

## TO INCREASE THE INTEREST OF ELEMENTARY SCHOOL STUDENTS IN SPORTS AND TO MAKE THEM REGULARLY ENGAGE IN SPORTS

**Achilov Oybek Hakimovich**

Navoi State Pedagogical Institute physical  
Faculty of Culture teaching sports  
teacher of the methodology department.

### ABSTRACT

This article provides information about the legal basis for the development of sports in the Republic of Uzbekistan, the reforms in the field of physical education and sports in our country, and the positive aspects of organizing physical education lessons and competitions among schoolchildren.

**Keywords:** Our republic is independent, like-minded, in the field of physical education, sports, from experts, we need to prepare carefully, scientific information, young schoolchildren, during the week, movement activity, stature, the most important qualities, in the child's psyche, wellness, 5 initiatives.

After the independence of our republic, the education system was radically reformed, and in order for our country to stand on its independent and strong feet, it requires that we all work together in all areas in a sympathetic, like-minded manner.

This shows that we, that is, experts working in the field of physical education and sports, should prepare young athletes with all our intelligence and thorough preparation for our work. According to scientific data, 2-hour weekly physical education classes for young schoolchildren can develop the activity of students by only 11%.

Nowadays, most of the healthy children in school get various diseases during their studies. Of these, more than 40% are complicated, more than 63% are stunted in height development, and approximately 12% of students suffer from anemia. The most important qualities of a person are his spiritual wealth, purity of will, and physical improvement. These are based on good health, age-appropriate physical development, vital movement, acquisition of skills and competencies, and a high level of work ability. Physical health and intelligence are closely related to each other and are just two different sides of the process of personal development.

Any qualitative change in the child's psyche affects the functional structure of his body and various changes in his brain, as well as physical development. Average physical development of the child depends primarily on living conditions, health and

nutrition. From a physiological point of view, some of the 1st graders in the elementary school have a lot of symptoms of short-sightedness in the musculoskeletal system, and in the school, most of the students have short-sightedness. Lack of physical fitness among elementary school students is the result of not organizing physical education exercises at school and in the family.

Elementary school students are sitting for a long time, short active rest between classes, being in the fresh air for a short time, year-by-year decrease in physical activity, less sleep - these are all children's problems. affects physical development, physical fitness and mental development.

In some rural schools, physical culture lessons are not organized and conducted at a high methodological level in primary grades. As a result, students cannot acquire enough knowledge, skills and abilities. Such lessons have no practical effect. Therefore, children waste their valuable time, and as a result, it has a negative effect on their health. But it is impossible to raise a healthy generation without the participation of the general public. According to scientists, the health of the future generation depends 50% on lifestyle, 15-20% on social and medical conditions, genetics and similar factors.

It is known to everyone that the physical culture programs of I-IV graders at school are developed by the Ministry of Public Education, in which plans are drawn up for children's health, physical fitness, and weather conditions for national physical exercises. Organized physical culture programs are aimed at improving the health, education and education of students, and require the use of physical exercises and the use of physical education tools in full accordance with the purpose of the lesson. The effectiveness of physical culture classes depends not only on the content of the program, but also on how the students' activities are organized, and on the method and methodology of teaching exercises. If the lessons of physical education are fully focused on the basis of the program, the health, physical development and physical fitness of students of grades I-IV will definitely develop to the extent we envisioned, and at the same time, they will learn from other subjects. Mastery will rise to a higher level.

Lessons are only a part of the physical education process, supplemented by participation in independent exercises, competitions, games, etc. Neglecting homework disrupts the connection between curricular and extracurricular forms of training. That's why we teachers should deal with each student individually during the lesson. should increase. We should not teach students one type of sport in every lesson, on the contrary, we should organize different sports games in each lesson. they should not feel tired because the game is fun. In the course of the lesson, we need to warm up the body of the students well. The better we warm up the body of

the students, no matter how much the students take during the exercises, the body will not be burdened. Tasks given at home should be carefully thought out by the teacher in every way, for example, flying on a tightrope, this exercise increases the endurance and agility of students.

At home, it is appropriate to make the exercise of rolling back and forth on a blanket as homework. Up to now, with the initiative of our president Shavkat Miromonovich Mirziyoyev, 5 initiative projects are being organized in each of the remote villages and urban villages, and the result of this is that the love of our youth for sports and the homeland is increasing. For all this, I would like to express my gratitude to our president on behalf of all demanding young people of our country who are interested in sports and myself.

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