

CHARACTERISTICS OF PRACTICAL PHYSICAL DEVELOPMENT OF TEENAGE STUDENTS IN FAMILY-SCHOOL PARTNERSHIP

Sh. M. Robilova

Teacher of Fergana State University

sharofatrobilova486@gmail.com

Annotation

In the article, the practical physical training, physical maturity and physical development of teenage students in family-school cooperation were studied. This scientific-research work covers issues aimed at further improving and developing the knowledge and skills of our adolescent students and their knowledge of physical education culture.

Keywords: ecdorphins, training, alcohol, pathological, physical maturity, physical training, physical development.

Current: In the family-school partnership of school-aged students, practical physical training exercises, playing sports or action games, in our natural "good mood" movement, freedom, fluency and saving the energy that the body consumes as a result of various activities possible. Such creativity is very important in family-school cooperation, and the physiological state is considered as a training effect of physical exercises, and through this effect, ecdorphins (biologically active substances) created in the blood find pathological triggers caused by the intake of alcohol and drugs in the blood. Sports physiology has proven that they are slowly squeezed out of the blood. The purpose of the study. Analyzing the participation of adolescent students in physical education activities organized in the neighborhood and outside of school, and how their physical development develops and is controlled depending on the type of sport. Research results and discussion. After the training (if the load is within the norm), the trainee feels himself in "another world" and observes that the problems of the ground become "characteristic" for him is the proof of what was mentioned above. All this is related to the level of our health that should be achieved during the life process, and the knowledge that we should know how to maintain it at the appropriate level. Currently, the level of our health is evaluated according to the results of the norms by passing "health tests" designed for our lifetime from each school age onwards. The results of a large number of studies related to the training of physical fitness of school-aged children have proven that the student's level of movement opportunities lags behind the requirements and norms of the "Population Health Assessment Platform" complexes for physical fitness. Playing sports is the most effective means of fighting aging and makes a person healthy and strong. At this point, we should

remember the opinion of Ibn Sina, the great thinker of the East, who said, "Most of the people who leave Badantarbiya will be ruined, because the strength of their parts that remain inactive will weaken." At the end of the academic year, we witnessed that a small number of students of the teenage age do not do enough physical training for the purpose of physical training. The level of pedagogical assessment of practical physical fitness of teenagers is good and excellent according to the norms, only 34.2% are good and excellent according to the norms of general physical fitness. The level of training in oriented practical physical training was found to be low. In fact, it is necessary to increase the general and practical physical training requirements for young people studying in general secondary school every year. However, the results of the control show that students of teenage age cannot fulfill the norms. The quality level of physical fitness of teenage students can be achieved by using physical education tools.

In order to strengthen the child's health, he ensures the creation of sufficient conditions for the development of the organism at all stages of development, and this shows that it is important. Especially the three-stage competitions introduced in our Republic are recognized all over the world. We can see its effective results in the international achievements of our young athletes. Preparation is invisible in the form of mental, moral, spiritual and others. But the main one of them is the physical fitness of the individual. The concept of "physical fitness" is very widespread, theoretical and practical sections on its indicators and methods of their development are given in special literature, and we tried to make its pure definition more understandable to everyone. We defined the physical fitness of an individual, a person, a teenager, a child based on his physical development as "the level of work ability achieved in the formation of vital and practical skills and abilities that embody the effectiveness of purposeful activity." Taking into account their youth, which is convenient for creating the basic foundation of the physical maturity of the person, the physical development of the individual organism, their physical fitness is considered an object of research. Because movement qualities such as strength, quickness, endurance, agility, and muscle elasticity have a great influence on the effectiveness of various vital practical activities up to old age, which has been expressed in a number of literatures and scientific studies. If we evaluate the level of practical physical training according to changes, we know very well that it is very difficult to achieve changes in the physical fitness of rural youth by teaching them in the system of traditional physical education classes held at school. During the research of A. Makhkamov on the topic of "Physical education in the family", the study of parents' knowledge of their children's physical fitness shows that their children's strength, quickness, and endurance are at a low level, especially in rural families. The issue of the future generation's physical maturity is being solved through the efforts and personal initiative of our President Sh.M. Mirziyoev, with the

policy of development of national sports games in the types of sports included in the Olympic program.

