



Circular Training in The Development of Physical Qualities of Those Involved in Physical Education Features Of Using the Style

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Annotation. The article describes in detail the effective use of circuit training techniques in the development of physical abilities and qualities in physical education lessons.

Key words: physical adjectives, circuit training, school age, physical education.

Жисмоний Тарбия Билан Шуғулланувчиларнинг Жисмоний Сифатларини Ривожлантиришда Айланма Машғулот Услугидан Фойдаланиш Хусусиятлари

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Аннотация. Мақолада жисмоний тарбия дарсларида жисмоний қобилиятлар ва сифатларни ривожлантиришда айланма машғулот услубидан самарали тарзда фойдаланиш батафсил баён этилган.

Таянч сўзлар: жисмоний сифатлар, айланма машғулот, мактаб ёши, жисмоний тарбия дарслари.



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Круговая Тренировка В Развитии Физических Качеств, Занимающихся Физической Культурой Особенности Использования Стиля

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Аннотация. В статье подробно описывается эффективное использование методики круговой тренировки в развитии физических способностей и качеств на уроках физкультуры.

Ключевые слова: физические прилагательные, круговая тренировка, школьный возраст, занятия физкультурой.

The main task of using the technique of circular training in physical education lessons is to effectively develop the qualities of movement in the context of measuring exercises performed for a strictly limited time individually for each child. Working out as an integral form of physical fitness, it teaches students to think independently during the development of the qualities of movement, launches an algorithm of previously developed action activities, trains disposition and discipline in the performance of exercises. Another serious quality is that circular training allows each student to take an individual approach, creating conditions for the most effective use of the planned time for physical training as possible.

Based on the organization of students for the implementation of exercises on circular training, lies the method of small-group staging. But a clear methodology for performing the exercises must be developed. The task of the exercises is also strictly defined – the complex development of the qualities of movement. For this reason, circular training is reflected in the organizational methodological form of practicing physical exercises, which is mainly aimed at the complex development of the qualities of movement. One of the most



important features inherent in this form of training is the strict rationing of physical load and at the same time its individualization.

In physical education classes, students equally pay great attention to the development of the necessary physical qualities and the formation of certain skills and abilities. These processes are interconnected in many ways. Because when we teach students some technical element, at the same time we influence the development of this or that physical quality as well. As we work on strengthening strength, growing speed or endurance, we form the necessary foundation for better mastery of the skill and skill of movement.

In recent years, work on the principle of circular training in the implementation of both of these tasks to a large extent has been gaining more space. The correct distribution of stops makes it possible to purposefully improve physical qualities with the help of specially selected exercises, as well as to consolidate the knowledge and skills acquired during classes. Different variants of exercises are used at the stops, but the pace of performing the exercises will be higher if students are used to them from their best acquaintances.

To conduct a lesson based on the technique of circular training, a complex of 8-10 relatively light exercises is created. Each of them should affect certain muscle groups (arms, legs, back, abdominal press). The simplicity of the movements allows them to be repeated many times. Performing exercises at different rates from different initial States has an impact on the development of certain movement qualities. By combining individual acyclic movements into an artificial-cyclic structure by serial repetition, it is possible to develop complex motion qualities, as well as increase the general working capacity of the organism.

When determining the stops, it is taken into account that the exercises that are given for one muscle group should be replaced by exercises designed for another muscle group, the use of tools available in the hall to control the exercises, in which it is necessary not to move them too far. The complex includes two exercises that develop the muscles of the legs, arms and shoulder girdle, abdominal press, back, with a general impact.

The entire 45 minutes of the lesson are only the first session based on the rotational style, the rest is 5 minutes if the complex is performed once (one round); 10 minutes if the complex is repeated two times (two rounds); 15 minutes if the complex is repeated three times (three rounds). It is advisable to perform one-lap dimensional exercises in the first or last 15 minutes of the



lesson; two-lap dimensional exercises in the last 20 minutes; three-lap exercises in the last 35 minutes of the lesson. It is required to take a break of 2-3 minutes between repetitions and walk in them at a slow pace, perform exercises that relax and restore breathing.

The circular training style sets itself the goal of organizing independent active execution of students, thus developing physical abilities in a complex way, controlling the effect of these exercises on the body's systems. The effectiveness of this method lies in the fact that the intensity of training increases significantly, since all students train independently at the same time, according to their strength and capabilities [1, 6].

Based on the amount of exercises in the complex, the class is divided into 6-10 groups of 3-5 children. The consistency of the passage of the stops is determined by a circle, rectangle or square, in which the more productive use of the hall area and equipment is envisaged. As far as possible, it is necessary to use all the shells and auxiliary equipment available in the hall and complete the entire complex in a clearly defined period (one round is passed), performing each exercise with the size indicated by each reader individually.

The analysis of rotational training methods and the generalization of the experience of their application in practice gives reason to consider the extensive-intermediate method as the most convenient for a school lesson. Its essence lies in the fact that movements are performed at an optimal pace, accurately, with a large amplitude, scheduled from seconds in the same period of exercise and rest. The standard duration of activity and rest provides discipline in the course process, as well as conditions for monitoring the exact implementation of tasks.

The complex usually includes 8-10 exercises (stops), spending one minute each (15 sec - for execution, 30 sec - for rest), which means that the entire complex (one round) lasts 6 minutes. It is recommended to do it within 8 lessons, which will form a completed cycle of training according to the extensive interval method of circular training. It is advisable to repeat such cycles 3-4 times throughout the year

Such an organization of work is also of great educational importance: students also conduct the practice of independent training, which is considered the basis of their training as guides in physical education.



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