

PECULIARITIES OF DEVELOPMENT OF SCHOOLCHILDREN'S INTELLECTUAL ABILITIES IN PHYSICAL EDUCATION LESSONS

Narzullaev Farrukh Ashrapovich

*Senior lecturer of the department "sports activity" of
the Bukhara State University*

Begimkulova Dinara

2nd year student of Bukhara State University

Annotation. The article explores the pedagogical conditions for the effectiveness of physical education lessons, as well as the intellectual abilities of the personality of students. The author presented his views and feedback on the development of intellectual capabilities in physical education lessons of students.

Key words. Physical culture of a person, theoretical foundations, intellectual component, motivational significance.

The most important task of upbringing and education of the younger generation, the decisive condition for the formation of a new level of culture of the population's vital activity is the purposeful and intensive mastering by children and adolescents of the values of national and world culture physical activity, actualized in a healthy lifestyle.

In modern language, activity is usually defined as a quality of behavior that produces some visible result through the expenditure of energy. To be active means to allow one's abilities, talent, all the wealth of human gifts, which, although to varying degrees, each person is endowed, to manifest. Human activity is due to internal causes and is aimed not only at preserving, but also at improving the biosociocultural system, an element of which is the personality. It is expressed both qualitatively and quantitatively.

Physical activity is a human motor activity aimed at improving health, developing physical potential and achieving physical perfection for the effective implementation of their inclinations, taking into account personal motivation and social needs. Motor activity is an ensemble of motor actions included in the system of organizing ideas, rules and forms in order to achieve a certain adaptive effect of the human body and improve the dynamics of this process.

An important aspect in the complex problem of educating a new generation is the physical education of schoolchildren, which, if properly formulated and organized, can and should provide comprehensive education and influence the readiness of children and adolescents.

At the present stage of development of our society, the way of life of a schoolchild

has changed. Leading scientists from many countries came to the conclusion that the restriction of motor activity, as well as loads exceeding the capabilities of the child's body, lead to his overstrain, increase fatigue, the number of diseases in children and disrupt the normal course of adaptive processes. The consequences of hypokinesia in schoolchildren negatively affect the indicators of study and health, high school students are not able to cope with the standards of the school curriculum on their own. And the means that physical education teachers use in the classroom in accordance with the school curriculum are insufficient to ensure the normal motor activity of schoolchildren.

In order to choose the optimal physical activity during the performance of physical exercises of a cyclic nature, it is necessary to take into account the state of health, the degree of physical fitness and other functional characteristics (heart rate, blood pressure at rest and after exercise, the rate of their recovery).

For a healthy child who does not exercise, the boundaries of heart rate fluctuations are 60-70 beats / min. The first sessions (1 week) may consist of 500-800 m of low intensity running, alternating with walking (400 m). Every 2 weeks, the distance increases by 200 m. Already after 3 months of systematic training, the trainee easily endures a 25-30 minute run. The heart rate should be kept at the level of 140-150 beats / min. With an increase in the speed of running and other exercises of a cyclic nature, their energy cost sharply increases.

Among the possible ways to improve the efficiency of teaching work on physical culture at school, most teachers prefer to increase the number of lessons and thereby increase the efficiency of the process of developing physical qualities. Theoretical lessons are put in last place, which is extremely unacceptable.

Improving the quality and significance of the intellectual component of the physical culture of the individual, of course, is necessary. In the specialized literature, the leading role of knowledge as a component of the content of education in the field of physical culture is declared.

It is emphasized that without mastering the theoretical material it is impossible to solve the problem of general physical education, which is the essence of the general educational subject "Physical culture".

In the composition of the basic components of the physical culture of the individual, its intellectual component occupies an ever stronger place. Mastering the ways of cognition, the formation of special knowledge and skills, their application in the practice of physical culture and sports activities is considered as a fundamental basis for the formation of interests, needs, motivational-value relations in the field of physical culture.

The intellectual capabilities of a person is one of the basic psychological resources that underlies a self-sufficient, proactive and productive life. In order to develop a

reasonable strategy for one's own life in this world, it is necessary to have a sufficiently high intellectual potential. In particular, this is why it can be argued that one of the most important tasks of the anthropocentric school is the intellectual (mental) education of students. Orientation towards solving the problem of intellectual education of schoolchildren, in turn, forces us to reconsider, in the context of the trends in the restructuring of the modern school, the main components of school education in the field of physical culture.

The significance of the theoretical material is due to the fact that it contributes to a significant increase in the purposefulness and efficiency of the process of physical education. An important social and personal intrinsic value of physical culture knowledge is the possibility of free choice of ways, means, methods of their effective implementation in the process of self-improvement. Modern theoretical research and the established practice of physical education indicate that the lack of knowledge about the independent organization of physical education classes largely determine the level of real involvement of people in physical culture and sports activities. Without knowing the patterns of movements, ways of performing physical exercises, without understanding the essence of the training effect, it is impossible to rationally organize the process of self-improvement.³ (L.I. Lubysheva et al., 1993).

The role of knowledge is great in the formation of an interested attitude to physical exercises, in the correct understanding and assessment of the social significance of physical culture as a social phenomenon. High-quality assimilation of theoretical material, as the basis for increasing the level of general education and erudition, effectively contributes to the overall development of students. The lack of relevant knowledge, methodological skills and formed needs leads to the fact that outside the classroom, schoolchildren cannot properly manage their psychophysical abilities in order to maintain optimal performance and health with the help of physical exercises and other means of physical culture.

The formation of knowledge is a mental process in which a certain system of interrelated judgments is formed.

The “Knowledge Fundamentals” section of the physical culture program for schoolchildren is designed to promote the formation of the intellectual foundations of one’s own physical culture as a person, should raise problematic questions about building one’s own health, self-education and self-improvement in the field of physical culture and determine ways and technologies for solving these problems.

Education of students' intellectual abilities in the field of physical culture requires the formation of thinking, which allows to comprehend, analyze, compare, generalize, create their own theoretical concepts of physical culture self-improvement, evaluate and select methods, creatively carry out the functioning of developmental activities, control and correction of one's health , physical fitness.

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