

**ORGANIZATION OF PHYSICAL EDUCATION LESSONS WITH STUDENTS OF
GENERAL SCHOOLS**

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Abstract: This article discusses the organization of physical education classes in secondary schools.

In terms of organizing and conducting physical education and physical education activities for students, along with the form of lessons at school, extracurricular and extracurricular forms, home physical education classes in the family are of great importance. Based on the "State Educational Standard for Physical Education for Secondary Schools", the "Physical Education Curriculum" pays special attention to the tasks assigned to students at home.

The tasks are designed for each section of the program and require physical education teachers to take a responsible approach to organizing activities. In each lesson, the physical education teacher must train students to independently engage in physical exercises and form a need for movement.

Morning physical education classes last 5-10 minutes, a new type of exercise is selected every month, it is advisable to engage in exercises outdoors, in light sportswear, with a planned diet. Physical education classes cannot fully satisfy the movement needs of students. Therefore, to satisfy the natural need of children for movement, it is advisable to have 12-15 hours of movement activity during the week. Physical education classes and game activities must fully correspond to the functional and age characteristics of students, fatigue and lack of movement activity caused by an increase in the volume of mental and static loads lead to a decrease in children's working capacity and physical development, and can cause the child to get sick.

Therefore, it is necessary that the given load is within the norm. Ensuring the norm of motor activity is the basis of a healthy lifestyle. Physical education activities are of great importance in implementing such tasks. When organizing and conducting physical education activities on the agenda of students in secondary schools, the physical education teacher organizes physical education activities using lesson plans based on climate, school conditions and curriculum materials. Physical education activities are organized in order to further increase students' interest in physical education and sports during their studies. The activities allow children to be healthy, master physical exercises perfectly, and become highly qualified athletes or coaches in the future.

Physical education processes and physical education activities in secondary schools consist of physical development, health improvement and preparation of students for life activities. Physical education processes are organized for students at all grade levels. The pedagogical team of the educational institution, physical education teachers and sports coaches, play a large role in organizing physical education. Physical education activities in secondary schools include morning physical education, physical education classes, sports clubs, sports competitions and tourism activities held on holidays, weekends and vacations. In physical education activities, students perform vital movements such as walking, running, jumping, throwing, climbing, and performing exercises, thereby forming movement skills and abilities. Physical exercises, which are considered to be means of physical education, and the health-improving forces of nature and

hygienic means, positively change and the body becomes healthy. Physical education classes perform the tasks of teaching students physical movements and the techniques and tactics of sports. Physical education classes are organized in different formats according to grade levels. In primary grades, physical education classes consist of active games, gymnastics, and athletics exercises.

Physical education activities for primary school students are aimed at satisfying children's need for physical activity and attracting them to perform more movements. Physical education classes in secondary schools consist of sports games, gymnastics, track and field athletics and cross-country training. They are aimed at carrying out technical and tactical training of children in sports and developing their physical qualities. Physical education classes for senior school students are held in the form of sports games, sports, gymnastics and swimming and 7 rhythmic gymnastics classes. Also, vocational orientation and professional physical training are carried out in the processes of physical education classes for senior school students, academic lyceum students and students of vocational colleges.

In general schools, the processes of physical development of students in physical education activities are organized through physical movements and physical exercises. The levels of physical development are manifested in positive changes in the body structure of children due to growth in height, weight, increase in chest circumference due to increased lung capacity, changes in the shape of the muscles of body parts due to increased muscle strength, and increased resistance of the cardiovascular system and other organs to physical loads. The results of external observation of the physical development of students can be defined as positive changes in body structure. The physical development of students is also assessed by the development of physical qualities such as strength, endurance, speed, agility and flexibility. Assessment of physical qualities, criteria for assessing physical fitness, can be carried out through the Alpomish and Barchinoy tests. The level of development of strength qualities is assessed on dynamometers or by performing strength exercises. Endurance tests are conducted on long-distance running and cross-country running. To assess speed, tests are administered in short-distance running, relay races, and sprints.

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