

**UMUMTA'LIM MAKTABLARIDA O'QUVCHILARNING
KAMHARAKATLILIK MUAMMOLARINI OMMAVIY SPORT TIZIMINI
JORIY ETISH ORQALI HAL ETISH YO'LLARI**

**ПУТИ РЕШЕНИЯ ПРОБЛЕМЫ ГИПОДИНАМИИ ШКОЛЬНИКОВ
ПУТЕМ ВНЕДРЕНИЯ СИСТЕМЫ МАССОВОГО СПОРТА**

**WAYS TO SOLUTION THE PROBLEM OF PHYSICAL INACTIVITY IN
SCHOOLCHILDREN BY IMPLEMENTING A SYSTEM OF MASS
SPORTS**



**Alfraganus university
Sport faoliyati kafedrasi mudiri
O'tashev Xasan Nematullayevich
e-mail: hasan-@mail.ru
orcid.org/0009-0000-5534-5143**

Annotatsiya.

Maqolada umumta'lim muassasalarida ommaviy sportni rivojlantirish masalalari muhokama qilinadi, shuningdek, maktab o'quvchilarining jismoniy faoliyatga bo'lgan qiziqishi pastligi va jismoniy kam rivojlanganlik bilan bog'liq muammolar. Maktab o'quvchilarini doimiy sport harakatining umum o'zbek tizimini shakllantirish orqali jismoniy faollik bilan qiziqtirish taklif etiladi.

Kalit so'zlar: maktab, o'quvchilar, jamoat, sport, tizim, sog'liqni saqlash, metodika, muammo.

Аннотация.

В статье рассматриваются вопросы развития массового спорта в общеобразовательных учреждениях, а также низкий интерес школьников к физической активности и физические проблемы, связанные с недоразвитием. Предлагается заинтересовать школьников физической активностью путем формирования обще узбекской системы непрерывного спортивного движения.

Ключевые слова: школа, учащиеся, общественность, спорт, система, здоровье, методика, проблема.

Annotation.

In the article, the development of public sports in general education institutions, and low interest of schoolchildren in physical activity and physical problems related to the weakness of development have been raised. School students interest in physical activity through the all-Uzbek continuous sports movement system formation is suggested.

Key words: school, students, public, sport, system, health, methodology, problem.

Actuality

Social-economic changes taking place in the country require the preparation of young people to quickly current life in a busy physical and information field. The country is interested in having it the younger generation was healthy and efficient. Mass sports is seen as achieving this goals. Today the development of mass sports, increasing its efficiency is key problem of modern society [1]. At the same time, the level the development of mass sports in educational institutions does not correspond tasks of social-economic transformation of the country. In recent years, there has been a tendency for the field of physical education to lag behind other educational areas. It is clearly manifested in the fact that the younger generation, for the most part, is relatively successful in mastering new knowledge, mastering production and information technologies, and at the same time, is not physically ready for labor and military activities, often unable to withstand the stressful effects of society on the principles of a healthy lifestyle [2].

According to statistical data, there is a tendency for children's health to deteriorate in the country. Over the years of study, the number of children with visual and posture impairments, mental health, and digestive diseases has increased. At school, while teaching children, daily motor activity decreases by about half, since students are in a static position most of the day. Insufficient

motor activity leads to diseases, and the low level of children's health affects the process of their adaptation to educational conditions loads. Among the main problems, affecting the quality of physical education of schoolchildren, it is also necessary to include an insufficient number of sports sections, the lack of extracurricular sports and recreation work. In addition, in recent years, due to the increase in the cost of paid physical education and recreation services, as well as rising prices for sports equipment and equipment, physical education and sports have become difficult for most children to access. The current situation is undoubtedly acute. Such 12 The situation is largely related to the inefficiency of the organization of the educational system in this area. Unfortunately, the quality of physical education in many schools does not meet modern requirements, interests and needs of children. According to experts, students are not satisfied with physical education lessons, many do not receive the necessary knowledge and skills for independent sports at school. Young people do not know how to use funds physical education for the organization healthy, meaningful leisure time in free time. Thus, there are a number of important problems in the development of mass sports in general education institutions: the low level of physical health of the majority of school-age children; low effectiveness of physical education lessons and poor organization of physical culture and wellness activities during the school day; inefficient use of students' vacation time for organizing mass recreational and competitive work; insufficient amount of study time for compulsory physical education lessons; insufficient attention to the formation of sustainable interests, motivations, and needs for independent study physical culture and sports; lack of purposeful promotion of the values of physical culture and sports, healthy lifestyle; low level of methodological support, as well as poor use of the latest and effective physical education and wellness technologies; underestimation of the importance of physical education by teaching staff of educational institutions; lack of traditions of physical education in the family; unsatisfactory financial and logistical provision of physical education in educational institutions; inconsistency of actions of educational authorities, local government and health authorities in matters of involvement into the mass sports of the younger generation. The purpose of the study: the theoretical development of the methodology of engagement students are involved in a mass sports movement based on an integrated all-Uzbek system of continuous sports movement [2]. The object of the study is a systematic process of consistent and continuous involvement of students educational institutions of the country in mass sports. The subject of the study is the organizational and managerial mechanisms of mass character based on an integral all-Uzbek system of continuous sports movement. The hypothesis of the study is that if in the process of physical to introduce a continuous competitive system in school education as a tool for involving students in mass sports, it will be to contribute to: increasing the motor activity of students; increasing the adaptive and functional capabilities of schoolchildren due to an increased amount of motor activity; increasing the level of physical development and physical fitness of each student; preservation and promotion of children's health; formation of a sustained interest in sports activity and mastering the skills of competitive activity; self-realization of personality and formation of personal self-determination among schoolchildren by means of physical culture and sports; professional orientation of students and formation of stable motivation of physical culture and competitive activity; integration of basic and additional education in the field of physical culture, combination of physical education lessons with educational and competitive classes in a chosen sport in the school day mode. Determining the prospects for the further development of mass sports in educational institutions is difficult 13 a complex problem that can it can be solved only on the basis of a targeted systematic approach to problems physical education of the younger generation. At the same time, the main task is The goal is to ensure mass participation in the school by means of the public sports council, in order to make sports the activity of children and students is more attractive and

