



THE BASIS OF PHYSICAL EDUCATION OF SCHOOLBOYS - PHYSICAL EDUCATION KNOWLEDGE

Fazliddinov Farhod Savrievich

Lecturer of the Department of Interfaculty Physical Culture and Sports,
Bukhara State University, Republic of Uzbekistan

Annotation

Among the possible ways to increase the effectiveness of physical education in school, most teachers prefer to increase the number of lessons and thereby increase the effectiveness of the process of developing physical qualities. Theoretical lessons are put in last place, which is extremely unacceptable.

Keywords: physical education, physical education, knowledge, methods.

It is undoubtedly necessary to improve the quality and significance of the intellectual component of a person's physical culture. Special literature declares the leading role of knowledge as a component of the content of education in the field of physical culture (A.P. Matveev, V.N. Shaulin, V.I. Lyakh, F.A. Kerimov, R.D. Khalmukhamedov and others). 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 a person's physical culture, its intellectual component takes an ever more firm place. Mastering the methods of cognition, the formation of special knowledge and skills, their application in the practice of physical culture and sports activity is considered as a fundamental basis for the formation of interests, needs, motivational-value relationships in the field of physical culture.

The intellectual capabilities of a person are one of the basic psychological resources that underlie self-sufficient, proactive and productive life. To develop a reasonable strategy for your own life in this world, you must 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. The orientation towards solving the problem of intellectual education of schoolchildren, in turn, forces us to reconsider, in the context of the tendencies of restructuring the modern school, the main components of school education in the field of physical culture.





The value of the theoretical material is due to the fact that it contributes to a significant increase in the focus 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, and 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 culture classes largely determines the level of real inclusion of people in physical culture and sports activities. Without knowing the patterns of movements, methods of performing physical exercises, without understanding the essence of the training effect, it is impossible to rationally organize the process of self-improvement. (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 mastering of theoretical material, as the basis for increasing the level of general education and erudition, effectively contributes to the general development of students. Lack of relevant knowledge, methodological skills and formed needs leads to the fact that outside of the classroom, schoolchildren cannot properly dispose of their psychophysical capabilities 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 thought process in which a certain system of interrelated judgments is formed.

The section "Basics of knowledge" of the physical culture program of schoolchildren is designed to contribute to the formation of the intellectual foundations of their own physical culture as a person, should raise problematic questions about building their own health, self-education and self-improvement in the field of physical culture and determine the ways and technologies for solving these problems.

Intellectualization of the potential of physical culture of the personality of schoolchildren is designed, first of all, to ensure the development and accumulation of a wide range of knowledge about different aspects of physical improvement, methods and methods of health improvement, the basics of a healthy lifestyle, etc.

M. Ya. Cold (1997) defines intelligence as a form of organization of the mental (mental) experience of the subject. The upbringing of the intellectual abilities of students in the field of physical culture requires the formation of thinking, which makes it possible 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 developing activities, control and correction of their health, physical fitness. (G.M.Soloviev, 2001).

References

1. Абзалов, Р.А. Физическое образование как социальный институт подготовки человека к жизни средствами физической культуры / Р.А. Абзалов, Р.Х. Яруллин // Теория и практика физической культуры. – 2003. – № 7. – С. 14.
2. Абдуллаев М.Ж. Бошланғич тайёргарлик босқичида шуғулланувчи ўсмир енгил атлетикачиларнинг жисмоний тайёргарлиги динамикаси // “Фан-спортга” илмий назарий журнал. – Тошкен, 2018, №2. 13-15 б. [13.00.00№16].
4. Абдуллаев М.Ж. О некоторых особенностях кинематики метания диска с места // Система менеджмента качества в вузе: здоровье, образованность, конкурентоспособность. Сб. науч. тр. VII Междунар. науч. - практ. конф., 2018, С. 7-10.
5. Абдуллаев М.Ж. Физкультурно-оздоровительные подходы в процессе физического воспитания студентов вузов // Система менеджмента качества в вузе: здоровье, образованность, конкурентоспособность. Сб. науч. тр. VII Междунар. науч. - практ. конф., 2018, С. 10-14.
6. Абдуллаев М.Ж. Swot-анализ в структуре информационных технологий физического воспитания // Система менеджмента качества в вузе: здоровье, образованность, конкурентоспособность. Сб. науч. тр. VII Междунар. науч. - практ. конф., 2018, С. 14-18.
7. Абдуллаев М.Ж. Взаимосвязь физического и психического развития детей в процессе физического воспитания. // Журнал. Вестник интегративной психологии. Ярославл, 2018. №17. 10-13 б. [13.00.00№23].
8. Абдуллаев М.Ж., Олимов М.С., Тўхтабоев Н.Т. Енгил атлетика ва уни ўқитиш методикаси. Дарслик. “Баркамол фойз медиа” нашриёти Тошкент-2017 й. 620 бет
9. M.J. Abdullaev. Methodology of application games in the training of young athletes // ACADEMICIA: An International Multidisciplinary Research Journal. ISSN: 2249-7137 Vol. 10, Issue 11, November 2020 Impact Factor: SJIF 2020 = 7.13/ 497-504 pg.



