

PROBLEMS OF FORMING THE MOVEMENT ACTIVITY OF PRIMARY GRADE STUDENTS THROUGH PHYSICAL MEANS

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Abstract: This article presents information on the improvement of students' activities based on modern approaches to the process of forming motor activity of primary school students in our country through physical means.

Keywords: physical education, primary school, student, means, form, movement, muscle, sport, time, teacher, education.

Introduction

Today, serious attention is paid to improving the education system in our country, raising a young generation that will ensure the prosperity of the Motherland. Our Government is creating all the conditions for raising a fully developed, well-rounded person who embodies high spiritual and moral values, and strengthening the health of the growing young generation.

Considering the need for the comprehensive and harmonious development of each person in the development of education and upbringing of the new generation, our state attaches great importance to the inclusion of physical culture and sports in these processes, which are necessary for the spiritual and physical education of school-age students.

One of the main tasks of physical education of school-age students is to strengthen their health, improve their physical fitness, and reduce morbidity. The need for movement is a necessary biological need and is an important factor in the growth and development of the student's body. Movement determines the functional capabilities of the student and his ability to perform work.

Butaev V.K. In his studies, he found that insufficient motor activity, that is, hypodynamia (overweight), is observed from school age. This negatively affects the health of students. That is why students need to engage in physical exercises; running, active games, elements of traditional sports[3].

Increasing motor activity helps to activate all the main physiological functions of the body, the activity of the circulatory and respiratory systems increases, and metabolism increases. Active muscular activity contributes to the development of the musculoskeletal and articular apparatus. Improves the coordination of movements. Improves the functions of the central nervous system. In increasing the respiratory activity of students, physical exercises, running, jumping, carried out in the open air throughout the year, are of particular importance. Such activities help in many ways to strengthen the student's body, improve health, and increase resistance to colds.

According to the data obtained by Boyboboyev B.G., students who were engaged in physical education in the open air suffered from colds 2-3 times less often than their peers [2].

At the same time, the existing system of physical education of the population, which has not justified itself, including the physical education program for educational institutions based on this system, which does not take into account regional ethical conditions and their traditions, cannot ensure the solution of the tasks facing us.

Therefore, it is necessary to further improve physical education and sports. For this, it should be based on a review of its essence, purpose, content and organization. Physical education of school-age students - taking advantage of the opportunities for health improvement, should be used in each school institution on the basis of methodologically correctly selected physical education means, forms and methods, taking into account the age and gender characteristics of students (concept).

Physical education of a student is not an easy task. Nowadays, in modern conditions, children and adolescents do not have a great need for movement.

School-age students spend a lot of time in front of the TV and computer, as well as drawing, completing assignments, listening to various stories, etc.

The physical education specialist who does all the work to activate the movement activities of the participants is not at all interested in whether the students are interested in working, whether each student is involved in the learning process or is indifferent to studying.

Movement games and game exercises remain the most favorite activities for students for a long time. This activity can be carried out in the form of interesting and unusual games allows you to conduct. Practice shows that well-chosen and properly structured game exercises aimed at developing physical qualities have a beneficial effect on the physical development of students. These can include plot exercises such as "Walk in the Garden", "Runner" and "Skipper", "Knowing Everything" and similar game exercises.

The framework of a person's knowledge and beliefs, value and motivational-need systems organize and direct him to perception and practical activity. An active-positive attitude to physical education, a formed need for daily physical exercise, indicates a healthy lifestyle and physical perfection [1].

The physical perfection of a person implies the level of physical development, psychophysiological and physical capabilities, health, which form the basis of his active creative, socially significant activity.

The problem of physical education of school-age students is one of the most important tasks at this stage one. This is an important period of human life in the formation of physical health and cultural skills that ensure the development, strengthening and preservation of a person in the future. That is why the result of physical education at school age should be a high level of student health and the creation of the foundation of future human physical culture, and it includes the following:

emotional and positive attitude of students to physical exercises and games, to the strengthening actions and the influence of the healing powers of nature, to the rules of personal hygiene, to the observance of the daily routine.

a school of natural movements of general developmental nature, which includes the development of primary skills, the basics of musical and rhythmic knowledge, the correct posture, the ability to behave around others, participation in collective actions (games, dances, holidays), the ability to demonstrate a culture of behavior, independence, organization, discipline.

self-service skills and skills in using equipment and devices for training.

As can be seen, the main emphasis in training for primary school students is on line marching. However, for a student of this age, it is determined by the need to run, shout, and jump.

Conclusions

In conclusion, the physical education of school-age students serves as a fundamental component of their overall development, directly influencing health, intellectual capacity, and moral upbringing. The integration of regular physical exercises, outdoor activities, and movement-based games into the educational process not only strengthens the body but also cultivates endurance, discipline, and a positive emotional attitude toward an active lifestyle. Modern educational institutions must therefore recognize that physical education is not merely an auxiliary activity but an essential pedagogical tool for forming a well-rounded and resilient personality. By adapting physical education programs to regional and cultural conditions, ensuring methodical diversity, and emphasizing motivation and interest, schools can significantly enhance the physical and psychological well-being of students. Ultimately, systematic and properly organized physical education lays the groundwork for a healthy, active, and socially responsible generation capable of contributing effectively to the progress and prosperity of the nation.

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