



THE IMPORTANCE OF A DYNAMIC MINUTE FOR ELEMENTARY SCHOOL STUDENTS

K. Sh. Gafurova

Bukhara State University, Student

Annotation

The purpose of such pauses is the formation of the basics of a healthy lifestyle among elementary school students, the development of creative independence through the development of motor activity

Keywords: dynamic minute, healthy lifestyle, physical exercises, dynamic pause

Introduction

One of the most important tasks for today is the question of the role of dynamic pause in the formation of universal learning activities in younger schoolchildren. What is the relevance of the topic provided? Well-being is the most important asset of every person, and it needs to be preserved and consolidated from the very beginning of life. Recently, students have revealed a sharp shift in the worse side of well-being. Epidemics, bad ecology, an immobile lifestyle and interest in computer games have a bad effect on the well-being of future citizens. For this reason, you are increasingly thinking about the question: how can a school contribute to improving the health of students.

The great philosopher of ancient times Socrates recorded: "Health is not everything, but everything without health is nothing." Nowadays, the priority task is to preserve the well-being of the baby during its physiological development. The tasks of physiological formation are multifaceted. They provide for the improvement of the physical condition and motor apparatus of the child, the development of physical qualities: endurance, resistance to adverse environmental factors, fatigue resistance. The key hygienic principle of drawing up the daily routine of primary school students is considered to be the harmonious organization of the educational process, which consists not only in acquiring comprehensive knowledge, but also in forming a healthy and developed personality at the physical level with the highest need for motor energy. Dynamic pauses are of crucial importance for this. The pause provided in elementary grades is one of the forms of physiological formation that support and preserve the health of younger schoolchildren.

Conducting the course "Dynamic pauses" is not only a necessity of time, but also a physiological one, since even 3 physical education lessons do not compensate for the





lack of physical activity in order to satisfy the biological need of a growing organism in motion. Motor activity provides oxygen enrichment of the brain, acceleration of recovery processes, improvement of working capacity, which helps to relieve discomfort and tension during the school day. The main direction in the content of this program is given to sports and health education of younger schoolchildren. The purpose of such pauses is the formation of the basics of a healthy lifestyle among elementary school students, the development of creative independence through the development of motor activity. The task of the dynamic pause is to strengthen the health of schoolchildren, improve vital skills and abilities through learning outdoor games, physical exercises; to form general ideas about physical culture, its importance in human life, its role in health promotion, physical development and physical fitness;

- Develop an interest in independent studies, physical exercises, outdoor games, forms of active recreation and leisure. A dynamic pause can be held after the last lesson in order to organize the rest of the students, change the type of activity, relieve fatigue. To prevent fatigue, dynamic pauses are also recommended during academic activities after monotonous work or at the 25th-30th minute of the lesson with students. Dynamic pauses can still be carried out in between classes.

The types of such pauses in primary classes are diverse: these are outdoor games, warm-up exercises, walks, outdoor games, general physical exercises, creative and game tasks, psychological exercises, role-playing games, etc. The dynamic pause can be different, but it is mandatory to be available. In addition, during the dynamic pause, children learn to fulfill certain criteria of the game, establish relationships with peers, observe hygienic generally recognized norms, acquire the skills and abilities to independently perform morning exercises, gain knowledge on proper breathing during exercises. Also, students have a need for a healthy lifestyle, in compliance with safety measures.

Dynamic pause, carried out in the form of physical exercises, helps to remove fatigue and resume the functionality of students. Ignoring this type of work negatively affects physical development, depletes the nervous system, lowers the body's resistance to colds and infectious diseases.

