

EFFECT OF GYMNASTIC SPORTS CLUB ON PHYSICAL FITNESS OF 10-11-YEAR-OLD HIGH SCHOOL STUDENTS.

Gofurov Abduvokhid Makhmudovich

Kokan State Pedagogical Institute associate professor

Abstract: readers for general education in their schools organize to be done from class except affairs and his structural part has been of gymnastics sports circles importance and student children physical qualities, that is agility, quickness, strength, endurance, flexibility effect about theoretical information and practical recommendations statement done.

Key words: from the class except works, Physical qualities, agility, quickness, strength, endurance, flexibility Physical development, Sports games.

After the Republic of Uzbekistan gained independence, great attention was paid to the development of physical culture and sports. Spiritual and educational values, national customs and traditions were restored, especially many activities related to physical education and sports were implemented.

Of the President of the Republic of Uzbekistan Decree No. 5924 dated January 24, 2020 "On measures to improve and popularize physical education and sports" ¹⁴ can be cited as a clear proof of this. The role of physical education classes conducted in general education schools is very important, and these classes serve to establish basic training for schoolchildren. Taking into account that sports clubs are the main form of extracurricular activities, within sports clubs, we tried to scientifically substantiate the effect of the aforementioned "Gymnastics sports clubs" on the physical fitness of students through our research work.

The main part. The activities of " Extracurricular activities " in general education schools are very comprehensive, and its specific tariff is, "Exercises in general education schools after the end of the school day" it is accepted to call the system of training, sports and wellness activities as extracurricular activities (STI). In addition, the "school physical education team" performs the main tasks and is classified as follows.

School physical education team (hereinafter referred to as MJTJ) it is a community-based organization of voluntary, self-initiated, and self-motivated students that assists schools and families in the implementation of student physical education.

¹⁴ Decree of the President of the Republic of Uzbekistan dated January 24, 2020 No. 5924 "On measures to improve and popularize physical education and sports"

In the implementation of this activity, there are three main councils of the school's physical education team. *They are:*

1. *Public organization affairs council.*
2. *Educational and sports activities council.*
3. *„Alpomish’’ and „Barchinoy’’ health test council.*

Basically this council activity many healthy events in itself sums up.

School sports competitions from class except of work public shape quality
From class except of work competition form General education at school take to go physical education process and this process contained all physical education to work the end role performs, public way organized from events one is counted. Of course competitions organization and transfer to himself special as below in sequence done is increased. Initially held of the competition charter is written and him transfer program is made. Har how competition charter one how many departments in itself embodies. of the competition content or program of the competition type and placed duties with is determined.

Experience part. Below we present 12 boys who regularly participate in gymnastics sports clubs organized in the 9th general education school of Chust district of Namangan region and 19 handball sportsmen of the same age from school 75 of Chust district of Namangan region. We selected the members of 'garagi' as a control group. We recorded the following results in Table 1 while observing the development of the students' physical qualities.

Physical fitness of schoolchildren (10-11 years old) after the experiment indicators

Test types	Testers Number	Experience	Control		P
High from the start run (30m)	N o. 19	5.7 ± 0.09	6.3 ± 0.05	.23	> 0.05
		6.4 ± 0.06	6.8 ± 0.04	.02	> 0.05
3x10 shuttle run	N o. 19	7.7 ± 0.15	8.3 ± 0.06	.23	> 0.05
		7.9 ± 0.16	9.0 ± 0.07	.02	> 0.05
Jump rope (30 seconds)	N o. 19	38.3 ± 1.46	32. 6 ± 0.71	.38	> 0.05

			45.5 ± 1.19	39. 2 ± 0.84	.25	> 0.05
Standing long jump (sm)	N o. 19		143. 4 ± 0.72	13 7.3 ± 0.77	.43	> 0.05
			133. 5 ± 1.63	12 6.6 ± 1.66	.04	> 0.05
			26.7 ± 0.51	22. 5 ± 0.34	.79	> 0.05
Throwing a 150 g ball (sm)	N o. 19		23.2 ± 0.49	18. 8 ± 0.33	.94	> 0.05

Conclusion

In conducting this research, it is felt that there is a need to constantly control the physical fitness of young gymnasts among sports training and the tasks solved through them, and many experts in this field are ignoring it. As a result of this neglect, the components necessary for the growth and development of young athletes are being used for other tasks. As a result, the growth and development of young people is somewhat slowed down. In order to solve such problems, there is a demand to correct microcycles of training or to make some changes, so that after involving young people in sports, they constantly monitor their physical fitness indicators.

