

## PROBLEMS OF PHYSICAL QUALITY DEVELOPMENT OF SCHOOLCHILDREN

**Nazirov Odiljon Tursunalievich**

Teacher of Fergana branch of the Institute of Retraining and Advanced Training of Physical Culture and Sports Candidate of Pedagogical Sciences

**Annotation:** The results showed that 688 respondents (43.16%) did not do sport outside school or university. 272 people (17.06%) reported jogging and playing sports games on their own. 634 respondents (39.78%) attended sports clubs and sections on a regular basis. The survey demonstrated that physically inactive students and schoolchildren violated daily routine. Such schoolchildren spent significantly more leisure time on television viewing (52.78%) compared to their peers attending sports clubs (41.36%). The percentage of schoolchildren spending much time on the computer among those not doing sport was also higher (58.59% vs 41.47%). The same trend was observed in the students: 36.24% of the students not practicing sport spent most of their leisure time on the computer. Physically active students spent enough time outdoors as compared to those not doing sport (23.40% vs 11.15%).

**Key words:** Fulfill the various requirements, junior school age of children, physically and psychologically

### Introduction:

Physical education is not only the pupils in the state educational standard to find in themselves a full range of physical culture, but also in them moving and correct understanding and interpretation of sports games, by the way formation of physical, spiritual, moral knowledge of the individual requires both.

Through national action games for Primary School students one of the methods of influence in the development of physical fitness it is to repeat the requirements in action and sports games. Students in demand to be understandable and persistent in a particular form. Students developing physical fitness in the process of moving games one of the requirements are moving them in physical education classes games are developed by directing them to the perception that is moving the essence of the games will have to be understood. Physical education creative direction to the educational materials of the lesson yes it is a necessary action it is necessary to have qualifications and theoretical knowledge. Readers overall physical fitness and specials through national action games to develop physical fitness in a purposeful way effective techniques, tools and achieved by the use of methods. Below are elementary school students physical fitness through national action games development related methodological developments are cited. This methodical work can be used in physical education lessons through.

The approach to the evaluation of educational results in creativity is special. It is not the degree of achievement of externally given results, but often the deviation from it is checked. In assessing creativity, the main parameter of the educational results of students is not the compliance with the minimum requirements of standards, but the level of personal educational growth of the student.

In traditional education, the reader practically does not participate in the selection of educational content. In creative activity, the educational effect of the student in education is involved in the selection of new content of education; the volume of knowledge, skills, types of activities and methods used by the student will be unlimited.

The standard of education that is given to the students often leads to the emergence of ready-made essays, references and other written sources, which also include materials that do not depend on the reader's personality, his actual educational activities. This type of educational output is dictated by the school system of Education. Computer technology makes this process more convenient and data-intensive. Ready-made control works, abstracts, as well as an ever-increasing collection of materials placed on the internet, make it easier for students to pass exams without preparation and without performing the necessary work.

A creative approach to setting educational standards does not give ready-made science content as a result of the study of a course or subject, but requires a new content from the student, that is, his personal educational growth.

Puzzles in the development of creative activity of pupils in primary education the educational and educational significance of the small and ancient genre of oral creativity of the people is incomparable.

By studying the riddle, finding the answer to it, children will have an idea of the origin of objects, their role and role in the life of man, their interest will increase, their consciousness and thinking will grow, the ability to think will develop, feelings such as love for nature and the animal world, fondness will be brought up. Through the use of the puzzles in the course of the lesson, the students' speech is improved. They learn to read expressive, meaningful.

The study of the puzzles in relation to the content of the text, if there is a motivation for the readers to fully understand and remember the content of the text on the one hand, on the other hand, increases their activity in the lesson, creates an atmosphere of relaxation, spiritual and moral perfection.

it is possible to form an understanding through pictures, to solve the meaning by creating a sentence, to give. Such performance creates sensitivity in students towards word meanings.

2. To acquaint readers with the new meanings of the word. Students are many meaningful.

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