The teacher should explain to the students that a static position while sitting leads to a deterioration of blood circulation, a decrease in metabolism, impaired posture, stagnation in the abdominal and pelvic organs, provoking diseases of the digestive and reproductive systems. Motionless posture reduces lung ventilation, causes a feeling of heaviness, fatigue, drowsiness, headache. General fatigue leads to a decrease in attention, poor memorization of material, an increase in the number of errors, and a deterioration in discipline. A dynamic pause helps to provide children with the





motor activity necessary for the proper development of a growing organism, allows them to actively relax after mainly mental labor in a forced pose in the classroom; ensure that they maintain working capacity in subsequent lessons. It is advisable for the teacher to choose exercises for dynamic pauses taking into account the topic of the lesson. I would also like to note that motor activity should bring joy to the child, it is necessary that it be organized imperceptibly, without strain for him. Therefore, it should first of all be diverse. In order to ensure diversity in the conditions of a modern school, we see a way out in organizing cyclical classes for each parallel on a rolling schedule.

I would also like to note that the course of "Dynamic pause" in accordance with the basic curriculum in primary classes is held for 2 hours a week. Dynamic pauses are included in the schedule of training sessions, conducted by the teacher after the second lesson, their duration is at least 40 minutes. Most often, dynamic pauses take place outdoors, if weather conditions do not allow, in the gym, in the classroom, in recreation. It is necessary to conduct them in an emotionally positive mood. On the street, in the hall, there is an opportunity for every child and teacher to look into each other's eyes, and not at the back of their heads, sitting at a desk. Dynamic pauses should be based on such principles as: realization of children's needs for motor activity, taking into account the specifics of motor activities, an integrated approach to strengthening and preserving the health of younger schoolchildren with a gradual increase in physical and muscular load, continuity of scheduled and extracurricular forms of work with students.

Removing fatigue from primary school students, increasing intellectual performance, instilling attention and independence in conducting various forms of physical education classes - these are the main goals when conducting dynamic pauses in elementary school.

Comfortable adaptation at school, elimination of muscle stiffness, removal of physical and mental fatigue, conducting tempering procedures, strengthening and developing the respiratory apparatus and the body of children, improving vital skills and abilities through learning outdoor games and physical exercises, forming general ideas about the mode of motor activity, its importance in human life, the role in health promotion - The most important tasks in preparing and conducting dynamic pauses in elementary school.

I note that it is necessary to remember about the upbringing and formation of leadership qualities of a person capable of interacting in a team, the development of interest in independent physical exercises, outdoor games, forms of active recreation and leisure. When conducting dynamic pauses, it is necessary to remember about the





formation of universal educational actions, which include: the formation of a sense of pride for one's own Homeland, respect for other opinions, history and culture of other peoples, the development of independence and personal responsibility for one's actions based on ideas about moral norms, benevolence and emotional and moral responsiveness, understanding and empathy for the feelings of other people, the development of skills of cooperation with adults and peers, the ability not to create conflicts and find ways out of controversial situations, the formation of a healthy lifestyle are those personal universal educational actions that can and should be formed during dynamic pauses. Mastering the ability to accept and maintain the goals and objectives of educational activities, the formation of the ability to plan, monitor and evaluate educational activities in accordance with the task and the conditions of its implementation, determining the most effective ways to achieve results, the ability to understand the reasons for the success / failure of educational activities and the ability to act constructively even in situations of failure, the ability to agree on the distribution of functions and roles in joint activities, to exercise mutual control in joint activities, to adequately assess one's own behavior and the behavior of others are the meta-objective results that must be remembered when conducting dynamic pauses.

Formation of basic ideas about the importance of motor activity for health promotion, its positive impact on human development, physical culture and health as factors of successful study and socialization, mastering the skills to organize life-saving activities, namely: daily routine, morning exercises, recreational activities, outdoor games and other forms of outdoor activities in the daily schedule - this should be remembered as the formation of subject results when using dynamic pauses to preserve and strengthen the well-being of schoolchildren.

Conducting dynamic pauses in the form of physical exercises, gymnastics for the eyes, fingers, musical pauses, relaxation in the classroom is considered an effective and intense entertainment for younger students. The use of short-term minutes of rest helps to reduce fatigue and increase the intellectual performance of children in the classroom.

Thus, the introduction of dynamic pauses into the study, as one of the types of health-saving technologies, leads to a decrease in the incidence rates of children, preservation and strengthening of their well-being, improvement of the psychological climate in teams.