"Umid Nikhollari", "Barkamol Avlod", university and institutes three-stage competition system for young people of higher educational institutions started with good intentions, it is a witness that it has become a habit in most of the districts of our region that we have observed. we were In order to properly implement physical education in the family, parents need to know what kind of physical exercises children do in general secondary schools, as well as in sports schools, and what kind of physical load they perform during the day and the whole week. Parents of children who do not attend physical education clubs organized in general secondary schools are obliged to ensure their full physical development. It is important to use a complex of physical education tools for children being brought up in the family. It is important to create the most comfortable hygienic conditions for them, to use natural factors of nature (sun, air, water). All members of the family can organize morning gymnastics, physical education classes, active games with the child in the yard, in rooms equipped for special physical education or, depending on the possibilities, in unequipped rooms. Depending on the temperature of the air, it is advisable to conduct it in the open air. A family can consist of 2-3-4 children, taking into account that, it is impossible to blindly give physical loads. In this matter, it is advisable for school physical education teachers and children and teenagers to interact with the coaches of sports schools and exercise according to their advice. Coaches and physical education teachers receive information about parents and children from the family, studying the number, age, health, level of development, acquired movement, skills and physical qualities of children. comes out, taking into account the physical training activities organized in their educational institutions, they can plan the approximate daily training regime of the family asking for advice. The family should carefully prepare for physical education activities, choose educational methods that encourage the child to be active, independent. Physical education of children in the family has its own characteristics. The teacher should plan the morning physical education based on the young characteristics of the adolescent children and encourage them to perform physical activities through poems, musical sounds, and songs. Parents doing physical education exercises together with their children, organizing sports competitions with parents and children, in which children act together with their parents, has a positive effect on them and motivates them.

Foydalanilgan adabiyotlar

1. Sharofatkhon, R. (2022). The Role of Parents and Its Significance in Forming a Healthy Lifestyle in the Family. Eurasian Journal of Humanities and Social Sciences, 14, 63-68.

2. Robilova, S. M., & Patidinov, K. D. (2022). Physical training of handball and its comparative analysis practitioners. Asian Journal of Research in Social Sciences and Humanities, 12(4), 173-177.
3. Yuldashov, I. A., & Robilova, S. M. (2022). Problems of physical development of preschool children and junior school children. Asian Journal Of Multidimensional Research, 11(9), 125-130.
4. Бакиев Ашурали и Ташполатов Алишер. (2022). ВЛИЯНИЕ ИЗМЕНЕНИЙ В ПРАВИЛАХ И СНАРЯЖЕНИИ НА РЕЗУЛЬТАТЫ СПОРТСМЕНОВ В ВЫБРАННОМ ВИДЕ СПОРТА (ЛЕГКАЯ АТЛЕТИКА). Академический глобус: Научные исследования, 3(11), 4-15.
5. Bokiev, A., Abduganiev, I., & Toshpulatov, A. (2022). The innovation in improving the effectiveness of teaching training techniques of light athletics. Asian Journal of Multidimensional Research, 11(5), 316-319.
6. Azimov, M. I., & Azimov, A. M. (2013). Способ палатопластики поперечным рассечением мягкого неба с продольным соединением раны у больных с врожденными расщелинами неба. UKRAINIAN JOURNAL OF SURGERY, (1.20), 51-54.
7. Ashurali, B., & Alisher, T. (2022). THE IMPACT OF CHANGES IN THE RULES AND EQUIPMENT ON THE RESULTS OF ATHLETES IN THE CHOSEN SPORT (ATHLETICS). Academicia Globe: Inderscience Research, 3(11), 4-15.
8. АЗИМОВ, А., АЗИМОВА, М., & МЕЛИКУЗИЕВ, А. (2021). Разработка научных основ подготовки спортивного резерва. Общество и инновации, 2(8/S), 283-286.
9. АЗИМОВ, А. М., МЕЛИКУЗИЕВ, А. А., & АЗИМОВА, М. К. (2021). Инновационные преобразования в педагогике физической культуры и спорта.
10. Azimov, M. I., & Azimov, A. M. (2013). Способ палатопластики поперечным рассечением мягкого неба с продольным соединением раны у больных с врожденными расщелинами неба. UKRAINIAN JOURNAL OF SURGERY, (1.20), 51-54.
11. АЗИМОВ, А., АЗИМОВА, М., & МЕЛИКУЗИЕВ, А. (2021). Разработка научных основ подготовки спортивного резерва. Общество и инновации, 2(8/S), 283-286.
12. Jalolov, S., & Abdiolimova, I. (2022). Methods of teaching physical education in elementary school. ACADEMICIA: An International Multidisciplinary Research Journal, 12(5), 758-763.
13. Jalolov, S., & Abdurahimova, H. (2022). The features of physical culture those of preschool age. ACADEMICIA: An International Multidisciplinary Research Journal, 12(5), 794-798.

