



**MEASURES FOR HEALTH PROMOTION OF STUDENTS
THROUGH PHYSICAL EDUCATION LESSONS IN PRIMARY
EDUCATION AND METHODS FOR INCREASING THE LEVEL OF
PHYSICAL FITNESS**

Yusupova Zulfizar Sharipovna

Teacher at Bukhara State University

Abstract: *In the article stated method organizations preschool and initial education no osnoe napravleniya detey na ozdorovlenie posredstvom zanyatiy physicheskoy kulturoy. Krome togo, author otmetil, chto v processe organizatsii uchebnogo zanyatiya, v svyazi s raznoobraziem fizicheskoy podgotovki i vozmozhnostey peredvizheniya detey, uchitelya doljny vypolnyat svoi zadachi s kajdym uchenikom individually, a takje s uchetom ix level.*

Key words. *Rehabilitation, physical education, physical training, differential training, fast training, weak training.*

Annotation: *The article describes methods of organizing pre-school and primary education based on the direction of children until improve their health through physical education. In addition, the author noted that in the process of organizing a training session, due until the variety of physical training oath mobility of children, teachers should perform their tasks with each student individually, as well as taking into account their level.*

Key words. *Health and fitness, pupils' physical preparation levels, physical instruction which makes health and fitness, approaching differential, pupils who acquire well and fast, pupils who acquire slowly.*

Today on the day young generation upbringing, to your health being given attention to our tomorrow being given attention. In our country this regarding example unprecedented work is being done, including improving the health of the population It is no secret that positive work is being done in a number of areas to



improve the level of education. It is worth noting that preschool education and early childhood education are among the most important areas of education. Starting physically, spiritual mature individuals upbringing today's education is one of the urgent issues facing Uzbekistan. For this purpose, physical education in Uzbekistan is upbringing and sports field develop to the issue state policy at the level It is being used as a guaranteed means of improving the nation's gene pool, raising a physically and intellectually capable generation, and as an important area of strategic importance in promoting the ideas of national independence. It is precisely independence thanks with in our country this the network develop It is no secret that significant changes have been made in the direction of education. In order to educate the younger generation in a holistic manner, sports complexes that meet the requirements of state standards have been built and are operating effectively. Physical upbringing and sports country citizens general culture inseparable a part not to be necessary. Humanitarianism society development modern At the stage of physical education and sports, issues related to improving the general level of physical fitness of students and developing their talents are of great importance. will reach. Elementary in education physical upbringing lessons in students driving force knowledge and qualifications to form, their every one-sided worthy It involves creating the foundations of physical fitness that will serve as a foundation for maturity . Physical preparation healthy of being the most important condition, his/her The improvement depends on the high level of physical education classes in schools, which are focused on health promotion. Physical education classes organized in the traditional way school of students known one physical opportunities develop, to form knowledge and skills characteristic of this age group, as well as knowledge that meets the requirements of physical education The physical fitness of children is focused on during the organization of such training sessions. and move to take of opportunity diversity because physical upbringing science Teachers should achieve their goals with each student individually or by dividing them into levels. However, this issue is given little attention in the educational process. An important aspect of the modern concept of physical education of students is that, then physical



upbringing in their classes health improvement of the problem aimed at increasing the role of physical education. Unfortunately, this area is not given enough attention in the educational process. Our observations show that effective methods for combining theoretical and methodological knowledge with health-improving technologies in the process of physical education classes for primary school students have not been fully developed. Finding a solution to this problem is extremely important in strengthening and preserving the health of primary school students with different levels of physical fitness. has.

Physical upbringing lessons according to previously working issued of the system Another shortcoming is that its main purpose is not health-improving, but rather educational. The school physical education system also includes the development of students' physical development and functional preparation in consideration received without physical exertion is the lack of an individual approach to exercises. This is partly due to the lack of diagnostic methods for determining the level of physical fitness. In order to improve the physical fitness of society, especially children, physical education and sports should become an integral part of everyday life for all segments of the population. An effective way to do this is to form a constant positive attitude towards the system of physical education and sports in children who are engaged. The solution to this problem largely depends on the level of interest and satisfaction of children who are engaged in these activities. Therefore, studying the attitude towards physical education and sports is not only a social and psychological, but also a conscious process in the lesson. and It is also a problem of direct importance for theoretical and practical pedagogical education, which serves to form an attitude that implements the principle of activity . The problems that arise in physical education and sports lessons among students of discontent come exit factors study in them to training was helps them learn a conscious attitude, increases their activity in the process of physical education lessons. The need for a comprehensive implementation of an individual approach in physical education arises due to certain situations that are allowed during physical education lessons became. General education, which is the same for all children,



