

STAGED AND INDIVIDUAL APPROACHES IN PHYSICAL EDUCATION OF STUDENTS IN GENERAL SCHOOLS

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Abstract: This work studies the role and importance of differentiated and individual approaches in the physical education of secondary school students. The study emphasizes the need to plan and adapt classes depending on the level of physical fitness, age characteristics, abilities and health of each student. Through a differentiated approach, students are divided into groups and given loads appropriate to their capabilities. An individual approach focuses on developing physical qualities and sports skills in them, paying special attention to each student. This work highlights the importance of using scientifically based programs in organizing physical education classes, taking into account the personal characteristics of students, increasing motivation and conducting classes in an interesting way. At the same time, the issues of increasing students' satisfaction with physical education classes, increasing their interest in a healthy lifestyle and turning physical activity into a way of life through an individual approach are analyzed.

Keywords: Physical education, Differentiated approach, Individual approach, Physical activity, Health-improving exercises, Methodical approach, Motor skills, Differential approach.

КЛАССИФИКАЦИЯ И ИНДИВИДУАЛЬНЫЕ ПОДХОДЫ К ФИЗИЧЕСКОМУ ВОСПИТАНИЮ УЧАЩИХСЯ ОБЩЕОБРАЗОВАТЕЛЬНЫХ ШКОЛ

Аннотация: В данной работе изучаются роль и значение дифференцированного и индивидуального подходов в физическом воспитании учащихся общеобразовательных школ. В исследовании подчеркнута необходимость планирования и адаптации тренировок с учетом

уровня физической подготовленности, возрастных особенностей, способностей и здоровья каждого студента. Благодаря дифференцированному подходу учащиеся делятся на группы и даются задания в соответствии с их возможностями. Индивидуальный подход ориентирован на развитие физических качеств и формирование спортивных навыков, уделяя особое внимание каждому ученику. В данной работе подчеркивается важность использования научно-обоснованных программ, учета личностных особенностей учащихся, повышения мотивации, интересного проведения уроков при организации занятий по физическому воспитанию. При этом анализировались вопросы повышения уровня удовлетворенности студентов занятиями физической культурой, повышения их интереса к здоровому образу жизни и превращения физической активности в образ жизни посредством индивидуального подхода.

Ключевые слова: Физическое воспитание, Дифференцированный подход, Индивидуальный подход, Физическая нагрузка, Оздоровительная подготовка, Методический подход, Двигательные навыки, Дифференциальный подход.

Introduction

Today, a healthy lifestyle is an important task, raising the younger generation as physically and spiritually mature individuals. The program was created to ensure high-quality health, mental and physical development through the effective organization of physical education of secondary school students. Therefore, differentiated and individual elements in physical education lessons are becoming an integral part of the modern educational process. Differentiated and individualized allows you to organize classes that are appropriate for the physical condition, training and health of students. These production tools allow you to develop individual programs for each student, which will allow you to adapt physical loads to your needs. Such a systematic approach not only serves to improve health and physical fitness, but also helps to change the motivation of

students. The need for effective organization of classes in this area is increasing, depending on the food, age, physical equipment and treatment of students. This is a fundamental step in the process of physical education.

Literature analysis and method

Particular attention is paid to increasing the effectiveness of the process of differentiation and individualization of physical education, their widespread application in practice in the school education system. Analyzing the results of experimental studies conducted on the contingent of secondary school students depending on their level of physical fitness, we concluded that it is necessary to optimize the physical activity of girls with different levels of motor skills. Scientific and methodological publications expressed an opinion on the process of differentiated physical education, in which the content of the teaching technology is differentiated teaching of movements, "a set of pedagogical methods for the development of physical qualities, the formation of knowledge and skills", technologies for managing the educational process, ensuring the achievement of physical perfection, attempts were made to develop the technology of differentiated physical education of schoolchildren only at the level of fragmentary research", but in practice, solving this problem did not find wide scientific support.