effective, to cover at least 80% of children with regular sports activities. The practice of recent years has shown the need for use in the process physical education in the school of positive experience and technological potential of sports, as regular physical education and sports play an important role in the formation of personality and the formation of a healthy lifestyle of the younger generation. This importance of mass sports, in turn, actualizes the problem of the effectiveness of physical education of schoolchildren. In this regard, there is an intensive process of working out appropriate to the current level the development of knowledge of physical culture and wellness technologies and systems capable of providing each student with an individualized approach to the problem of his personal health and level his physical fitness [2]

New technologies of sports-oriented physical education, according to scientists and specialists, are effective physical education and wellness technologies for implementation in school practice [2]. The main theoretical and methodological basis of our approach is the position that the organization of mass sports for schoolchildren should be based on the concept of competitiveness related to development management the physical potential of the student. Its implementation presupposes the perfection of the mechanism of mass enrollment of students and the development of optimal physical activity, which is the foundation of the health of the future population. Directions of scientific research: in accordance with the Resolution the President of the Republic of Uzbekistan "On measures for further development physical culture and mass sports", as well as by a Resolution of the Cabinet Ministers of the Republic of Uzbekistan "On the organization of a continuous competition system aimed at attracting students and students to sports" [2], the main directions of scientific research are

1. Development of a program for mass and continuous involvement of students in sports activity based on a competitive system within the framework of secondary schools.

2. Experimental verification of the effectiveness of student enrollment sports activity based on the program.

3. Development of a pedagogical concept for the sportization of physical education by means of the public sports council in physical education lessons and in the system of additional education during the school day.

4. Education of effective and effective motives for the formation of an active interest in sports activities through competitiveness.

5. To attach and interest students in sports, through participation in mass continuous competitions, during the school year.

6. The study of the influence of a continuous competitive system on the anthropometric indicators of students.

7. Development of a model of extracurricular activities based on a continuous competition system.

One of the priorities of mass sports is integration basic general and additional education of children [3]. In this regard, for the successful implementation of physical education and the development of school sports, it is important to attract the personnel resource of the additional education system 14 education (trainers-teachers Sports Schools) Conclusions. Thus, the all-Uzbek system of continuous sports movement allows, in addition to increase the amount of motor activity of children during the school day to six or more hours per week.

Conclusions

Thus, the all-Uzbek system of continuous sports movement allows, in addition to increase the amount of motor activity of children during the school day to six or more hours per week. Such an organizational and pedagogical form of physical education in educational institutions can be

the basis for the revival and development of mass school sports. Further research is expected to be conducted in the direction of solving problems related to the development of mass sports in general education institutions by: searching for scientifically sound, attractive forms, methods and means of organizing physical culture, sports and competitive activities, including during holidays, designed to ensure the strengthening of health and increase physical fitness of schoolchildren; providing the process of physical education of schoolchildren with modern scientifically sound and approved educational programs, methodological recommendations; education and dissemination of advanced pedagogical experience of physical education and development of mass school sports; creation of experimental sites for testing and introduction of new forms of physical culture and sports technologies; implementation of a system for monitoring physical development and physical fitness of schoolchildren; implementation of medical and pedagogical control of physical education.

List of used literature

1. Utashev K. FUNDAMENTALS OF INTRODUCING A MASS SPORTS MOVEMENT THROUGH THEORETICAL ANALYSIS OF THE DAILY PHYSICAL ACTIVITY OF SCHOOLCHILDREN//Mental Enlightenment Scientific-Methodological Journal. – 2024. – Т. 5. – №. 01. – С. 298-215.
2. Utashev K. N. Theoretical analysis of motor activity in assessing the mass sports movement of schoolchildren //Eurasian Journal of Sport Science. – 2022. – Т. 2. – №. 1. – С. 1-4.
3. Уташев Х. Умумий ўрта таълим мактабларида ўқувчиларни жисмоний тарбия ва оммавий спортга жалб қилишда мусобақаларнинг ўрни //Общество и инновации. – 2021. – Т. 2. – №. 9/С. – С. 21-27.