aimed at revealing the abilities and talents of students, cannot guarantee their sufficiently intensive development. This is primarily due to the diversity of students studying in one class, the diversity of their interests and abilities. In the groups being taught, there may be students who are already familiar with the educational material being taught, and the motor exercises do not pose any difficulties. infertility possible. Such students in training In order for their participation to be taken into account by the teacher, and for them to achieve relatively high results in their mastery, it is necessary to rework the tasks given to them in a more complex way and deepen the motivational exercises. One student is motivated knowledge now mastering one at the time, other student already can master this knowledge perfectly. In the process of teaching motivating situations every one group his/her own physical from preparation come came out without the exercise The importance of the attractive aspects of physical culture also changes depending on age . If younger schoolchildren are generally interested in physical activity (children love to run, jump, play, although they do not think about it as a means of their physical and mental development), then adolescents engage in physical exercises for a specific purpose. For high school students, interests are formed primarily related to their life plans, that is, preparing themselves for a specific professional activity.

Taking into account the specific reasons for the manifestation of interest in physical culture in schoolchildren, the physical education teacher should build his work on the basis of promoting physical culture, the formation of interest in his subject as a whole, regardless of the material covered. At the same time, schoolchildren show different interests in different program materials. In primary grades, boys prefer sports games, and girls prefer active games. In these grades, all other exercises in the curriculum are enjoyed by students approximately equally.

Starting in grade 3, interests begin to diverge more and more. A third of girls prefer gymnastics and acrobatics and at the same time do not like general developmental exercises.

Schoolchildren often refuse such exercises because they do not fit into the purpose of going to class: running, playing, chatting with friends. Therefore, in order



for schoolchildren to conscientiously perform all the exercises, it is necessary to form in them a long-term goal of attending physical education classes - self-development.

The task of a physical education teacher is to form in schoolchildren a sense of purposefulness, that is, a desire to achieve a distant goal over time. Purposefulness arises when the goal is significant for the student, meets his interests and concerns, and is considered achievable by him.

In some cases, the interests and purposefulness of schoolchildren involved in sports may conflict with the physical education tasks of these schoolchildren in physical education classes.

Physical education and interest in sports are different stages in the development of one interest. An interest in physical education can turn into an interest in sports, or vice versa.

Active interest is an interest in physical education activities. Passive interest in physical culture is a fascinating, informative, and cognitive interest that is not associated with active exercise.

Thus, interest in physical culture is an integral result of complex processes in the motivational sphere of schoolchildren. However, interest in physical education is always raised and carried out in any lesson, but the impact of interest on the formation is still insignificant: out of hundreds of schoolchildren, only a few are independently engaged in physical education.

The fact is that motivation for a student is both internal and external. Interest arises only on the basis of internal motivation. It is he who, paradoxically, allows the student to endure great physical and neuro-emotional stress with interest at his own request. In this case, the student enthusiastically completes assignments and exercises, as if pushed by some invisible force.

This is how first-graders feel and behave in emotional and plot-based games. They have a natural, innate internal motivation for such games. At the same time, in connection with socio-pedagogical tasks, factors, conditions and in connection with the development of the student's personality, various means, methods, external



incentives for the formation and development of interest in physical culture; competitions are simultaneously necessary. At the same time, internal motivation appears only when external motivation (tasks, exercises, standards, requirements, etc.) corresponds to the child's capabilities, when he feels satisfaction from the learning process and is inspired by success in fulfilling these external requirements.

In modern conditions, the problems of improving the educational process in physical culture, forming an interest in physical education and sports, in particular, the formation of a healthy lifestyle through systematic physical education, are becoming particularly relevant.

Students' interests in physical education lessons vary: the desire to improve health, build fitness, develop willpower, etc. The interests of boys and girls are different: girls often think about a beautiful figure, flexibility, elegance of movement and gait, less often about developing speed, endurance, strength. Boys want to develop strength, endurance, speed, agility.

The importance of the attractive aspects of physical culture also changes depending on age. If younger schoolchildren are generally interested in physical activity (children love to run, jump, play, although they do not think about it as a means of their physical and mental development), then adolescents engage in physical exercises for a specific purpose. For high school students, interests are formed primarily related to their life plans, that is, preparing themselves for a specific professional activity.