REFERENCES:

1. Decree of the President of the Republic of Uzbekistan No. 5924 dated January 24, 2020 "On measures to further improve and popularize physical education and sports ". Mabuot.uz
2. [Abduvoxid, A. \(2021\). The Role of Biomedicine Today, Development Processes, Problems and Solutions. BARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMIY JURNALI, 1\(1\), 54-57.](#)
3. [Akramzhonovich, Y. I., Bektemirovich, N. B., & Makhmudovich, G. A. \(2022\). THE DEVELOPMENT OF MUSCLE MASS AS A MEANS OF INCREASING THE IMMUNE SYSTEM OF A PERSON. INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429, 11\(11\), 62-67.](#)
4. Сатиев, Шухрат Камилович, and Сабитхан Валиевич Азизов. "Характеристики зависимости типов темперамента к эмоциональным стрессам и степени стрессоустойчивости футболистов." Лебедева Надежда Анатольевна—доктор философии в области (2020): 55.

5. Сатиев, Шухрат Комилович, and Собитхан Валиевич Азизов. "ФУТБОЛЧИЛАРНИ ПСИХОЛОГИК ТАЙЁРЛАШ ВА УЛАРНИНГ ПРИНЦИПЛАРИ." *Scientific Impulse* 1.3 (2022): 323-327.
6. Dostonbek No'monjon o'g, Ergashaliyev. "GANDBOLCHILARNI JISMONIY TAYYORGARLIGINI RIVOJLANTIRISHDA YORDAMCHI JISMONIY TAYYORGARLIKNING AHAMIYAT." (2023).
7. Dostonbek Nomonjon o'g, Ergashaliyev. "GANDBOL BILAN SHUG 'ULLANUVCHI 12-14 YOSHLI O 'QUVCHILARNI TEZKOR-KUCH TAYYORGARLIGINI RIVOJLANTIRISH SAMARADORLIGI." *Ta'limning zamonaviy transformatsiyasi* 5.1 (2024): 178-183.
8. Luqmonov, Ilyosxon Baxridinovich. "KARATE SPORT TO 'GARAKLARINING UMUMTA'LIM MAKTABLARI O 'QUVCHILARINING JISMONIY TAYYORGARLIGIGA TA'SIRI." *INTERNATIONAL CONFERENCE ON LEARNING AND TEACHING* 1.9 (2022): 166-170.
9. Makhmudovich, Gofurov Abduvokhid, and Mahmudjonov Asilbek Abduvokhid o'g'li. "THE ROLE OF SPORTS IN ACHIEVING SUSTAINABLE DEVELOPMENT GOALS." *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429 13.01 (2024): 13-15.
10. Мухторжон оглы, Изатуллаев Алишер. «ЗНАЧЕНИЕ СПОРТИВНЫХ ИГР В ПОВЫШЕНИИ ЭФФЕКТИВНОСТИ ФИЗИЧЕСКОГО ВОСПИТАНИЯ». *ЖУРНАЛ ИННОВАЦИЙ В НАУЧНО-ОБРАЗОВАТЕЛЬНЫХ ИССЛЕДОВАНИЯХ* 6.4 (2023): 164-167.
11. Мухторжон оглы, Изатуллаев Алишер. «РАЗВИТИЕ ФИЗИЧЕСКИХ КАЧЕСТВ РЕБЕНКА-ПОДРОСТКА С ПОМОЩЬЮ НАСТОЛЬНОГО ТЕННИСА». *Научный импульс* 1.9 (2023): 68-71.
12. Odilbek o'g'li, Dovulbekov Aqlbek, Siddiqova Feruza Abdulxayevna, and Mahmudjonov Asilbek Abduvohid o'g'li. "VALEYBOL SPORT TO'GARAGI ORQALI SHUG'ULLANUVCHILARNING JISMONIY RIVOJLANISHINI NAZORAT QILISH USHLBLARI." *O'ZBEKISTONDA FANLARARO INNOVATSIYALAR VA ILMIY TADQIQOTLAR JURNALI* 2.16 (2023): 387-390.
13. qizi Shamsitdinova, Mahliyo Faxritdin. "UMUMTA'LIM MAKTABLARI O 'QUVCHILARINING JISMONIY TAYYORGARLIGIGA BASKETBOL SPORT TO 'GARAKLARINING TA'SIRI." *INTERNATIONAL CONFERENCE ON LEARNING AND TEACHING* 1.9 (2022): 208-212.
14. qizi Shamsitdinova, Mahliyo Faxritdin. "VALEBOLCHILARNI TAYYORLASHDA RIVOJLANTIRUVCHI-MASHQLANTIRUVCHI

