



Problems Of Development Of Mass Sports And Health Work In General Education Schools

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Annotation. The article addresses the problems of the development of mass sports in general educational institutions, as well as low physical activity and weak physical development of schoolchildren. The formation of interest in sports activity of schoolchildren through the national system of continuous sports competitions is proposed.

Keywords: school, students, mass, sports, system, health, methodology, problem.

Relevance. The socio-economic changes taking place in the country require the preparation of young people for a fast-paced life in a busy physical and information field. The country is interested in its young generation being healthy and able to work. Mass sports are seen as an achievement of this goal. Today, the development of mass sports and increasing its effectiveness is a key problem of modern society [1]. At the same time, the level of development of mass sports in educational institutions does not correspond to the tasks of the socio-economic transformation of the country.

In recent years, there has been a tendency for physical education education to lag behind other educational areas. It is clearly evident in the fact that the younger generation, for the most part, relatively successfully acquires new knowledge, masters production and information technologies, and at the same time, is physically unprepared for work and military activities, and is often unable to withstand the stressful effects of society on the principles of a healthy



lifestyle [2]. According to statistics, there is a tendency for children's health to deteriorate in the country. Over the years of study, the number of children with visual and postural impairments, mental health, and diseases of the digestive system increases.

At school, during the education of children, daily physical activity decreases approximately by half, since most of the daytime students are in a static position. Insufficient physical activity leads to diseases, and the low level of health of children also affects the process of their adaptation to academic loads. Among the main problems affecting the quality of physical education of schoolchildren, it is also necessary to include an insufficient number of sports sections, the lack of extracurricular sports and health work. In addition, in recent years, due to the increase in the cost of paid physical education and health services, as well as the rise in prices for sports equipment and inventory, physical education and sports have become difficult for most children to access.

The current situation is undoubtedly acute. This situation is largely due to the ineffective organization of the education system in this area. Unfortunately, the quality of physical education in many schools does not meet modern requirements, interests and needs of children. According to experts, students are not satisfied with physical education lessons, many do not receive the necessary knowledge and skills at school for independent sports activities. Young people do not know how to use physical education to organize healthy, meaningful leisure in their free time.

Thus, there are a number of important problems in the development of mass sports in general education institutions: low level of physical health of the majority of school-age children; low efficiency of physical education lessons and poor organization of physical education and health events during the school day; ineffective use of students' vacation time to organize mass health and competitive work; insufficient amount of school time for compulsory physical education lessons; insufficient attention to the formation of sustainable interests, motivations, needs for independent physical education and sports; lack of targeted propaganda of the values of physical education and sports, a healthy lifestyle; low level of methodological support, as well as poor use of the latest and most effective physical education and health technologies; underestimation of the importance of physical education by teaching staff of



educational institutions; lack of traditions of physical education in the family; unsatisfactory financial and logistical support for physical education in educational institutions; lack of coordination between education authorities, local government bodies and health care in matters of involving the younger generation in mass sports.

The aim of the study : theoretical development of a methodology for involving students in the mass sports movement based on the Integrated All-Uzbek System of Continuous Sports Movement [3].

The object of the study is the systemic process of consistent and continuous involvement of students of educational institutions of the country in mass sports.

The subject of the research is the organizational and management mechanisms of mass participation based on the Integrated All-Uzbek System of Continuous Sports Movement.

The hypothesis of the study is that if a continuous competitive system is introduced in the process of physical education at school as a tool for involving students in mass sports, this will contribute to: increasing the physical activity of students; increasing the adaptive and functional capabilities of schoolchildren due to the increased volume of physical activity; increasing the level of physical development and physical fitness of each schoolchild; maintaining and strengthening children's health; forming a sustainable interest in sports activity and mastering the skills of competitive activity; self-realization of the individual and forming personal self-determination in schoolchildren by means of physical culture and sports; professional orientation of students and forming a sustainable motivation for physical education and competitive

activities; integration of basic and additional education in the field of physical education, combining physical education lessons with educational and competitive classes in the chosen sport in the school day.

Determining the prospects for further development of mass sports in educational institutions is a complex issue that can only be resolved on the basis of a targeted systemic approach to the problems of physical education of the younger generation. The main task is to ensure mass participation in schools by means of a public sports council, with the aim of making sports activities of



children and students more attractive and effective, and to involve at least 80% of children in regular sports activities.

The practice of recent years has shown the need to use the positive experience and technological potential of sports in the process of physical education at school, since regular physical education and sports play a major role in the development of personality and the formation of a healthy lifestyle of the younger generation. Such importance of mass sports, in turn, actualizes the problem of the effectiveness of physical education of schoolchildren. In this regard, there is an intensive process of developing physical education and health technologies and systems that correspond to the modern level of knowledge development, capable of providing each schoolchild with an individualized approach to the problem of his personal health and the level of his physical fitness [4]

New technologies of sports-oriented physical education, according to scientists and specialists, are effective physical education and health technologies for implementation in school practice [4,5].

The main theoretical and methodological basis of our approach is the position that the organization of mass sports for schoolchildren should be based on the concept of competition associated with the management of the development of the physical potential of the student. Its implementation involves improving the mechanism of mass coverage of students and the development of optimal physical activities, which are the foundation of the health of the future population.

Directions of scientific research: in accordance with the Resolution of the President of the Republic of Uzbekistan "On measures for the further development of physical culture and mass sports", as well as the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On the organization of a continuous system of competitions aimed at attracting pupils and students to sports" [1,6], the main directions of scientific research are:

1. Development of a program for the mass and continuous involvement of students in sports activities based on a competitive system within comprehensive schools.



2. Experimental testing of the effectiveness of involving students in sports activities based on the program.

3. Development of a pedagogical concept for the sportification of physical education by means of a public sports council in physical education classes and in the system of additional education during the school day.

4. Developing effective and efficient motives for the formation of an active interest in sports activities through competition.

5. To involve and interest students in sports through participation in mass continuous competitions throughout the school year.

6. Study of the influence of a continuous competitive system on the anthropometric indicators of students.

7. Development of a model of extracurricular activities based on a continuous system of competitions.

One of the priority tasks of mass sports is the integration of basic general and additional education of children [7]. In this regard, for the successful implementation of physical education and the development of school sports, it is important to attract the human resources of the additional education system.

education (trainers and teachers of youth sports schools, etc.)

Conclusions. Thus, the entire Uzbek system of continuous sports movement allows, in addition to the two school hours allocated by the basic curriculum, to increase the volume of children's motor activity during the school day to six or more hours per week. Such an organizational and pedagogical form of physical education in educational institutions, can be the basis for the revival and development of mass school sports.

Further research is planned to be conducted in the direction of solving problems related to the development of mass sports in general education institutions by: searching for scientifically sound, attractive forms, methods and means of organizing physical education, sports and competitive classes, including during vacation time, designed to ensure strengthening the health and increasing the physical fitness of schoolchildren; providing the process of



physical education of schoolchildren with modern scientifically sound and tested educational programs, methodological recommendations; generalization and dissemination of advanced pedagogical experience of physical education and development of mass school sports; creation of experimental sites for testing and implementation of new forms of physical education, health and sports technologies; implementation of system for monitoring the physical development and physical fitness of schoolchildren; implementation of medical and pedagogical control of physical education .

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