



Methods of Organizing Circular Exercises in Physical Education of Students and Students

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Abstract

The article describes the methods of implementing circular training tools in physical education classes of young students taking into account their age characteristics.

Key words: *education, lesson, circulation, tool, method, loading, feature*

Introduction

Among the large-scale reforms implemented in our country, special attention is paid to improving the quality of the education system. The fourth priority direction in the development strategy of Uzbekistan for 2022-2026 is aimed at the development of the education sector.

There will be a need to develop and introduce new, more advanced forms of organization of the educational process, to identify effective tools and methods that will enable it to be activated in a short period of time.

The purpose of the research: to use effective methods and tools based on the age characteristics of students in the physical education class

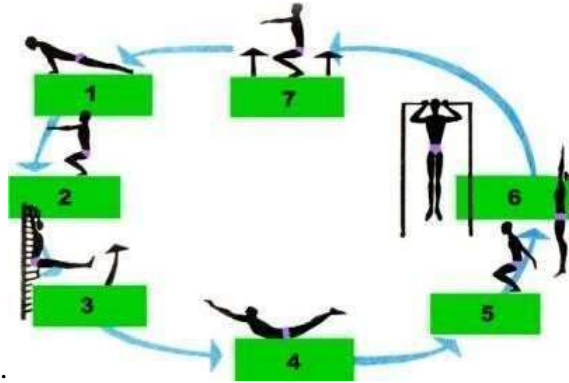
Research task: study of scientific methodical literature, manuals and educational programs;
Development of a complex of circular training tools for the education of physical qualities of students;

Research methods:

- theoretical analysis and generalization;
- pedagogical observation;
- pedagogical experience.

Analysis of research results

When conducting classes in rotation, it is necessary to evenly divide students into several small groups according to the number of planned exercises. is appropriate. This allows you to perform exercises in



pairs and cooperatively with each other's help.

The tools for circuit training, taking into account the age characteristics of the students, consist of various general developmental and special exercises, performed with filler balls, dumbbells, barbells, expanders, and cyclic and acyclic exercises.

In the course of the lesson, in the complex use of such tools, the method of rotational exercises effectively solves the problems.

Exercise selection map:

1st station - exercises for arm and shoulder girdle muscles;

2nd station - exercises for abdominal muscles;

3rd station - exercises for the back muscles of the body;

4th station - exercises for leg muscles;

5th station - exercises that have a general effect on the muscles;

When choosing exercises, following didactic principles, transition from simple to complex, replacing the work of some muscle groups with another, moving to exercises that help to restore strength after a complex exercise, and to calm, ease breathing.

A complex aimed at comprehensive physical development usually includes no more than 10-12 exercises, and in a special direction - no more than 8-10 exercises.

The transition to a new complex of rotational exercises is carried out after 4-6 lessons after the previous complex is fully mastered. Stations are changed taking into account certain conditions and the studied material. Transfer from station to station is done in counter-clockwise direction. The time of exercise at the stations and the pulse index describing the body's reaction to the load are shown in Table 1.

Table 1. Exercise repetition time (seconds) and heart rate during circuit training speed.

№	Physical qualities	Age of children Age of girls INFECTED			Age of children Age of girls INFECTED			Age of children Age of girls INFECTED	
		7-11	12-15	16-18	7-11	12-15	16-18	During working hours	During working hours
1	Agility	10	15	20	10	15	20	140	90
2	Speed	5	8	10	5	8	10	160	90
3	Strength	10	15	20	10	10	15	160	100
4	Total aerobic	360	480	720	240	360	600	140	110
5	endurance	15	20	30	10	15	20	190	130
6	Speed is anaerobic	20	30	40	15	25	35	190	130

In the initial training, tests are conducted for the maximum repetition of the exercise, based on this, loads are determined, and the performance of the exercise is demonstrated at each station.

The content of circuit training includes athletics, gymnastics, wrestling, swimming, elements of sports games, as well as general development exercises with items such as gymnastic seats, dumbbells, climbing a rope, various acrobatic exercises and body relaxation exercises. Includes **Summary.** In the classes, the rotational training method is aimed at developing various movement qualities. When using the circular method, it is necessary to increase the load by controlling the pulse during the training, depending on the age and individual characteristics of the students, physical fitness.