TA'SIRLARNI ASTA-SEKIN OSHIRIB BORISH TAMOYILINING O
'RNI." *INTERNATIONAL CONFERENCES*. Vol. 1. No. 15. 2022.

15. qizi Shamsitdinova, Mahliyo Faxritdin. "UMUMTA'LIM
MAKTABLARIDA JISMONIY TARBIYA DARSLARINI TASHKIL QILISH VA O
'TKAZISHNING SAMARADORLIGI." *INTERNATIONAL CONFERENCES*. Vol. 1.
No. 15. 2022.

16. Vaxabov, Ismoil Xakimjonovich. "JUDO SPORT TO 'GARAKLARINING
UMUMTA'LIM MAKTABLARI O 'QUVCHILARINING JISMONIY
TAYYORGARLIGIGA TA'SIRI." *INTERNATIONAL CONFERENCE ON
LEARNING AND TEACHING* 1.9 (2022): 250-254.

17. Орипов А., Азизов С. В. МАХОРАТЛИ СПРИНТЕРЛАРНИ
ТАЙЁРЛАШДА ЗАМОНАВИЙ ИННАВАЦИОН ТЕХНОЛОГИЯЛАР ЎРНИ
//Научный Фокус. – 2023. – Т. 1. – №. 7. – С. 294-297.

18. Umarov, Abdusamat Abdumalikovich, and Zulxumor Urinboyevna
Umarova. "Talaba-yoshlarni jismoniy sifatlarini rivojlantirishda milliy va harakatli o
'yinlarning o 'rni." *Scientific progress* 4.1 (2023): 260-265.

19. Umarov, A. A., and L. I. Kutyanin. "New defoliant: search, properties,
application." *Chemistry* (2000).

20. Khatamov, Zafarjon. "METHODOLOGICAL JUSTIFICATION OF THE
MAIN DIRECTIONS OF

21. Nazirjonovich, Khatamov IMPROVING PHYSICAL EDUCATION OF
HIGHER EDUCATION STUDENTS." *Namangan davlat universiteti Ilmiy
axborotnomasi* 6 (2023): 811-818.

22. Zafarjon. "Formation of Psychological and Pedagogical Problems Through
Sports Motivation." *European Journal of Economics, Finance and Business
Development* 1.9 (2023): 31-39.

23. Nazirjonovich, Khatamov Zafarjon. "Pedagogical Methods and Conditions
for the Innovative Formation of Motivation of Young Handball Players." *European
Journal of Economics, Finance and Business Development* 1.9 (2023): 13-22.

24.

25. Mukhammedovich, Jurayev Vokhidjon. "Psychological Foundations of
Willpower in the Formation of Competition Motivation in Athletes." *Central asian
journal of literature, philosophy and culture* 3.11 (2022): 315-318.

26. Nazirjonovich, Khatamov Zafarjon. "Pedagogical Aspects of Forming
Sports Motivation." *European Journal of Economics, Finance and Business
Development* 1.9 (2023): 23-30.

27. Ruzimatov, Islomjon. "THE SIGNIFICANCE OF METHODS

DETERMINING THE DEVELOPMENT OF LEADING PHYSICAL QUALITIES IN ROADCASTS." *Mental Enlightenment Scientific-Methodological Journal* 4.05 (2023): 177-185.

28. Erkuzievich, Islomjon Rozmatov. "THE IMPORTANCE OF THE METHODS USED IN THE DEVELOPMENT OF PHYSICAL QUALITY OF BEHAVIOR OF INVADING ATHLETES CARRYING OUT HARD WORK." *ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW* ISSN: 2319-2836 Impact Factor: 7.603 11.12 (2022): 325-330.

29. Ro'zimatov, Islomjon. "Bosqon uloqtiruvchilarda jismoniy sifatlarning rivojlanishini belgilab beruvchi metodlarni ahamiyati." *Scientific-theoretical journal of International education research* 1.3 (2023): 92-97.