A differentiated approach and methodological solutions in the formation of knowledge in the field of physical culture must inevitably include a criterion for differentiating the educational process in determining the level of theoretical preparation of schoolchildren, which is the basis for dividing students into different groups. Solving the problems of implementing the content of the physical training program at different levels has determined the gradual, consistent expansion of the possibilities of a differentiated approach in the physical education of school contingents of different ages, the main factor in which is the level of physical training in certain sections of the school curriculum. The problems of changing the direction of physical education of a contingent of schoolchildren with average or low physical training have been put forward in the context of the problem of the

relationship between the level of physical fitness of schoolgirls aged 15-16 and their physical characteristics, which will lead to the improvement of physical education in the school system.

Analytical study of literary sources on this issue showed that a group of authors propose to determine the level of physical fitness of students as a criterion for identifying groups of students when implementing a differentiated approach. Thus, in the course of many years of experimental research with students, a contingent of young students of different ages and genders was divided into “strong”, “average” and “weak” groups and, accordingly, a methodology for training in performing various physical exercises provided for in the state school curriculum for physical culture.

Studying the construction of a competitive mesocycle in young gymnasts at the stage of sports improvement, G.M. Khasanova and N.Kh. Yakubova, according to the results of correlation analysis, determined the relationship between the most important indicators of the volume of training loads. gymnasts at the competitive stage of training. A.K. Eshtaev, studying the structure and distribution of training aids of young gymnasts at the initial stage of training, noted that the author's program developed by him, taking into account the age-related characteristics of physical development and the tasks of initial training, had a positive effect on the dynamics of health and morpho-functional development of young gymnasts.

A similar idea was expressed by Sh.T. Sariboev, studying the problem of improving the coordination abilities of schoolchildren aged 10-14 with different levels of physical development. Similar studies were conducted by M.R. Yuldoshev, who studied the issues of improving the methodology for developing the coordination abilities of young football players, determining the effectiveness of the effect of acrobatics as a result of using control exercises developed by the author. exercises on the coordination abilities of young football players

The degree of assessment of the results of the study on the division into groups according to the level of physical fitness was given in the experimental work of

S.R. Uraimov, who noted that the assessment degrees were developed by him only for a certain contingent. lyceum students and may vary depending on factors. Having brought up the expediency of dividing young students at the beginning of the school year according to their level of physical fitness in order to determine their physical training characteristics, A.T. Khasanov noted that the composition of the studied groups may change when passing sections of the curriculum and changing their level of mobility.

P. Khojaev, in his research on the contingent of schoolchildren, expressed the opinion on the need to differentiate the content of physical education in school educational institutions, taking into account the age and gender characteristics of students. A.N. Borsova investigated the differentiated physical education of schoolgirls based on the consideration of integral indicators of physical condition. It was found that physical condition indicators are interconnected at senior school age. Integral indicators of physical condition are correlated with the health coefficient and affect the distribution of schoolchildren by health groups. L.N. Shakhriddinova, studying the optimization of training loads of health-improving classes with women of secondary school age, taking into account their functional state, confirmed the effectiveness of the developed methodology of health-improving classes using various stretching exercises, identified young athletes who made a significant contribution to the study of the structure of their training, where the researchers recommend the rules developed for differentiating the training process taking into account their level of physical fitness and physical development. Specific aspects of planning pre-competition training sessions U. The method of differentiation of pre-competition training, studied by Sh. Valikhonov, made it possible to determine the composition of training aids, their volume and intensity during the competitive mesocycle. I.A. Qosbakhtiev, A. Tolibjonov, stratifying the system of training of young football players, recommend taking into account the specific territorial characteristics of living, their physical fitness. The results of experimental studies conducted by O.A.

Geldiev in Turkmenistan under hyperthermia conditions made it possible to develop a territorial management model of the process of training young football players, which consists in approximately differentiating the composition of training sessions and their systematicity. correction depending on the dynamics of indicators related to the advance or lag of individual parameters of their physical and technical training. A.A. According to Guzhalovsky, the age-sex significance of the studied contingent is one of the factors determining the presence of sensitive periods in the development of physical qualities, determining the differentiation of teaching aids and methods. As Professor A.A. Guzhalovsky noted, at secondary school age, motor qualities develop simultaneously and unevenly, where the basis for determining the sensitivity of physical qualities is determined by an increase in the average group indicators of physical fitness determined by tests. The presence of sensitive periods allows for the greatest achievements or positive shifts at a certain age stage.