10. M.J. Abdullaev. Characteristics, forms and methods of extracurricular activities with athletes of different ages // *European Journal of Research and Reflection in Educational Sciences* Vol. 8 No. 11, 2020 ISSN 2056-5852. 110-114 pg.
11. M.J. Abdullaev. Methodology of application games in the training of young athletes // *European Journal of Research and Reflection in Educational Sciences* Vol. 8 No. 11, 2020 ISSN 2056-5852. 115-122 pg.
12. S.S., M.J.Abdullayev, A.T., O.Yu.. Improving Methodology Of Action Games In Training Athletes Of Different Ages // *European Journal of Molecular & Clinical Medicine*, 2021, Volume 8, Issue 1, Pages 806-813. https://ejmcm.com/article_6556.html
11. M.J.Abdullayev, O.I. Berdiyev, N.R. Omonova. 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* Volume 3 Issue 02, 2021 ISSN 2689-100X. 3 (02), 312-320
12. 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.
13. M.J.Abdullayev, Z.M.Turayeva Methodology Of Teaching 18-20 Year Old Girls For Healthy Aerobic Exercises // *The American Journal of Medical Sciences and Pharmaceutical Research* (ISSN – 2689-1026) Published: February 28, 2021 | Pages: 77-85
14. S.S.Tajibaev, M.J.Abdullaev, A.T.Niyazov, O.Yu.Niyazova. This article scientifically analyzes and substantiates the methodology of using movement games in the development of physical and psychological training of 11-12-year-old athletes in the primary training group // *European Journal of Molecular & Clinical Medicine*, 2020, Volume 7, Issue 6, Pages 2907-2914
15. A.K.Ibragimov. Catalog of training tasks for training special endurance of young girls handball players // *Academical. An International Multidisciplinary Research Journal* 2.35-39p
16. A.K.Ибрагимов. Психологические особенности мотивации спортсменов // *Журнал. Вестник интегративной психологии. Ярославл*, 2019. №19. 161-164 б. [13.00.00 №23].



17. S.S.Abdueva, Sh.Kadirov, M.Fatullaeva, Sh.Khurbonov. Using of innovation terms in physical education and sport lessons and their social and educational features. Journal of Critical Reviews ISSN-2394-5125 Vol 7, Issue 6, 2020
18. S.S.Abdueva, Sh.Khurbonov, N.Sabirova. Evolution of physical performance and techniques of handball girls aged 11-12. International Journal of Advanced Research in Science, Engineering and Technology (IJARSET). 2019 december
19. S.S.Abdueva. Activities that increase children's interest in the sport of handball. Innovatsionnoe razvitie nauki I obrozovanie mejdunarodnaya nauchno-prakticheskaya konferensiya 2020
20. Abdueva Sitorabonu Savriddin qizi. "Determining the speed and strength of 14-15 year old handball players in jumping". ACADEMICIA An International Multidisciplinary Research Journal (Double Blind Refereed & Peer Reviewed Journal) ISSN: 2249-7137 Vol. 10 Issue 11, November 2020 DOI: 10.5958/2249-7137.2020.01417.2
21. Бальсевич, В.К. Интеллектуальный вектор физической культуры человека (к проблеме развития физкультурного знания) / В.К. Бальсевич // Теория и практика физической культуры. – 2001. – № 7. – С. 37-41.
22. Бальсевич, В.К. Новые технологии формирования физической культуры школьника / В.К. Бальсевич, Л.И. Лубышева // Сборник работ участников Международного семинара «Проблемы совершенствования физического воспитания учащихся общеобразовательных школ». – М., 2003. – С. 42-49.
23. Головина, Л.Л. Физическое воспитание учащихся общеобразовательных школ: личностный аспект / Л.Л. Головина, Ю.А. Копылов // Физическая культура: воспитание, образование, тренировка. – 2001. – № 2. – С. 17-19.
- 24.. Abdueva S. S. Activities that increase children's interest in the sport of handball //Innovatsionnoe razvitie nauki I obrozovanie mejdunarodnaya nauchno-prakticheskaya konferensiya. – 2020.
25. 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. – С. 978-9952.
26. 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.





