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Methods of Organizing and Conducting Physical Education and Sports Events in the Daily Schedule of General Secondary School Students

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ANNOTATION

The following article discusses the methods of organizing and conducting physical education and sports events in the daily schedule of general secondary school students.

KEYWORDS: physical education, students, schedule, general secondary education school, methods.

In the development of physical education and mass sports among children, the material and technical base of basic sports is of primary importance. Because it is important for each field to have its own medical and material-technical base. In particular, during the development of students in general secondary schools, physical education classes are specified in the DTS (state education standard) standards gymnastics, athletics, movement games, sports games (basketball, football, volleyball, handball), wrestling, swimming are included, and creating conditions for teaching these sports to children is a very important factor.

The process of physical education is multifaceted. In this process, both education and upbringing are provided. In the process of physical education, education is aimed at creating and improving movement skills and competencies. At the same time, the physical development of the participants is affected. The unity of all types of education, their mutual influence is one of the basic pedagogical laws. Certain aspects of mental, moral and aesthetic education are integrated into the process of physical education. The general principles of physical education are the principles of labor and military training, health and comprehensive development of a person. At the same time, the principles of education and training of the physical education process were also adopted. In physical education, there are cases of combining actions and using them in a holistic manner with exercise methods.

The most important primary rules representing the laws of education and upbringing are called the principles of upbringing. In the process of physical education, general pedagogical principles can be applied, because this process is a special phenomenon of education and upbringing. Reflecting its characteristics in the field of physical education, it is of special importance.

There are several forms of increasing attention to the teaching activity and its formation in general education schools, therefore, many researches have been conducted on the potential of extracurricular education and the important and cultural-educational aspects of this activity have been highlighted.

Extracurricular physical education and wellness activities in schools form a healthy lifestyle in students and determine their active place in life. Extracurricular activities of physical education at school are a form of systematic exercise and are aimed at solving the following pedagogical tasks:

- ✓ assisting in the performance of educational tasks set before the school;
- ✓ to strengthen health and help in all-round physical development;
- ✓ deepening and expanding the knowledge, skills and qualifications acquired in physical education classes;
- ✓ education and development of students' organizational skills;
- ✓ training in the care of sports equipment and supplies;
- ✓ inculcating public spirit, physical education and the habit of doing sports in students;
- ✓ Preparing for the "Alpomish" and "Barchinoy" special tests and conducting them meaningfully;

The content of the lessons depends on the age, gender and interest of the students. The reason for this is the rapid growth and development of the children's body, in the course of physical education classes, they get to know the sports in the program more deeply every year and choose the type of sport that they think is suitable for them. This process plays an important role in the development of physical abilities of primary school students. Extracurricular activities of physical education have different forms and are aimed at students' constant engagement in physical education and sports under the leadership of pedagogical leadership. In this, the involvement of parents increases the effectiveness of training. This activity includes physical education clubs, physical training groups, athletic gymnastics and various sports events.

The main goal of physical education clubs is to attract students to regular physical education, to help them develop their physical fitness. The duration of the lessons is 45-60 minutes 2-3 times a week under the guidance of a physical education teacher. Classes are divided into different sports and groups are formed. The main content of the training is to acquire comprehensive physical and technical training and skills.

Physical training groups are formed from students who want to engage in physical education and from students who belong to the medical group, taking into account the level of health. Pupils are divided into groups according to the level of physical fitness and age. Classes are 60 minutes long and are held twice a week. Of course, more special general physical development exercises are conducted with or without subjects.

Students who want to develop the quality of strength, improve their height, become strong and resilient are attracted to athletic gymnastics classes. In this type of training, more coordinated movements, flexibility, and muscle strength are developed. Children from the age of 12 can participate in classes under the supervision of parents and teachers. In fact, the optimal period of participation in training is considered to be 15 years old. The organization of classes is carried out depending on the conditions of the school.

A fitness running group can be organized in the school or in any vacant building in the neighborhood where the school is located, depending on the school environment, like athletic gymnastics. In this case, the teacher and students will have to inform the parents together and get their consent. In this process, a general meeting

is held, everyone's consent is obtained, and the physical education teacher takes responsibility. Classes can be held 1 or 2 times a week.

In addition to the sports events dedicated to various holidays, which are included in the annual work plan of physical education, sports events and competitions from public types of sports can be held at the initiative of the teacher. These events arouse interest in popular types of sports among students and increase their desire to regularly engage in sports. Public sports events held at the school develop students' love for the Motherland and strengthen friendships between students.

It is absolutely wrong to work with plans to achieve high results in speed in the above-mentioned exercises. High loads have a negative effect on the growth and development functions of students and cause their health to deteriorate. The loads given to students should be given based on their age and individual characteristics.

Forms and content of the training should be determined taking into account the school conditions and the interests of the students, and they should be given the opportunity to choose their own sport. Extracurricular activities are organized on the basis of students' general public activities and operate under the constant supervision of the school management and physical education teachers. Extracurricular activities are guided by the pedagogical leadership and have a methodical character, encouraging the manifestation of creative initiative in students.

One of the important directions of extracurricular activities in strengthening the health of students is the use of natural forces of nature (sun, water and air). For this purpose, various nature excursions are organized in schools. During these trips, students are taught the rules of behavior during the excursion. The travel process helps children develop tourism skills and gain knowledge and understanding about nature and the environment. In this case, the physical education of students depends on the whole team of the school and parents.

Children's mobility activities cannot be fully developed without extracurricular activities. Extracurricular physical and fitness activities strengthen students' health, arouse interest in any kind of sport, have a positive effect on their moral qualities, and play an important role in making them become well-rounded people in the future.

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