In conclusion of this article, I would like to summarize and draw certain conclusions: Dynamic pause as a system of various forms of physical exercises to strengthen the health of students: walking, running, jumping, as relevant methods of human movement.





Conducting a dynamic pause in elementary school is designed to increase the motor activity of children, to relieve tension, to work on the development of interest and thinking in a playful way. Effective correction of violations or insignificant deviations from generally recognized measures in the field of leading psychological processes is carried out in the classroom.

During dynamic pauses, the ability to play in a team should be formed.

The planned results of the development of the program "Dynamic pause" in elementary school assume a system of sports cognitive, personal, regulatory, communicative actions that students will master in the course of classes.

In elementary school, holding a dynamic break in the form of outdoor games is one of the most favorite activities of students.

References

1. Alimovich F. U. AJMR //AJMR.
2. Farmonov U. TEACHING OF PHYSICS FOR STUDENTS OF NATURAL DIRECTION WITH INNOVATION TECHNOLOGIES //Физико-технологического образование. – 2020. – №. 1.
3. Farmonov U. A. BASIC CONCEPTS AND DEFINITIONS OF SPORTS TOURISM, ESPECIALLY ITS ORGANIZATION //Теория и практика современной науки. – 2019. – №. 5. – С. 21-24.7
4. Farmonov U. A. RESEARCH PARK. – 2021.
5. Farmonov U. A. BASIC CONCEPTS AND DEFINITIONS OF SPORTS TOURISM, ESPECIALLY ITS ORGANIZATION //Теория и практика современной науки. – 2019. – №. 5. – С. 21-24.
6. Alimovichn F. U. The system of training young basketball players at the initial stage of training at school //Asian Journal of Multidimensional Research (AJMR). – 2020. – Т. 9. – №. 11. – С. 93-98.
7. Abdullayev M. J., Berdiyev O. I., Omonova N. R. Methodology Of Organization Of "Physical Education And Sports" Lessons In Higher Educational Institutions //The American journal of social science and education innovations (TAJSSEI) SJIF-5.857 DOI-10.37547/TAJSSEI. – 2021. – Т. 3. – №. 02. – С. 312-320.
8. Junaydulloyevich A. M., Haydarqulovich Q. H. THE DEVELOPMENT OF EFFECTIVE WAYS TO IMPROVE REPRODUCTIVE HEALTH OF MARRIED STUDENT GIRLS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 249-258.





9. Nurullaev A. R. Methods of developing endurance in students through the use of folk games in physical education classes //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 520-524.
10. Ruzimbaevich N. A., Ruzimbaev M. A. RESEARCH PARK. – 2021.
11. Нуруллаев А. Р. РЕАБИЛИТАЦИЯ СПОРТСМЕНА //Рекомендовано к изданию Советом по качеству УралГУФК Протокол № 8 от 14 мая 2018 г. – 2018. – С. 213.
12. Ruzimbaevich N. A., Ruzimbaev M. A. METHODOLOGICAL METHODS OF TEACHING CHILDREN FOR MOVEMENT ACTIVITIES IN THE PROCESS OF PHYSICAL EDUCATION CLASSES //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 313-322.
13. Нуруллаев А. Р., Гафурова М. Ю., Мансуров Ш. Ш. Деление спортивных занятий на периоды //Педагогическое образование и наука. – 2019. – №. 6. – С. 153-155.
14. Нуруллаев А. Р. Основные формы и сущности экономической демократии //Молодежь XXI века: образование, наука, инновации. – 2017. – С. 227-228
15. A.K.Ibragimov, F.I.Mo'minov. Methodology of optimization of training for young players // International Journal For Innovative Engineering and Management Research Vol 10 Issue 02, Feb 2021 ISSN 2456 – 5083 Page 43-48.
15. Rasulovich R. R. EFFECTIVENESS OF IMPROVING THE TECHNICAL AND TACTICAL MOVEMENTS OF MIDDLE-DISTANCE RUNNERS //E-Conference Globe. – 2021. – С. 309-314.
16. Рахмонов Р. ЎРТА МАСОФАЛАРГА ЮГУРИШДА МУСОБАҚАОЛДИ ТАЙЁРГАРЛИГИНИНГ ТУЗИЛИШИ ВА АСОСИЙ ЖИҲАТЛАРИ //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2020. – Т. 1. – №. 1.
17. Салимов, Г. М., Дустов, Б. А., Фарманов, У. А., & Рахмонов, Р. Р. (2020). Показатели констатирующего этапа экспериментальной работы по физическому развитию учеников 7-10 лет общеобразовательных организаций Узбекистана. Педагогическое образование и наука, (1), 91-97.
18. Рахмонов Р. Р. О „quvchi-yoshlarning jismoniy tayyorgarligini rivojlantirishda o„rta masofaga yugurish dinamikasini tahlil qilish ahamiyati. O`zbekiston Respublikasi xalq na`limi vazirligining ilmiy metodik jurnali. Toshkent. 2020 3-son may-iyun. 78-81-bet. 22.
20. Nematovich K. S. Abdueva Sitorabonu Savriddin kizi, Fatullayeva Muazzam Azimovna, Kurbanov Shukhrat Kuldoshevich. Using of innovation terms in physical education and sport lessons and their social and educational features //Journal of Critical Reviews. doi. – Т. 10. – С. 470-471.