27. 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.
28. 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.
- 29.. Nematovich K. S. et al. USING OF INNOVATION TERMS IN PHYSICAL EDUCATION AND SPORT LESSONS AND THEIR SOCIAL AND EDUCATIONAL FEATURES //Journal of Critical Reviews. – 2020. – T. 7. – №. 6. – C. 470-471.
- 30.. Nematovich K. S. Abduyeva 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. – T. 10. – C. 470-471.
31. 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: P: 1446-1450 //Online ISSN. – T. 22497137.
32. Nematovich K. S. Abduyeva 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. – T. 10. – C. 470-471.
33. Azimovna F. M. Formation of spiritual and moral values of pupils in physical education lessons //Asian Journal of Multidimensional Research (AJMR). – 2020. – T. 9. – №. 11. – C. 99-103.
34. Fatullayeva M.A. The pedagogical significance of the stages and methods of teaching volleyball // International journal on economics, finance and sustainable development. issn (electronic): 2620-6269/ issn (printed). 2021/3/27
35. Sabirova Nasiba Rasulovna. (2021). The Importance Of Three-Stage Model In Developing The Functional Status Of Athletes. International Journal on Economics, Finance and Sustainable Development, 3(3), 190-196. <https://doi.org/10.31149/ijefsd.v3i3.1475>



36. Сабирова Н. Р. ЗНАЧЕНИЕ ФИЗИЧЕСКОЙ КУЛЬТУРЫ В СОВРЕМЕННОМ ОБЩЕСТВЕ //Проблемы педагогики. – 2020. – №. 6 (51).
37. Journal of Critical Reviews ISSN- 2394-5125 Vol 7, Issue 6, 2020 Review Article PSYCHOLOGICAL IMPACT OF FOOTBALL GAMES TO THE FORMATION OF INDIVIDUALITY OF THE STUDENT Dustov Bakhtiyor Akmalovich, Toshov Murod Khalilovich, Sabirova Nasiba Rasulovna, Fazliddinov Farkhod Savrievich
38. Rakhmonov Rauf Rasulovich Distribution of training loads at the stage of competitive preparation for middle runners // Academics: An International Multidisciplinary Research Journal 10.5958/2249-7137.2021.00376.1
39. Akmalovich D. B. et al. Psychological impact of football games to the formation of individuality of the student //Journal of Critical Reviews. – 2020. – Т. 7. – №. 6. – С. 466-469.
40. Karomatovich I. A., Shokhrub U. Dynamics of jumping development of volleyballers in different ages //Middle European Scientific Bulletin. – 2021. – Т. 11. – №. 1.
41. Ibragimov A. K., Muxiddinovich L. A. INDIVIDUALIZATION OF PSYCHOLOGICAL TRAINING OF QUALIFIED HANDBALL PLAYERS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 234-241.
42. Ибрагимов А. К. ОСНОВА ФИЗКУЛЬТУРНОГО ОБРАЗОВАНИЯ ШКОЛЬНИКОВ–ЗНА-НИЯ ПО ФИЗИЧЕСКОЙ КУЛЬТУРЕ //Рекомендовано к изданию Советом по качеству УралГУФК Протокол № 8 от 14 мая 2018 г. – 2018. – С. 128.
43. Ibragimov A. K. Catalog of training tasks for training special endurance of young girl handball players //ACADEMICA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 486-492.
44. Fazliddinov F. Professional competence of the specialist in physical culture //ACADEMICA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 501-504.
45. Нуруллаев А. Р., Гафурова М. Ю., Мансуров Ш. Ш. Деление спортивных занятий на периоды //Педагогическое образование и наука. – 2019. – №. 6. – С. 153-155.
46. Нуруллаев А. Р. Основные формы и сущности экономической демократии //Молодежь XXI века: образование, наука, инновации. – 2017. – С. 227-228.



47. 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.
48. 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.
49. Karomatovich I. A., Shokhruh U. Dynamics of jumping development of volleyballers in different ages //Middle European Scientific Bulletin. – 2021. – T. 11. – №. 1.
50. Ibragimov A. K., Mo'minov F. I. Methodology of optimization of training for young players //International Journal For Innovative Engineering and Management Research. – T. 10. – C. 43-48.

