

**METHODOLOGY OF INCREASING THE PHYSICAL FITNESS LEVEL OF STUDENTS
THROUGH PHYSICAL EDUCATION LESSONS IN PRIMARY EDUCATION**

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Abstract: The article describes methods of organizing pre-school and primary education based on the direction of children until improve their health through physical education. In addition, the author noted that in the process of organizing a training session, due until the variety of physical training oath mobility of children, teachers should perform their tasks with each student individually, as well as taking into account their level.

Keywords. Health and fitness, pupils' physical preparation levels, physical instruction which makes health and fitness, approaching differential, pupils who acquire well and fast, pupils who acquire slowly.

The Republic of Uzbekistan owns independence world on a scale year gradually stabilizing would go is, his/her future today generation knowledgeable, spiritual and physical in terms of perfect people as to reach depends. In this place, the development of physical fitness of students in our country and work abilities in formation physical upbringing and of sport caught place incomparable Independent Uzbekistan in development physical upbringing, physical culture and sports of the sectors development, especially, attention It is worthy. This of the industry theoretical and practical the basics to develop our state by work emerging law, decision and The decrees are clear. example be will take. Healthy life type shaping, nationality gene pool further health improvement, perfect generation upbringing about physical upbringing and sports development importance state of the policy dominant from directions one because defined. Short within the deadline this in the field take visited wide large-scale practical actions own bear fruit started.

In Uzbekistan athlete and coaches his/her work spiritual and material to encourage big attention given, "Uzbekistan" In the Republic service shown sports "teacher" and "Uzbekistan" In the Republic service shown "athlete" honorary titles establishment done. also Uzbekistan Republic President's initiative with Olympia games and world in the championships prize-winning places occupied for athletes given The honorary title "Pride of Uzbekistan" was established. Health care in the country is carried out by all social organizations. and work to release industry in institutions revived, initial sports to activate the work of the teams started Being able to fulfill the basic conditions for increasing activity in the process of physical education, individualization and regularity principles analysis to do relationship with seeing will be released. New assignments and them with garden was downloads will do to take It can only lead to positive results if the participants are strong enough, and the loads correspond to the functional capabilities of the body or the individual characteristics of the sex. possible. Fatigue of the organism again recovery processes organic Considering that they are connected and occur simultaneously, the interaction between load and rest is dependence understanding to take possible. Exercise to do process to the composition rest to take also included. Dam to take certain rules only when transferred of the exercise organizational part Too short and too long periods of rest can disrupt the workout plan and result in less than optimal performance. or many exercise to perform reason to be possible. In this case exercise in progress to rest (download) and rest to take (add) the most

convenient in the case to perform demand will be allowed.

Today, the development and formation of a person is of particular importance in the connection of multifaceted physical education, which serves to master the social experience. This is achieved through the joint efforts of families, educational institutions and society as a whole. Physical education is a purposeful and systematic process of forming a healthy and well-rounded person in terms of physical potential and physical quality, which ensures readiness for physical and mental work and defense of the Motherland.

The goal of physical education is always the physical and all-round development of a person, which includes the development of such qualities as physical maturity, health, strength, flexibility, agility, stability of hygiene skills, interest in sports and culture. One of the mandatory tasks of physical education is to form ideas about the need for a healthy lifestyle, physical fitness, and regular physical activity, which are one of the most important elements serving the socialization of a child from a young age.

Physical education is especially important at the younger school age, when the child's body develops relatively quickly, its basic movements and social experience are formed, but at this age the body is still weak and vulnerable to diseases. Among the important social tasks, our country prioritizes the further improvement of physical education and sports among all segments of the population, especially children and adolescents. In recent years, a lot of work has been done in this regard in the country. In every district, even in remote cities and villages, children and adolescents are increasingly involved in sports and physical education, sports centers and clubs are being built to solve the problems of physical education, health, and recreation of the younger generation. Today, the social significance of physical education has reached such a level that real opportunities are created for its use in the fight against harmful habits. Health includes the physical, hygienic, mental and social culture of a person.

Young generation upbringing, to your health being given attention to our tomorrow being given Attention. In our country this about like Unprecedented work is being done, including public health It is no secret that positive work is being done in a number of areas to improve the level of education. It should be especially noted that preschool education and early childhood education are starting physically, spiritually mature persons upbringing today education is one of the urgent issues facing Uzbekistan. For this purpose, physical upbringing and sports field development to the issue state policy at the level considered, it is being used as an important area of strategic importance for the health of the nation's gene pool, a guaranteed means of raising a generation with physical and intellectual potential, and for promoting the ideas of national independence.

