

DEVELOPMENT OF TECHNICAL AND PHYSICAL FITNESS OF FEMALE STUDENTS THROUGH GAMES

Yakhshieva Mehrinigor Shavkatovna

Teacher at the Department of Mass Education in Social-Humanitarian Subjects, Jizzakh State Pedagogical University

Abstract

This article reflects the fact that the use of national and movement games to improve the technical and physical fitness of female students has led to a positive change in their level of technical and physical fitness in sports.

Keywords: games, national, competition, intensity, load, competition, performance, endurance, technique, optimum, globalization, jump.

INTRODUCTION

Forming a healthy lifestyle in our country, creating conditions for the population, especially women and girls, to regularly engage in physical education and sports, creating confidence in women and girls in their will, strength and capabilities through sports competitions. wide-scale works aimed at strengthening, courage and patriotism, developing feelings of loyalty to the Motherland, as well as systematic organization of selection of talented athletes from women and girls, and further development of physical education and sports are being carried out. The countries of the world pay great attention to the field of physical education and sports, and at the level of state policy, they are conducting systematic work on the issues of forming a healthy lifestyle and health protection among the population, increasing the country's prestige in sports and raising its fame at international sports events. Currently, as a result of the rapid development of science, sports experts and scientists are required to apply new advanced technologies to the training process and to constantly monitor it in the training of qualified athletes. In order to further develop physical education and sports in the territories of the Republic of Uzbekistan, to attract all layers of the population, especially women, to regularly engage in physical education and sports, and to increase the effectiveness of the effective use of the conditions created in this regard in our country, a number of laws, decrees and decisions have been adopted. It was done.

For example, in the Decree of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev No. PF-5924 dated January 24, 2020 "On measures to improve and popularize physical education and sports in the Republic of Uzbekistan", "Gymnastics" dated March 14, 2022 "On measures to establish the Oksana Chusovitina school of sports skills" No. PQ-163 on the

preparation of athletes in accordance with the requirements of modern sports in the current era of globalization, the use of new advanced technologies, sports medicine personnel and sports psychologists great attention is being paid to issues of cooperation with National and action games have a great role in strengthening the health of female students through physical education and sports, increasing the level of physical fitness and improving their ability to work. Various national and active games are important for the development of young people, becoming mature and healthy in all aspects and developing their physical qualities.

It determines a certain level of movement speed in the development of technical and physical fitness of female students, and this process is also of great importance in competitions and competitions that require speed and agility. To improve the speed and agility of students, we tried to increase the technical and physical fitness of female students using national and action games inherited from our ancestors.

LITERATURE ANALYSIS AND METHODOLOGY

Human civilization, which is the absolute chain of the historical development of the distant past, has such pillars and cornerstones that preserve the harmony, development and continuity of the past, present and future, and are passed down from generation to generation as a legacy. reaches the level of taste and values. Remembering the historical works like "Avesta", "Alpomish", "Gorogli", "Tomaris", "Qirq Kyz" and the heroes of folklore will prove such arguments. Continuing these values, we tried to increase the technical and physical fitness of our female students, using national and action games in the training process.

Problems of the use of national and action games by the scientists of our country in the course of physical education classes of students of educational institutions in the scientific research of T.S. Usmonkhodzhayev, A.A.Pulatov, Sh.A.Pulatov, D.Kh. reflected.

As a result of studying the scientific and methodological literature of famous scientists, it became clear that a number of researches were conducted to improve the technical and physical fitness of female students. In particular, it is reflected in the scientific and methodological works of F.A. Kerimov, R.S. Salomov, Yu.M. Yunusova.

It is to improve the technical and physical fitness of female students.

Based on the goals and tasks of our research, we used the following national and action games to improve the technical and tactical preparation and physical qualities of female students in physical education classes and sports training:

- Pushing out of the circle;
- Team of agile feet;
- Running with filler balls;
- Three options ball;

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- Ball passing by volleyball players;
- Planting potatoes;
- Geese are swans.

Through these national and action games, students improve their agility, quickness, quick strength, as well as develop their focus and accuracy.

The development of the main or special muscle groups formed in students as a result of national and mobile games depends on their comprehensive preparation. In physical education classes, students include the muscles that perform the main work in performing movements, as a result, special importance is also attached to the development of physical fitness.

CONCLUSION

Our research and literature analysis showed that physical fitness of female students is the main factor. It will be possible to develop and evaluate physical fitness indicators with the help of special tests. To note the existence of differences in terms of physical fitness indicators when female students compete in competitions

possible Based on the obtained results, it was determined that the development of physical fitness of students determines the speed of movement to a certain extent, and this process is also of great importance in competitions and competitions that require speed and agility.

Through our experience, during regular training and

Our opinion was confirmed that it is possible to train student-athletes with optimal sports form in all aspects by developing technical and physical training of female students, if active games are used in their free time from training. It is also possible to prevent injuries and injuries if the national and action games are used correctly during training.

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