In team sports, V.G. Kim proposes a method of speed-strength training of young basketball players based on the specific characteristics of the motor activity of various game roles. The characteristics of the movement activity of defenders, centers and forwards were studied, the standards of physical fitness of young basketball players were developed, and means and methods were proposed to achieve the specified parameters of their mobility, taking into account regional factors.

The results of the studies conducted by A.G. Sodikov and X.Yu. Matnazarov on the contingent of young swimmers revealed their morphological features that allow for qualitative selection and orientation in choosing their swimming style and distance length, and determined the characteristics of the fatigue processes and recovery of young swimmers of various specialties, which made it possible to develop differentiated programs of the training process on this basis. The results of the studies, the use of which in the training process contributed to the optimization of the process of special physical fitness of young swimmers and an increase in

their sports results. Sprinters with an explosive type of neuropsychic reactivity, according to O.V. Goncharova, in the pre-competition period, it is recommended to maintain contrast in training, perform mainly explosive strength exercises using a strong motor mode against a background of high motivation. Sprinters with the same type of neuropsychic reactivity against a background of decreased motivation should gradually increase the load and maintain the same, low sensory motor mode, performing exercises of medium and submaximal intensity aimed at developing strength endurance - the ability to maintain speed over a distance.

Studies by G.S. Tumanyan, F.A. Kerimov showed that the level of development of basic coordination abilities in young wrestlers of different body types is not the same: for example, freestyle wrestlers with a muscular body type showed high results. at the level of development of differentiation abilities; wrestlers with an asthenic somatotype showed high results. These data made it possible to develop a program for improving the coordination abilities of young wrestlers at the initial stage of training, taking into account the type of physique. Experimental testing showed that such a method allows for more effective development of the coordination abilities of young wrestlers.

The differentiation of the factor in fighters specializing in boxing - allowed R.D. Khalmuhamedov to determine the types of integral individuality of fighters according to the ratio of neurodynamic, psychodynamic and somatic characteristics. The author identified specific quantitative values of the "personal constitutions" of the five integral individualities of young boxers, which allowed to significantly increase the effectiveness of the training process. Innovative techniques for differential control of the physical fitness of swimmers, G.M. Krasnova In swimmers of different ages and genders, it is necessary to control indicators that determine the specific indicators of athletes. The use of the method of differential control of physical fitness developed by the author made it possible to create individual training programs for swimmers. Analysis of the above showed that an important factor determining the specific features of differentiation and

individualization of the educational and training process is the need to achieve results, and in the field of physical education, where there is a great need for practical experience, there should be a demand for differentiation and individualization in physical education.

Conclusion

The use of differentiated and individual approaches in the physical education of students in secondary schools is becoming an integral part of the modern educational process. These approaches make it possible to organize classes in accordance with the physical capabilities, level of preparation and needs of each student. This allows students to form a healthy lifestyle, develop physically and fully demonstrate their potential. Differentiated and individual approaches make the physical education process more effective, interest students in sports, they set clear goals for themselves and learn to assess their capabilities and achievements. Through these methods, health education classes develop students physically, mentally and socially, form a strong will, a sense of responsibility, and teamwork skills in them. Also, differentiated and individual approaches in physical education make a significant contribution to the overall health process. With the help of these approaches, each student, taking into account his physical capabilities, can strengthen his health, develop motor activity and achieve success in various sports. At the same time, with the help of these methods, students learn to follow a healthy lifestyle and personal hygiene rules. In conclusion, the organization of physical education in secondary schools based on differentiated and individual approaches greatly contributes to the formation of students as healthy, active and well-rounded individuals. These approaches will bring physical education to a new level in the education system and effectively implement the task of raising a healthy nation.

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