Exactly independence thanks with in our country this the network development It is no secret to anyone that significant changes have been made in the direction of education. In order to educate the younger generation in a holistic manner, sports complexes that meet the requirements of state standards have been built and are operating effectively. is going.

Physical upbringing and sports country citizens general of culture inseparable part of to be necessary. Humanitarianism society development modern At the stage of physical education and sports, issues related to improving the general physical fitness of students and developing their talents are of great importance. will. Beginning in education physical upbringing lessons in students mover knowledge and qualifications shaping, their every side by side worthy perfect means creating the foundations of physical training that will serve to find. Physical preparation healthy to be the most important condition, his/her and its improvement depends on the high level of physical education classes in schools, directed to health. Physical education classes organized in a traditional way school of students known one physical opportunities development, To form knowledge and skills that are characteristic of this age group, as well as knowledge that meets the requirements of physical education directed.

Physical fitness of children in the process of organizing such training and moving to take of the possibility diversity because physical upbringing science Teachers should achieve their goals with each student individually or by dividing them into levels. However, this issue is given little

attention in the educational process. An important aspect of the modern concept of physical education of students is that, then physical upbringing in their lessons rehabilitation of the problem aimed at increasing the role of physical education. Unfortunately, this area is not given enough attention in the educational process. Our observations show that effective methods for combining theoretical and methodological knowledge with health-improving technologies during physical education classes for primary school students have not been fully developed. Finding a solution to this problem is of utmost importance in strengthening and preserving the health of primary school students with different levels of physical fitness. owner

Physical upbringing lessons according to before work climbed of the system Another shortcoming is that its main purpose is not health-improving, but rather educational. The school physical education system also includes the physical development and functional preparation considering received in case Physical exertion is the absence of an individual approach to exercises. This is partly due to the lack of diagnostic methods for determining the level of physical health. In order to improve the physical fitness of society, especially children, physical education and sports should become an integral part of everyday life for all segments of the population. An effective way to achieve this is to form a constant positive attitude towards the system of physical education and sports in children who are engaged. The solution to this problem largely depends on the level of interest and satisfaction of children who are engaged in these exercises. Therefore, studying the attitude towards physical education and sports is not only a social and psychological, but also a conscious process during the lesson. and it is also a problem of direct importance to theoretical and practical pedagogical education that serves to form an attitude that implements the principle of activity . It appeared in relation to physical training and sports lessons of discontent come exit factors to study in them to practice was helps them learn a conscious attitude, increases their activity in the process of physical education lessons. The need for a complex implementation of an individual approach in physical education has arisen due to some situations that are allowed in the course of physical education classes That's it.

General education, which is the same for all children, aimed at showing the abilities and talents of students, cannot guarantee their sufficiently intensive development. First of all, it depends on the diversity of students studying in the same class, their interests and abilities.

The groups being taught may have students who are already familiar with the material being taught, and the movement exercises are no challenge. not giving birth possible. Such of students in training participation is taken into account by the teacher, and in order to achieve a relatively high result in their mastery, it is necessary to develop a more complex task given to them, to deepen movement exercises. A pupil is a motivator knowledge now learning one at the time, other student already can master this knowledge perfectly. In the process of training to motivating situations every one group his/her own physical from preparation come came out in case exercise Done.

Conclusion. In the process of teaching primary school students, it is important to plan the educational material in such a way as to prevent the simultaneous formation of competing skills or to ensure that the negative impact of displacement is minimal. In modern conditions, the problems of improving the educational process in physical culture, forming an interest in physical education and sports, in particular, the formation of a healthy lifestyle through systematic physical education, are becoming particularly relevant. Students' interests in physical education lessons are different: the desire to strengthen health, shape the figure, the desire to develop willpower, etc. The interests of boys and girls are different: girls often think about a beautiful figure, flexibility, grace of movement and gait, less often about developing speed, endurance, strength. Boys want to develop strength, endurance, speed, agility.

The importance of the attractive aspects of physical culture also changes depending on age. If younger schoolchildren are generally interested in physical activity (children love to run, jump, play, although they do not think about it as a means of their physical and mental development), then adolescents are engaged in physical exercises for a specific purpose. For high school students, interests are formed primarily related to their life plans, that is, preparing themselves for a certain professional activity.

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