The circular training method solves health issues in classes very effectively, they provide the optimal level of load corresponding to the physical condition of students, which positively affects the dynamics of physical fitness indicators. Such methods of training help to awaken not only the desire to be enthusiastic about physical education, but also interest in physical exercises. On September 30, 2017, the President of the Republic of Azerbaijan adopted the Decree "On measures and measures to fundamentally improve the management of the preschool education system". During the visits of the head of our state to the regions, many tasks were defined. At the meeting, the situation of local pre-school educational institutions, measures to accelerate work in the field were discussed.

In the process of child education, if we do not properly shape their mind and thinking from childhood, by involving pedagogues who know their work thoroughly, are qualified and can approach each child individually, then we will not produce a mature generation with high spirituality in the future. it will be difficult to educate, said the President. Reforms implemented in our country, Decree and in accordance with the decisions, physical education and sports are considered the main means of forming the physical and spiritual health of the growing young generation in pre-school education institutions. It is emphasized that it is necessary to start building the foundation of health from the youngest age, to teach them to move, and to increase physical fitness, but it is not scientifically based on experience. (L.M.Semenova, O.V.Pankratova, A.D.Peneva, M.S.Xojiaxmetova, T.D.Usmonxo`jaev, D.J.Sharipova). In recent years, it can be known from the work of several scientists on the program of physical development, improvement

of physical fitness, and the methodology of teaching their physical qualities and basic movements among children of preschool age.

The active way of our youth in life is largely determined by their spiritual and physical maturity. The analysis of folk games shows that all types of physical activity have been preserved in these games. As a cultural element, games develop together with all cultures in society, they are a means of educating children and adolescents. It is always aimed at a certain goal and has various instructions and colors

represents activity in the subject. Game activity is equal to work and play in childhood.

Any game of our people is inextricably linked with work, lifestyle and environment. This is especially evident in the games of the Uzbek people living in different places. For example, everywhere there is throwing and throwing at a target, but mountain Uzbeks throw stones at a target or far away, and those in the plains throw sticks, mud or sticks. (Examples include "step stick", "clear target", "snipers"). The process of studying national games is being carried out on a large scale. Including K.Imomov, T.Mirzaev va B.Sarimsoqovlar games are divided into two types: Action games.

1. Spiritual (word) games.

In action games, an object (toy) or word (song) plays a decisive role, they act as a control tool throughout the game.

Chillakdasta and chillak in the game "Chillak" and danak in the game "Hide Danak" are the items that control the movement. In the games "White poplar, blue poplar", "Rich woman", "Are you a guest", the word (song) became a means of controlling the action. R.Yo`ldasheva He says that Uzbek folk games are a type of folk creative activity. He points out that folk games are mainly played during 2 big holidays, that is, they are played during Ramadan and Eid al-Adha.

R. Yoldsheva classifies Uzbek folk games according to their content as follows. I– dramatic games

- a) vital;
- b) funny games;
- c) song and dance games

II- dramatic games

- a) meaningful action
- b) sports games

III- creative games

- a) games created by teachers based on Uzbek folk tales and legends;
- b) games created by the teachers themselves;
- v) games that activate teachers' creative abilities;
- g) games related to visual creativity, performing things necessary for games.

1. Based on the above, Uzbek folk games are conditionally classified according to their socio-historical origin as follows:

- 2. Cocktail games
- 3. National action games
- 4. National sports games
- 5. Music and dance games
- 6. Games with animals.

In pre-school educational institutions, national action games can be used when playing with a team and dividing the team into groups, and team action games are divided into types.

Research, activities related to performing creative rhythmic movements.

Activity related to speed and agility, short running

Jumping, overcoming obstacles is an activity related to resistance using force.

Activities that require the use of motor skills related to targeting, observation, hearing.

In general, since movement is the basis of any game, a large part of folk games are called national movement games of the Uzbek people. After all, in the words of Alisher Navoi, "Movement is the criterion of life."

Uzbek national movement games for boys and girls, separate games for boys and girls, seasonal games (spring, summer, autumn, winter,) night and day o ``games are a large series of games performed with riddles, imitations, balls, water games, wrestling, and argymchog.

In conclusion, it should be noted that in preschool educational institutions there are activities such as physical education, speech development, formation of mathematical ideas, training in visual activity, and national games depending on the nature of these activities. must be selected. It is appropriate to use more active games for physical training, and spiritual games (riddles, quick sayings, numbers) for speech training.

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