



**WORK ON THE METHODOLOGY OF PHYSICAL CULTURE IN
PRIMARY CLASSES**

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Abstract: *all students-young people, artists should be engaged in their favorite sports, physical exercises, in the process of health improvement. Anatomical and physiological characteristics of the body of children and adolescents; The central nervous system and, first of all, its upper part, the cerebral cortex, play a leading role in the development of body functions.*

Key words: *physical culture, teaching methodology, pedagogy, method.*

As a person grows up, he gets used to performing and rewarding various active actions in daily social life and work processes. Especially the types and content of physical labor are constantly rewarded (ploughing, plowing, watering, harvesting or using equipment, driving a car, train, etc.) . As a result, some parts of the body (joints, spine, etc.) are deprived of basic activities (bending, turning,

sitting and standing, etc.) will cause pain and discomfort in the body. Similar realities and processes may be different for people depending on their profession. Especially in the era of current technology development, many people, as well as students, spend a lot of time sitting on the computer system. This leads not only to the organs of vision, but also to the neck, shoulders, back, legs and other organs. Such conditions lead to a decrease in the movement of blood vessels and a decrease in the heart rate.

According to the official data of the world medical community, the number of patients with low blood pressure (hypodynamia) and cardiovascular diseases is high in the USA. The number of people suffering from this disease and dying every year is several hundred thousand people. The main reason for this is the development of technology in the USA, millions of people in them are not engaged in physical exercises. In Germany, Japan and a number of other countries, which have well understood such negative consequences (they are not far behind the USA in terms of technical development), special (professional) production gymnastic exercises, tennis and other national parts (elements) of sports and action games are held purposefully. This, in turn, serves to relax, exercise the muscles that have been cut off from movement, and strengthen the body parts.



It should be noted that during the time of the former Union, intermediate (break) moments of physical training (physical training pause, physical training minute, etc.) were organized in large production enterprises in Tashkent, Samarkand, Fergana, Navoi and other cities.

would be done. On this basis, the working abilities of the workers were restored. In recent years, these customs have been discontinued for one reason or another. As a result, only those people who have gone to the essence of physical exercises that restore work ability, go to exercise alone as much as they know how.

As mentioned above, the exercises that ensure the health and performance of the body are related to the profession. Physical exercises in any field and direction (gymnastics, movement games, gym exercises, etc.) accelerate the work essence of body parts. This increases the beating of the heart and blood vessels. Depending on the amount, size and speed of the exercises, the heart rate also increases. It is known that heart rate is not always the same in different institutes. First of all, it is directly related to health and physical training. According to the basis of medical sciences, the heart of young people who are physically fit and constantly engaged in sports or special physical exercises beats 60-65 times per minute while they are at rest. During active activities and physical exercises (running, jumping, sports, swimming, etc.), the above indicators can be around 80-90. The heart of young people who do not engage in physical exercises and sports beats 70-75 times per minute in peace, and during 5-10 minutes of running, jumping, physical exercise, this indicator rises to 100-110. This is an extra load on cardiovascular work. Naturally, in such cases, breathing becomes faster. In physically trained young people, during physical exercises, their breathing rate increases 3-4 times more than normal (at rest), and it increases 7-8 times in those who do physical exercises. This condition also causes narrowing of the respiratory tract, suffocation and weakness. It should be concluded that sitting for a long time in the classroom leads to negative physiological changes in body organs (lungs, heart, blood vessels, etc.). This causes a decrease in health and a decrease in the ability to move. For this reason, all students-young people, creative people should be engaged in their favorite sports, physical exercises, in the process of health improvement. Anatomical and physiological characteristics of the body of children and adolescents; The central nervous system and, first of all, its upper part, the cerebral cortex, play a leading role in the development of body functions. By the



time of puberty, the anatomical development of the nervous system is almost completely completed. The maturation process of the movement analyzer nucleus in the brain is completed by the age of 12-13. The reconstruction of the functions of the large hemispheres is reflected in the behavior and psyche of children. In adolescence, the general mental image of children changes especially quickly. The process of self-expression begins in the child. Adolescents have a desire to try their strength in a certain type of activity, to achieve a certain result. Adolescents begin to be interested in various things, but these interests are not stable enough yet. Important changes in thinking and memory occur at the age of 8-10. In the process of education and upbringing, the ability to think logically and think abstractly develops. A critical approach to the studied actions appears. Changes in the work of memory are expressed in such a way that recollection does not go towards drawing general conclusions from concrete events, as it was at a much younger age, but goes towards restoring some details of concrete events in memory from general ideas. Therefore, at this age, it is appropriate to study the elements of sports (paying special attention to the details of the technique) on the basis of a holistic method.

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