



## INCREASING THE ACTIVITY OF SCHOOL-AGED CHILDREN

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### Annotation

This article covers a set of knowledge related to the education of school-age children, as well as information on physical fitness and development.

**Keywords:** hypodynamics, hypokinesia, physical training, physical development, physical activity.

### Introduction

Sociological research conducted in Fergana Valley general education schools to study the level of physical activity of students shows that students sleep 9-10 hours a day, 4-7 hours at the school desk (to study), 2-3 hours at home, 2-2, We found that they spend 5 hours doing household chores.

It turned out that they spend the remaining 4-5 hours on TV, computers, idleness, and spend time as they wish. Such "invaluable wealth" - that is, to spend time doing what he wants and use it effectively - "physical activity", "norms of action", the ability to choose the "optimal volume of movement" for his body, knowledge of healthy physical culture and is related to its level and goes beyond understanding their benefits[1,2,3,4,5,6,7,8,9,10].

Unfortunately, the most obvious of the dominant features of our century was the fact that students ignored the norms of daily life, or in some cases limited their physical activity for objective reasons, or played, and the conditions for exercise were not good.

They don't know that 100% of the energy expended in labor 100 years ago was done at the expense of 96% muscle strength, power. Today, 99% of human activity is carried out at the expense of mechanical power.

Hypodynamics, hypokinesia, limited physical activity, intensive deterioration of the functional state of the organism, eventually lead to extinction. If mental passivity is added to it, there is no need to prove through research that this





process is accelerating. The results of the above-mentioned cases are still visible today[11,12,13,14,15,16,17,18,19].

The results of the study show that the muscles of people with limited or less mobility, agitates sharply and rapidly enough to move less than the muscles of the genes, muscle fibers begin to dry much faster due to lack of load, a sharp decrease in endurance, accelerate the development of lung and heart failure. - strength, a decrease in muscle tension (tone), the appearance of symptoms of lethargy, lethargy and various diseases, heart palpitations and other attacks begin very quickly. It is no coincidence that the proverb "He who walks long will live a long life." "It has been scientifically proven that people with limited function will gradually disappear, and their function will be taken over by other organs," he said.

Motor inactivity slows down the body's ability to contract a portion of the heart muscle fibers due to fat and connective tissue, leading to a decrease in the flexibility of the main vascular walls in the cardiovascular system, resulting in an increase in blood pressure.

Adverse changes in the function of the vascular system lead to disruption of the blood supply to the tissues (containing nutrients and oxygen), a decrease in the overall tone of the body, obesity (weight gain) and a number of other disorders. That is why it is now the responsibility of every individual to have at least his or her own minimum standard of movement and to establish and maintain a healthy lifestyle.

Researchers in Uzbekistan have found that people who live a sedentary life, especially those who are mentally active, are 10 times more likely to get sick than those who are physically active or have a healthy lifestyle. Also, the "reserve of your heart activity" - a long healthy way to live - is to train the muscles. The developed muscle has the function of pumping blood in the form of a pump, which facilitates the activity of the heart to pump blood to the organs and absorb it.

Oriented systemic training helps the body to quickly restore its ability to work, improves the nutrition of the heart muscle. It has been scientifically and practically proven that the main tool of the mentioned is to improve the physical culture.

Based on the generalization of the literature, the results of the research, we recommended the norm of estimated time for school-age children to spend on active recreation outside the classroom during the day (see Table 1). Based on the experience of the Ministry of Public Education and educational institutions,





the results of research conducted in our country, it is recommended that schoolchildren spend time in the open air as follows:

- a) at least 3 hours for students aged 7-10;
- b) at least 2.5 hours for adolescents aged 11-14 years;
- c) a time limit of at least 2 hours for boys and girls

Table 1 Estimated time of "active rest" recommended for students of different grades  
(in hours)

Forms of active recreation	I-II	III-IV	V-VI	VII-VIII	IX
Outdoor recreation (movement games and various entertainment activities)	3.30	4.00	3.30	3.00	2.30
Extracurricular activities (including labor)	2.00	2.30	2.00	2.00	2.30
<b>Total</b>	5.30	6.30	5.30	5.00	5.00

Students' daily physical activity begins with them performing a morning hygienic gymnastics (EGG) session. We are interested in their knowledge of EGG exercises as part of their daily routine and the selection of physical loads that occur when performing them. Our sociological research with more than 700 schoolchildren to study it showed that the theoretical preparation of students for the selection and definition of physical activity is very shallow.

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