

## **COLLECTING SPORTS ACTIVITIES IN THE ORGANIZATION OF GENERAL SECONDARY EDUCATION SCHOOLS**

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**Abstract:** This article discusses the importance of sports training in secondary schools and their organization, the role of games in training school-age children through sports training.

**Key words:** sports training, educational task, educational task, healthy task, physical condition, active games.

### **СОВЕРШЕНСТВОВАНИЕ СИСТЕМЫ ОРГАНИЗАЦИИ СПОРТИВНОЙ ПОДГОТОВКИ В ОБЩЕОБРАЗОВАТЕЛЬНЫХ ШКОЛАХ**

**Аннотация:** В данной статье рассматривается значение спортивной подготовки в общеобразовательной школе и эффективность ее организации, роль подвижных игр в обучении детей школьного возраста посредством занятий спортом.

**Ключевые слова:** спортивная тренировка, учебная задача, воспитательная задача, здоровая задача, физическое состояние, активные игры.

Sport (eng. sport - game) is a type of physical culture, a set of physical training methods, a system of organizing, preparing and conducting competitions related to physical exercises. The purpose of sports is to strengthen people's health and develop their physical condition. It has several interconnected types:

- ❖ public hobby;
- ❖ sport as an educational subject;
- ❖ high performance sports.

Mass amateur sport is the most basic condition for people's physical improvement, which is determined by their age level, state of health, and level of physical development. Sport as an academic subject is included in military-physical training programs in all types of educational institutions and armed forces. High-performance sports create conditions for achieving the best sports performance (records), demonstrate human physical fitness, and help to implement effective means and methods of physical training into mass practice. Sport has become so popular among the population that it has even become a vital necessity. Regular exercise in childhood should allow for the expansion of the body's reserves and the improvement

of health. This makes it possible to improve the educational process, increases the ability to work and work in production at an adult age, all of which are of great social and economic importance. The purpose of the science of physical education is the same for all institutions and organizations that carry out physical education of people in our country. Three main tasks are solved on the basis of the above-mentioned goals in physical education classes of general secondary schools.

Including,

- educational,
- educational,
- a healer.

The specific tasks of physical education have such characteristics that they satisfy the natural requirements of human activity. Based on this, it develops the organism in accordance with the laws of physical condition and health promotion and provides the physical abilities necessary for life.

Physical education has its own tasks. They differ as follows:

- ✓ special educational tasks - regular formation of knowledge related to skills and qualifications in the general secondary education system;
- ✓ practical special tasks - work in the practical system and professional direction;
- ✓ sports task - to show high results, to be able to use all opportunities;
- ✓ reactive and health-giving, restorative special tasks - to be able to use physical exercises at rest, to use them for the purpose of recovery;
- ✓ -general-cultural, educational and other social tasks related to the use of physical culture in society - aimed at satisfying the physical fitness and health of the person.

Means of physical education for students of the 1st-4th grade of general secondary schools are as follows: basic gymnastics, organizing games, walks and excursions. At this age, children are recommended to participate in some types of sports (swimming, wrestling, boxing, weightlifting, rhythmic gymnastics, sports games, and tennis) in primary training groups. Characteristic means of physical education for students of 5-9 grades: basic gymnastics, sports games and other types of sports suitable for age-physiological characteristics. Exercises included in the complex of "Alpomish" and "Barchinoy" tests (walking, running, active and sports games, etc.). One of the most important means - touristic and bicycle trips will become mandatory for general secondary school students in all types of basic and auxiliary sports gymnastics, athletics training.

The purpose of knowledge-enhancing tasks is effective and useful methods for students to master their actions, skills and competences in one system, and provides for the acquisition of knowledge networks necessary in life. The tasks of rehabilitation

are carried out by means of means and a system of forms aimed at strengthening the health of students, improving physical ability, basic movement qualities and work ability, aimed at the comprehensive development of body functions. Educational tasks involve the systematic mastering of effective methods of managing (coordination) of the student's actions, acquiring knowledge related to the skills and competencies necessary in life in such a way. The educational tasks are to educate students to be physically fit, self-awareness, to preserve our sacred values, and to form a sense of patriotism. In the effective implementation of the main tasks of physical education, it is possible to solve them sequentially by using a multifaceted and interconnected system of physical education. An all-school movement routine and extended times in the day included physical activity. It includes morning physical education, physical breaks (physical minutes), games during the big break, physical education classes, physical fitness outside the classroom, mass-sports and club work.

Sports events in general secondary schools: sports competitions, meetings, festivals, quizzes, etc., dedicated to various holidays. All forms and types of classes should provide 8-10 hours of activity per week for primary (1-4) graders and 10-12 hours for 5-9 graders. It is mandatory that the specified number of hours is sufficiently necessary and minimal for the specified groups of students. A special (individual-differential) regime is implemented for students with disabilities. In order to ensure the high efficiency and high-quality practical benefits of the physical education system, physical education lessons are carried out through the organization of students' movement activities and advanced methods of teaching. Physical education classes with such students are mainly conducted with light exercises.

It is natural for students to get tired during physical education classes (athletics, gymnastics, wrestling, etc.). Because many young people lack physical and special training aspects. Therefore, they should, first of all, have physical development and special physical training. It is known that it has been proven that special endurance can be effectively formed if general endurance is well developed. In the development of special endurance, it is necessary to perform special technical exercises for a long time, even in the presence of fatigue complications. General endurance is formed on the basis of chronic performance of high-volume exercises (long-distance running, rowing, swimming, cycling, etc.) at moderate intensity. It is known that it is advisable to skillfully use long-lasting sports and action games. It has a positive effect on the student's emotional state, eliminates the symptoms of fatigue, and develops physical abilities and new movement skills.

In the course of the training, it is effective and more effective to carry out with the help of balls in the implementation of sports games. For example, "Pass the ball - sit down", "Pass the ball and run to the relay", "Block the ball!" and other similar games. As a result of the use of such games and regular use, the development of special

physical qualities and technical training of students is much easier. Work capacity is the ability to realize the functional state and capabilities of the organism and its organs at a high level. Work ability is "the ability of a person to perform work in a certain activity for a certain period of time and at a certain level of efficiency."

Concepts such as load, the body's ability to carry this load, fatigue, strain, work capacity and its recovery feature are interrelated terms, the search and implementation of ways to extend the period of occurrence of the terms fatigue and strain or shorten the recovery period leads to the formation of work capacity.

Conclusions and suggestions. It is an important factor in the further development of physical fitness in order to form the physical and spiritual health of the growing young generation, strive for a healthy lifestyle and instill love for sports, pay special attention to the development of children's mass sports in rural areas, raise a generation that is loyal to the motherland, has faith in the future, select talented athletes among children and help them develop their abilities. as it is necessary to develop sports in general secondary schools.

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