14. Jalolov, S., & Abdiolimova, I. (2022). Methods of teaching physical education in elementary school. *ACADEMICIA: An International Multidisciplinary Research Journal*, 12(5), 758-763.
15. Jalolov, S., & Abdurahimova, H. (2022). The features of physical culture those of preschool age. *ACADEMICIA: An International Multidisciplinary Research Journal*, 12(5), 794-798.
16. Sharofatkhon, R. (2022). The Role of Parents and Its Significance in Forming a Healthy Lifestyle in the Family. *Eurasian Journal of Humanities and Social Sciences*, 14, 63-68.
17. Maksudov, U. K. (2020). CHARACTERISTIC OF THE PROCESS OF DEVELOPMENT OF SOCIAL ACTIVITY SKILLS IN PRIMARY SCHOOL STUDENTS THROUGH FOLKLORE. *Scientific Bulletin of Namangan State University*, 2(7), 407-412.
18. Максудов, У. К. (2018). Проблемы социальной активности молодёжи в духовно-нравственном воспитании. *Молодой ученый*, (46), 306-307.
19. Максудов, У. К. (2019). Развитие навыков социальной активности у учащихся начальных классов посредством фольклора-социально-педагогическая необходимость. *Проблемы педагогики*, (6 (45)), 20-23.
20. Guyokhon, Y. (2022, November). INFLUENCE OF METABOLIC THERAPY ON THE FUNCTIONAL STATE OF ATHLETES. In *E Conference Zone* (pp. 24-33).
21. Guyokhon, Y., & Mahliyo, A. (2022). O'SMIR YOSHDAGI BOLALAR NAFAS OLISH ORGANI KASALLIKLARINI JISMONIY TARBIYA VOSITALARI BILAN DAVOLASH. *Spectrum Journal of Innovation, Reforms and Development*, 8, 63-72.
22. Хасанов, А. Т., & Икромов, И. И. (2022). ҲАРБИЙ ТАЪЛИМ ФАКУЛЬТЕТЛАРИ 1-4 БОСҚИЧ ТАЛАБАЛАР ЖИСМОНИЙ СТАТУС КЎРСАТКИЧЛАРИНИНГ ЎЗАРО БОҒЛИҚЛИК ХУСУСИЯТЛАРИ. *Fan-Sportga*, (2), 53-56.
23. Ilxomjonovich, I. I., Tolanovich, Y. T., & Baxodirovna, H. B. (2021). Physical Education In The Structure Of Professional Education. *The American Journal of Social Science and Education Innovations*, 3(03), 226-229.
24. Bahodirovna, X. B., & Ilxomjonovich, I. I. (2022). THE USE OF RHYTHMIC GYMNASTICS IN THE PHYSICAL EDUCATION OF SCHOOLCHILDREN ON THE EXAMPLE OF THE CITY OF FERGANA. *International Journal of Pedagogics*, 2(05), 9-12.
25. Ismoilov, S. (2021). PEDAGOGICAL PSYCHOLOGICAL OPPORTUNITIES FOR THE DEVELOPMENT OF STUDENT THINKING ACTIVITY IN SCHOOL AND FAMILY COOPERATION. *Galaxy International Interdisciplinary Research Journal*, 9(12), 1209-1212.
26. Ismoilov, S. D. (2022). O 'SMIR YOSHDAGI O 'QUVCHILARDA OILAVIY QADRIYATLARNI RIVOJLANTIRISHNING O 'ZIGA XOS MUХИМ

