

FORMATION OF TECHNICAL PREPARATION OF SCHOOLCHILDREN IN THE PROCESS OF PHYSICAL EDUCATION

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Abstract:

The article describes the experience of obtaining and applying the targets of technical preparedness of schoolchildren. The application of the method of questioning and calculation of the concordance coefficient made it possible to single out the indicators of the technique of eight test motor exercises that determine the physical preparedness of schoolchildren.

Keywords: school physical education lesson, learning process, the schoolchildren, indicators of exercise techniques, technical preparedness.

ФОРМИРОВАНИЕ ТЕХНИЧЕСКОЙ ПОДГОТОВЛЕННОСТИ ШКОЛЬНИКОВ В ПРОЦЕССЕ ФИЗИЧЕСКОГО ВОСПИТАНИЯ

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Аннотация;

В статье описывается опыт получения и применения ориентиров технической подготовленности школьников. Использование метода анкетирования и вычисление коэффициента конкордации позволили выделить показатели техники восьми тестовых двигательных упражнений, определяющих физическую подготовленность школьников.

Ключевые слова: урок физической культуры, процесс обучения, школьники, показатели техники физических упражнений, техническая подготовленность.

Introduction

Over the years of independence in our republic, at the level of modern requirements, all the necessary conditions have been created for the population, especially the younger generation, for regular physical education and mass sports, large-scale work has been carried out to improve the health of young people through sports competitions, will, faith in their own strengths and capabilities, the development of her courage, feelings of patriotism and devotion to the Motherland. In pursuance of the Decree of the President of the Republic of Uzbekistan dated



June 3, 2017 No. PP-3031 “On measures for the further development of physical culture and mass sports” [1] and the Presidential Decree dated March 5, 2018 No. 5368 “On measures to radically improve the public administration system in in the field of physical culture and sports” [2], various events are held. In order to attract various segments of the population to sports, including state and non-state organizations, promoting a healthy lifestyle, acting as the initiator of the teaching staff of the Department of Physical Culture of the Tashkent Regional Chirchik Pedagogical Institute, they hold various sports competitions, tournaments, not only among university students, but also among schoolchildren in the city of Chirchik. The competition took place in three sports: mini-football, volleyball and table tennis.

The effectiveness of the physical education process for schoolchildren is often considered by physical education teachers only through indicators of students’ physical fitness. At the same time, the technical preparedness of schoolchildren is lost sight of, which, in fact, serves as its basis and contributes to the full development and maximum manifestation of the individual physical abilities and physical qualities of students [5]. The National Special Test “Alpamysh and Barchina” is being introduced. These tests help improve health, increase creative and labor activity, and lay the normative and programmatic basis for the physical education of schoolchildren. Physical education teachers need to pay close attention to teaching students the technique of test physical exercises included in this complex. Moreover, these physical exercises are basic [7]. Partially or completely, these exercises repeat in their biomechanical structure the huge arsenal of means of physical training for schoolchildren in various sections of the educational program in physical education. Technical readiness is manifested when performing a motor exercise as mastery of its technique. The progress of physical exercise techniques, associated with the improvement of sports equipment, clothing, and equipment, constantly leads to the emergence of effective forms of exercise, which can be seen in the example of sports technique, which has changed significantly in all sports in recent years [3]. Therefore, the approximate basis of a motor action, its main reference points, and motor tasks require clarification and adjustment over time. Analysis and assessment of physical exercise techniques should take into account the signs characterizing rational movements and their connections (technical characteristics of movements), which are important for physical training and education [2].

To solve the above problems, a survey of 18 qualified specialists was conducted, which included physical education teachers of the highest category and teachers of physical education institutes - associate professors and professors of departments, and a pedagogical experiment was carried out. Survey of respondents, statistical processing of survey results - calculation of the concordance coefficient; determined the most significant indicators of the technique of 8 test physical exercises. Experts also assessed selected indicators when students performed each test.

The experiment was carried out at school No. 15 in the city of Chirchik and three age groups of schoolchildren took part: 49 5th grade students (KG-22 people, EG-27 people), 56 9th grade students (KG-28 people, EG- 28 people), 50 10th grade students (KG-25 people, EG-25



people). All schoolchildren were included in the first and second groups for health reasons and had no contraindications to physical education. The experiment was carried out from September 2017 to May 2024. Participants in the control group attended physical education classes 3 times a week and mastered the regular curriculum in this subject in accordance with the curriculum. The curriculum provided for the development of the sections “Athletics”, “Gymnastics” and “Sports Games”. Completing tests was included in the “Athletics” section.

Participants in the experimental group participated in physical education classes to the same extent (3 times a week for 45 minutes), but at the same time, during each lesson for 15 minutes (at the beginning of the main part of the lesson) they studied the technique of performing test physical exercises, with reference attention to the technical indicators selected by specialist respondents. In experimental groups of different ages, the method of selective redundancy of information was used. The method is based on the teacher's use of brief, most significant explanatory and accompanying information. The method is aimed at focusing schoolchildren's attention on the main reference points and motor tasks when they perform test physical exercises. The method of selective redundancy of information when teaching schoolchildren the correct technique promotes awareness and quick memorization of the approximate basis of the actions of physical exercises. In each physical exercise, their attention was paid to 6 technical indicators. At the end of the pedagogical experiment, 18 specialist respondents assessed the technical indicators of schoolchildren in the control and experimental groups. All results obtained were processed using statistical packages Microsoft Excel and Stadia 8.0.

Research results:

The correlation matrix of the concordance coefficient (according to Spearman) on the degree of consistency of the opinions of specialist respondents on the issue of their assessment on a 5-point system of the values of the designated 6 technical indicators in each of the 8 physical fitness tests showed the existence of a high correlation (relationship) between samples ($r =$ from 0.67 to 1) for each test. A statistically processed assessment of the designated technical indicators - the main reference points and motor tasks of the exercise performed by schoolchildren - the results of a survey of specialist respondents at the beginning and end of the experiment are presented in Table 1. To carry out statistical comparisons, the type of distribution of test results was determined. Using the Omega-square and Chi-square tests, the hypothesis “The distribution differs from normal” was tested. It has been established that in most cases this hypothesis is valid at a statistical significance level of $\alpha=0.05$. Therefore, nonparametric methods for comparing sample medians using Wilcoxon tests were further applied. The achieved increment in results has a pedagogically important difference and amounts to +1 point in all experimental groups of different ages.

In the control groups, the hypothesis “there are no differences between the sample medians” was confirmed before and after the experiment. The increase in results in three control groups of different ages shows the absence of statistically significant differences in medians. For the experimental group, this hypothesis is not fulfilled: the increase in results in this group is



statistically significant when comparing sample median values and pairwise comparisons. The greatest changes occurred in the 5th grade age group. This means that fifth graders are more receptive to learning physical exercise techniques. Thus, the developed methodology for teaching schoolchildren technical indicators in physical education lessons helps improve their technical readiness and increases the efficiency of the process of physical education of students.

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