



MODERN TRENDS IN THE DEVELOPMENT OF THE PHYSICAL CULTURE OF PRIMARY SCHOOL PUPILS

Nazarov Sherzod Tursun ogli
Jizzakh Branch of National University of Uzbekistan
Named After Mirzo Ulugbek

Abstract:

Physical culture training, which is a component of the education and training system, has its significance in ensuring the comprehensive and active development of members of society. Taking this into account, special attention is paid to improving the physical culture of citizens in our country. This article will conduct some research on modern trends in the development of the physical culture of primary school pupils.

Keywords: physical education, physical culture, sports, sports activities, sports competitions, physical education and sports training, sports facilities, sports equipment, physical education and sports system, physical education of children of junior school age.

As can be seen from the content of the adopted legal and regulatory documents, ideas based on a democratic approach and universal human capabilities have been put forward in physical culture, as in all fields. The educational system plays an important role in inculcating physical culture into the lifestyle of citizens. In this regard, it is necessary to pay special attention to teaching physical education and sports in primary classes.

Physical culture is considered a component of the general culture, and it includes all concepts related to the field of physical education, sports, sports activities, sports competitions, physical education and sports training, its tools, methods, sports facilities, sports equipment, physical education, and sports system. That's why we focused our opinions on this issue on the problems of developing the material culture of elementary school students.

All over the world, children and young people study in the current educational system of their countries, are brought up, pass the specified stages and become adults. In our country, an education system based on modern requirements has been established and fully covers children and young people. This system includes preschool, general secondary, vocational, and higher education levels. Physical culture at each stage of the educational system performs its tasks and functions.

Physical education aims to form a person's physical maturity from childhood, strengthen his health, and increase his ability to work.





The goal of physical culture is to develop all areas related to the field in society together with the development of society, that is, not only personal education but also to develop all the areas related to the field mentioned above.

In the study of the goals of physical culture in the educational system, the experiences of preschool and elementary school physical education, which are the backbone of some countries, were studied, including in the Russian Federation physical culture of preschool and elementary grades performs the following tasks:

- the main aspects focused on the physical culture of children of preschool and junior school age consist of:

-encouraging children to physical exercise and a healthy lifestyle forming an active approach;

- formation of a conscious interest in physical culture and a positive approach to a healthy lifestyle;

- formation of basic movement skills, coordination of movements, maintaining correct posture, striving to participate in various sports games and competitions, being their organizer, and following established procedures.

- formation of the initial understanding of safety rules during physical exercises and various games.

In the People's Republic of China In the physical education system, primary attention is paid to preparing preschool children for school:

- preparation for the period that is the main stage of physical development according to age;

- formation of the child's social qualities (perseverance, correctness, sense of responsibility, truthfulness, cooperation, etc.)

- forming an interest in physical exercises and an active lifestyle;

- to develop the necessary movement skills and provide an initial understanding of compliance with safety rules.

In the physical education system in Japan, the physical education of children of primary school age considers it necessary to perform the following tasks:

- development of necessary actions;

- mental development;

- forming the right attitude to the environment and people;

- teach strict adherence to rules;

preschool physical education in Finland is:

- adapting and improving children's basic and necessary motor skills and abilities;

- increasing children's interest in physical exercises;

- is to form a conscious approach to physical education and sports in children.



In our country, there are specific goals for the physical culture of children of preschool and primary school age, but there is a need to define modern specific goals aimed at further improving this system. Because as a result of the fundamental reform of the education system in our country, the requirements for the education of children of preschool age will be new. Of course, in the introduction of improved modern physical culture, it is necessary to form and develop it based on the experiences gained up to this time.

In the next stages of the physical culture of the educational system, specific goals and tasks are defined, and physical education is carried out continuously. (separate information is given on the problems of the goals and tasks of the next stages of the system) Realizing the role and tasks of physical culture in the education system and its importance, the goal of the existing education system is to educate a well-rounded person in society. Therefore, it is necessary to consider physical culture as an integral part of this system and to improve it regularly. It is possible to achieve the goal of education by looking at the physical culture of all links of the educational system as a separate problem and ensuring its integrity. In this regard, it is necessary to pay special attention to the physical culture of elementary school students and constantly enrich it with modern requirements based on the experiences of developed countries.

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