21. Abdueva S. S. Q. Determining the speed and strength of 14-15 year old handball players in jumping //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – T. 10. – №. 11. – C. 1212-1220.
22. Abdueva S. S., Khurbonov S., Sabirova N. Evolution of physical performance and techniques of handball girls aged 11-12 //International Journal of Advanced Research in Science, Engineering and Technology (IJARSET). – 2019.
23. Abdueva S. S. Activities that increase children's interest in the sport of handball //Innovatsionnoerazvitienauki I obrozovaniemejdunarodnayanauchno-prakticheskayakonferensiya. – 2020.
24. Abdueva S. S. The pedagogical significance of physical culture and sports in the upbringing of a harmoniously developed generation //Integration into the world and connection of sciences| Интеграция в мир и связь наук| Dünyaya inteqrasiya və elmlərin əlaqəsi ISBN. – C. 978-9952.
25. <https://wos.academiascience.org/index.php/wos/article/view/120>
26. Mansurov S. S. Structure of special and competitive training stages of judoists //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – T. 10. – №. 11. – C. 515-519.
27. Sh M. S., Ruzimbaev M. A. EDUCATIONAL UNION AND PUPIL DEVELOPMENT IN PHYSICAL EDUCATION //Web of Scientist: International Scientific Research Journal. – 2021. – T. 2. – №. 04. – C. 212-220.
28. Gafurova M. Y. The importance of educational methods in the organization of physical education //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – T. 10. – №. 11. – C. 505-509.
29. Gafurova M. Y. U., Ruzimbaev M. A. METHODS OF TEACHING PUPIL PHYSICAL ACTIVITY IN PHYSICAL EDUCATION CLASSES //Web of Scientist: International Scientific Research Journal. – 2021. – T. 2. – №. 04. – C. 296-305.
30. Ibragimov A. K. Catalog of training tasks for training special endurance of young girl handball players //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – T. 10. – №. 11. – C. 486-492.
31. Karomatovich I. A., Shokhrub U. Dynamics of jumping development of volleyballers in different ages //Middle European Scientific Bulletin. – 2021. – T. 11.
32. Ibragimov A. K., Muxiddinovich L. A. INDIVIDUALIZATION OF PSYCHOLOGICAL TRAINING OF QUALIFIED HANDBALL PLAYERS //Web of Scientist: International Scientific Research Journal. – 2021. – T. 2. – №. 04. – C. 234-241.