References:

1. Ostonov J. S., Ibragimov M. M. Bokschi sportchilarda psixologik muhofazaning ijtimoiypsixologik xususiyatlari //Science and Education. – 2022. – T. 3. – №. 4. – C. 1534-1539.
2. Arslonov Q. et al. Experimental testing of the effectiveness of the Turan struggle in higher education //E3S Web of Conferences. – EDP Sciences, 2024. – T. 538. – C. 05040.
3. Mukhammadovich I. M., Kyzi S. F. O. Building Endurance Abilities of Young Boxers //European journal of innovation in nonformal education. – 2024. –



Т. 4. – №. 3. – С. 170-173.

4. Ибрагимов М. М. РАЗВИТИЕ ФУНКЦИОНАЛЬНОГО КАЧЕСТВА СТУДЕНТОВ-БОКСЕРОВ //Теоретико-методологические основы и методико-практические аспекты. – 2025. – С. 48.

5. Ибрагимов М. М. РАЗВИТИЕ СКОРОСТНО-СИЛОВЫХ КАЧЕСТВ СТУДЕНТОВ-БОКСЕРОВ //Теоретико-методологические основы и методико-практические аспекты. – 2025. – С. 53.

6. Ibragimov M. INCREASING THE EFFICIENCY OF TRAINING BY DEVELOPING THE SPEED AND STRENGTH OF BOXERS //International Journal of Artificial Intelligence. – 2025. – Т. 1. – №. 2. – С. 644-647.

7. Ibrahimov M. IMPROVING THE TRAINING EFFICIENCY OF VARIOUS QUALIFIED BOXERS WITH THE HELP OF MODERN EXERCISES //Journal of Multidisciplinary Sciences and Innovations. – 2025. – Т. 1. – №. 1. – С. 117-121.

8. Ибрагимов М. БОКСДА ТАКТИК ҲАРАКАТЛАРИНИНГ АҲАМИЯТИ: 10.53885/edinres. 2022.26. 82.028 Ибрагимов М. Бухоро давлат университети 2 босқич магистранти //Научнопрактическая конференция. – 2022. – С. 90-92.

9. Mukhammadovich I. M. The Main Methodological Instructions for the Development of Speed-Strength Qualities of Boxers //Web of Synergy: International Interdisciplinary Research Journal. – 2023. – Т. 2. – №. 5. – С. 550-554.

10. Mukhammadovich I. M. et al. Evaluation of quick-power of boxer in boxing competitions //Int. J. Form. Educ. – 2024. – Т. 3. – №. 1. – С. 68-71.

11. Qoraboyev F. F. NEW WAYS OF WORKING WITH STUDENTS //Educational Research in Universal Sciences. – 2023. – Т. 2. – №. 16. – С. 106-109.

12. Qoraboyev F. F. CREATION OF A NATIONAL SYSTEM OF EDUCATION //Educational Research in Universal Sciences. – 2023. – Т. 2. – №. 16 SPECIAL. – С. 102-105.

13. Shuhrat o'g'li Q. A., Qoraboyev F. F. SPORTCHILAR UCHUN KUCH MASHQLARINI QANDAY TO 'G 'RI TANLASH KERAК //Новости



образования: исследование в XXI веке. – 2023. – Т. 1. – №. 8. – С. 279-283.

14. Qoraboyev F. F. CARRYING GAMES DURING SPORTS TRAINING //MASTERS. – 2024. – Т. 2. – №. 4. – С. 69-71.

15. Faxriddinovich Q. F. TALABA KURASHCHILARDA MUSOBAQA MASHQLARI TEXNIKASINI O'RGATISHDA MAXSUS YORDAM BERUVCHI MASHQLARNI QO'LLASH SAMARADORLIGI //MASTERS. – 2024. – Т. 2. – №. 4. – С. 65-68.

16. Qoraboyev F. F. et al. THE ADVANTAGE OF INTERACTIVE METHODS IN IMPROVING THE QUALITY OF THE EDUCATIONAL SYSTEM //PEDAGOGICAL SCIENCES AND TEACHING METHODS. – 2023. – Т. 2. – №. 19. – С. 42-45.

17. Faxriddinovich Q. F. Importance of Weight Categories and History of Changes in Weightlifting //Vital Annex: International Journal of Novel Research in Advanced Sciences. – 2023. – Т. 2. – №. 3. – С. 165-172.