- JIXATLARI. INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. SCIENTIFIC-METHODICAL JOURNAL, 3(5), 96-100.
27. Ismoilov, S. (2021). Developing A Valued Attitude Towards the Family in Students as A Topical Pedagogical Problem. Zien Journal of Social Sciences and Humanities, 3, 91-93.
28. Ismoilov, S. (2021). SPECIFIC FEATURES OF FORMATION OF FAMILY VALUES IN STUDENTS IN THE EDUCATIONAL PROCESS. Galaxy International Interdisciplinary Research Journal, 9(12), 693-696.
29. Ismoilov, S. D. (2022). OILA VA QADRIYAT. Academic research in educational sciences, 3(1), 998-1003.
30. Sherzod, I. (2022). THE CONTENT OF THE PREPARATION OF FUTURE TEACHERS FOR THE FORMATION OF FAMILISTIC COMPETENCE IN STUDENTS. Spectrum Journal of Innovation, Reforms and Development, 8, 40-46.
31. Dilshodovich, I. S. (2021). Ways To Increase the Effectiveness of Physical Education Classes in Secondary Schools. Texas Journal of Multidisciplinary Studies, 2, 142-143.
32. Hamrakulov, R. (2021). THE IMPORTANCE OF THE ORGANIZATION OF PHYSICAL CULTURAL ACTIVITIES BASED ON ADVANCED PEDAGOGICAL TECHNOLOGIES. CURRENT RESEARCH JOURNAL OF PEDAGOGICS, 2(05), 114-119.
33. Khamrakulov, R., & Abduzhalilova, K. K. (2022). Features of physical education in grades 5-6 of secondary school. Academicia Globe: Inderscience Research, 3(5), 1-9.
34. Хамроқулов, Р., & Мамажонов, З. (2022). АКРОБАТИКА МАШҚЛАРИНИ ЎРГАТИШ УСУЛЛАРИ.
35. Khamroqulov, R. (2022, June). INCREASE GIRLS' PHYSICAL STATUS THROUGH ACTION GAMES. In E Conference Zone (pp. 234-237).
36. Rasuljon, K., & Mukhtasarkhon, R. (2022). ACTION GAMES ARE A FACTOR THAT INCREASES THE PHYSICAL FITNESS AND HEALTH OF GIRLS. American Journal of Interdisciplinary Research and Development, 9, 11-20.
37. Rasul, H., & Shuhrat, N. (2022). CHANGES THAT OCCUR IN THE ORGANISM OF YOUNG PLAYERS UNDER THE INFLUENCE OF AGE CHARACTERISTICS AND THEIR PHYSICAL FITNESS. American Journal of Interdisciplinary Research and Development, 9, 1-10.
38. ABDUSATTAROVICH, K. R., & ALISHER, K. (2022, May). PLANNING OF THE EDUCATIONAL AND TRAINING PROCESS OF YOUNG ATHLETES DURING EXTRACURRICULAR ACTIVITIES. In E Conference Zone (pp. 27-31).