33. Ибрагимов А. К. Основа физкультурного образования школьников—знания по физической культуре //Рекомендовано к изданию Советом по качеству УралГУФК Протокол. – 2018. – №. 8. – С. 128.
34. Ibragimov S. E. RESEARCH PARK. – 2021.
35. Ibragimov A. K. DEVELOPING THE PROFESSIONAL COMPETENCE OF TEACHERS AS A PEDAGOGICAL PROBLEM //E-Conference Globe. – 2021. – С. 333-338.
36. Karomatovich I. A., Utkirjonovich E. F. CHARACTERISTICS OF TECHNICAL AND TACTICAL TRAINING METHODOLOGY OF BOXERS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 05. – С. 27-40.
37. Azimovna, Fatullaeva Muazzam. "RESEARCH PARK." (2021).
38. Azimovna F. M. THE QUALITY ASSESSMENT TECHNOLOGY AND DEVELOPMENT TECHNIQUES IN VOLLEYBALL PLAYERS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 242-248.
39. Azimovna F. M. Formation of spiritual and moral values of pupils in physical education lessons //Asian Journal of Multidimensional Research (AJMR). – 2020. – Т. 9. – №. 11. – С. 99-103.
40. Muazzam A. F., Farrux A. N. Motivation of students to do sports as part of physical education classes. *Academicia. An international multidisciplinary Research Journal.* Year: 2020, Volume: 10, Issue: 5. P: 1446-1450 //Online ISSN. – Т. 22497137.
41. Azimovna F. M., Ashrapovich N. F. Motivation of students to do sports as part of physical education classes //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 5. – С. 1446-1450.
42. Fatullayeva M. A. The pedagogical significance of the stages and methods of teaching volleyball //International journal on economics, finance and sustainable development. issn (electronic). – С. 2620-6269.
43. Azimovna F. M. Jismoniy tarbiya va sport mashg'ulotlari jarayonida aqliy tarbiya va uning ahamiyati. Integration into the world and connection of sciences. – 2020.
44. Ergashovich S. A., Nasullaevich F. A. Professional training of future teachers of physical education //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 510-514.
45. Sattorov A. E. Possibilities of Professional Culture Future Physical Training Teachers //Eastern European Scientific Journal. – 2018. – №. 2.
46. Sattorov A. E., Saidov G. K. IMPROVING THE TRAINING ELEMENTS IN PRIMARY TRAINING GROUPS OF SPORTS SCHOOLS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 05. – С. 737-746.





47. Алламуродов Б. Н., Сатторов А. Э. об использовании компьютерных технологий при решении задач технического характера //Современные Web-технологии в цифровом образовании: значение, возможности, реализация. – 2019. – С. 172-175.
48. Сатторов А. Э., Махмадалиев Э. Ш. о роли информационно-технологических дисциплин в подготовке будущих специалистов //Поведенческие теории и практика российской науки. – 2021. – С. 87-88.
49. Muxitdinova Nigora Mexriddinovna Covering physical education issues in the first step Curriculum International Engineering Journal for Research & Development 2022.05.01 с 1-7
50. N.M. Muxitdinova Physical educational activities with children educational methods and organizations used in organization general description of them Middle European scientific bulletin 498 с 2021 12 май
51. Jalolovich S. J. Physical training and sports are the main tool in the formation of a healthy lifestyle //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 267-272.
52. Jalolovich S. J. Aspects of the formation of a healthy lifestyle among students by means of physical culture //Asian Journal of Multidimensional Research (AJMR). – 2020. – Т. 9. – №. 11. – С. 108-111.
53. Шохимов Ж. Ж. Дистанционное образование-новый этап обучения //Проблемы педагогики. – 2021. – №. 3 (54). – С. 13-14.
54. Jonibek S. SWOT ANALYSIS IN THE STRUCTURE OF INFORMATION TECHNOLOGIES OF PHYSICAL EDUCATION //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 05. – С. 131-139.
55. *Sh. Khurbonov*. PHYSICAL TRAINING OF YOUNG ATHLETES AND ITS IMPORTANCE. Vol.6, Issue 12, Dekember 2019. ISSN: 2350-0328.

