health of students will not be conducted.

Determining the annual dynamics of physical fitness of 14-15-year-old schoolchildren.

The process of physical education lessons for 14-15 year old schoolchildren.

To study the annual dynamics of general physical training of 14-15-year-old schoolchildren in physical education classes.

analysis of scientific and methodological literature, questionnaire, pedagogical observation, pedagogical testing, mathematical and statistical analysis.

The researches are carried out in secondary schools 125, 214, 218 of Mirabad district of Tashkent city, secondary school No. 105 of Yunusabad district, secondary schools No. 1, 4, 6, 37 and 38 of Pop district of Namangan region, and secondary school No. 43 of Chust district. More than 500 schoolchildren participated in the study.

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Results And Discussions

In Grade 8 students, the results of the 60-meter sprint control exercise were an average of 11.6 ± 1.3 seconds at the beginning of the school year, compared to 1.1 at the end of the school year. 9.7%). The speed

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characteristics of 14-year-old students were found to be 0.3 cm (7.41%) of the annual growth rate of physical fitness results. These results do not meet the requirements of Alpomish and Barchinoy test standards.

When taking control exercises to determine the quality of speed and strength with the exercises of throwing a tennis ball, the average result at the beginning of the school year was 28 ± 3.1 m, and at the end of the school year - 29.5 ± 2.0 m. There is no reliability of statistical differences between the indicators (p> 0.05) (see Table 1).

The results of control tests to determine the state of development of endurance in the 2000 m run averaged 11.05 ± 1.04 minutes at the beginning of the year, and by the end of the year these results were 11.02 ± 1.02 minutes, which is 7 minutes3. , An increase of 39% was observed (p> 0.05).

According to the results of the study of physical abilities of 14-year-old students, running and long jump control exercises at the beginning of the school year was 175 ± 9.74 cm, and at the end of the year increased by 185 ± 7.59 cm, or 5.71%.

At the beginning of the school year, the results of traction on the horizontal bar were 4 ± 0.86 times, and by the end of the year, these results reached 5 ± 0.63 times, an increase of 125% with a difference of 1. There is no statistical difference between the indicators (> 0.05).

At the beginning of the year, the results of the long jump exercises in the special tests "Alpomish" and "Barchinoy" were 145 ± 5.95 cm, and at the end of the year - 155 ± 4.81 cm.

Table 1

Yearbook of physical training of schoolchildren under 14 years of age (n=267)

T/p	Control exercises and measurements	BSY		ESY		Difference	%	t	P
		X±α	*V%*	*X±α*	*V%*				
1.	Running 60 meters (sec)	11,6±1,3	11,2	11,3±1,1	9,7	0,3	7,41	1,14	>0,05
2.	Running 2000 meters (min)	11,5±1,4	12,1	11,2±1,2	10,7	0,3	7,39	1,14	>0,05
3.	Turnstile pull (times)	4±0,86	21,5	5±0,63	12,6	1	125	1,14	>0,05
4.	Running and long jump (cm)	175±9,74	5,5	185±7,59	4,1	10	5,71	1,14	>0,05
5.	Long jump from standing position (cm)	145±5,95	4,1	155±4,81	3,1	10	6,89	1,14	>0,05
6.	Throwing a tennis ball (meter)	28±3,1	11,0	29,5±2,0	6,7	1,5	5,35	1,14	>0,05

Table 2

Annual dynamics of physical training of schoolchildren aged 15 years (n=248)

Г/p	Control exercises and measurements	BSY		ESY		Difference	%	t	p
		X±α	V %	X±α	V %				
1.	Running 60 meters (sec)	11,2±1,1	9,0	11,0±0,89	8,0	0,2	8,21	1,14	>0,05
2.	Running 2000 meters (minute)	11,01±1,02	10,08	10,09±0,91	8,3	0,2	8,19	1,14	>0,05
3.	Turnstile pull (times)	4±0,96	24	5±0,75	15	1	125	1,14	>0,05
4.	Running and long jump (cm)	170±8,42	4,9	190±6,24	3,2	20	1,76	1,14	>0,05
5.	Long jump from standing position (cm)	150±5,74	3,8	160±3,85	2,4	10	6,66	1,14	>0,05
6.	Throwing a tennis ball (meter)	30±2,4	8	33,4±1,1	3,4	2	1,33	1,14	>0,05

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According to the results of 60-meter running control exercises, the average level of physical fitness of 15-year-old students at the beginning of the school year was 11.2 ± 1.1 seconds, while at the end of the school year this indicator was 0.0%. 8.0). There is no reliability between the differences (p> 0.05).

According to the results of the study of the results of the annual growth difference in the quality of speed in students, at the beginning of the school year was found to be 0.2 cm (8.21%). There are no statistically significant differences between the beginning and end of the year (p> 0.05), (see Table 2).

According to the results of the special control tests "Alpomish" and "Barchinoy" in the 9th grade, the long jump jump was 170 ± 8.42 cm at the beginning of the year. At the end of the year, it reached 190 ± 6.24 cm, an increase of 20%.

Another control criterion was the results of traction on a horizontal bar. 4 ± 0.96 times at the beginning of the year, 5 ± 0.75 times at the end of the academic year, reliability (p> 0.05).

9th grade students with different levels of individual ability and training were trained in tennis throwing control exercises, where the beginning and end results of the school year increased from 30 ± 2.4 m to 33.4 ± 1.1 m. (V% 3.4). There is no statistical reliability between the indicators.

When analyzing the rapid-strength qualities of 15-year-old students through long-distance jumping exercises, their physical development abilities were 150 ± 5.74 cm at the beginning of the school year and 160 ± 3.85 cm at the end of the year. with results. It was found that the difference in annual growth of physical fitness results increased by 10 cm (p> 0.05)..

Conclusion

1. According to the results of the analysis of scientific and methodological literature, in the process of physical education classes in grades 8-9, students learn the necessary tools and methods for the development of motor skills and the development of physical abilities.
2. “Alpomish” and “Barchinoy” special control standards 2000 m. 11.01 minutes in distance running, 170 cm in running and long jump, and 30 m in throwing a tennis ball. At the end of the school year, students will be able to meet these control standards by 2,000 m. The average distance is 10.09 minutes, the average long jump is 190 cm, and the average throw is 33.4 m. with results. There is no statistical reliability between the indicators.
3. Students with different levels of physical fitness should develop a method of conducting physical education classes aimed at maintaining their health and strengthening their general physical fitness.

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