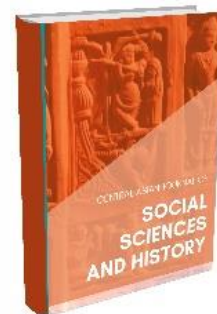




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### The Significance of the Contentious Organization of the Free Time of The Students of the Sports and Health Activities Held Outside the Classroom

**Dusyarov Salimjon Khudaimuratovich**

Lecturer at the Termiz State University

#### **Abstract:**

In this article, the author explained that the extracurricular activities of physical training should strengthen health, maintain and improve work ability, train and treat the body, and educate physical and will qualities, thereby spending free time of schoolchildren meaningfully.

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**Key word:** Physical training, extracurricular activities to strengthen health, maintain work ability, exercise and treatment of the body, education of physical and will qualities, individual training, hygienic gymnastics, training events, walks.

Extracurricular activities of physical training are characterized by independent organization of activities for the purpose of strengthening health, maintaining and improving work ability, training and treatment of the body, education of physical and will qualities, as well as training for certain actions. At the same time, it is important to raise their mood, improve their emotional state, eliminate symptoms of fatigue, and master lessons and educational work.

Extracurricular activities are more specialized in terms of content and differ from the form of lessons in that their structure is not so complicated. This often consists of a game or competition, individual gymnastics, or some other type of exercise. Students are required to be more disciplined and proactive in extracurricular activities related to physical culture, and teach a person to have a cultural rest.

There is a similarity between the methodology of conducting extracurricular activities and the methodology of the lesson. Their structure should also ensure that the organism gradually gets to work, create good conditions for performing the main work and bringing it to the end. They use the method and rules used by the teacher to help with load balancing and organize the participants during the work process and prepare the training area.

Individual training. Individual classes with physical exercises are often held in the form of physical training, hygienic gymnastics, training events, independent physical and sports training, walks and some types of training.

Hygienic gymnastics, fitness activities, walks, all these types of individual training are things that everyone can do that do not require a lot of effort and time. Hygienic gymnastics is the simplest and easiest type of individual training. It usually consists of walking, running and 8-12 general development exercises performed for 8-10 minutes. Hygienic gymnastics is used to quickly get into daily activities, to maintain working ability, and to have active rest. Choosing and regulating exercises in this way will gradually train the body and make all types of muscles work well.

The physical education activities carried out by students at school include gymnastics before training, that is, the first lesson

It includes work carried out before the beginning of the gymnastics class, minutes of physical education, sports activities during the break, active games held during the extended breaks, walks and sports hours in the daily routine. When carrying out these forms of physical education in the school agenda, it is necessary to manage the loads, taking into account the forms of physical education conducted outside the classroom, i.e. "lesson". Introductory gymnastics is a daily physical exercise before the start of the first lesson. The goal is to attract students' attention to work, that is, to prepare them for the lesson. In fact, some children come to school earlier, while others arrive at the time when gymnastics begins. Some of the students had time to play and run until they arrived at school, while others came in a hurry so as not to be late. Some are not in a hurry. They come in a relaxed state, that is, all students have the same attention before the start of the lesson.

Therefore, the main task is to attract the attention of all children to mental work, that is, to calm one and wake up another. That is why pre-workout gymnastics is important. Specially selected exercises calm children, suppress their excitement, and refresh others.

Each complex of gymnastics carried out before training:

- has a comprehensive effect on the muscles and cardiovascular system;
- having a positive effect on the stature of students,
- download improvement,
- the exercises are familiar to students and easy to perform:
- increase emotional state;
- requires the venue to meet the requirements.

Pre-school gymnastics must be held in every city and village school. The school administration and physical education teachers should conduct preparatory work together with the teaching team, students, physical education activists and parents in order to organize this event well.

If the pedagogic council discusses gymnastics before the lesson more seriously, then gymnastics will become part of the school life faster. It is even better if pre-school gymnastics is announced by order of the school director, because in this case, the discipline of students will improve and the whole team will be mobilized for this important event.

Pupils can be taught a complex of exercises in physical education classes. Also, this complex should be written beautifully and hung in a prominent place in the school. Pupils repeat this complex independently at home. Pupils who are temporarily or completely exempted from physical education classes should perform a complex of hygienic gymnastics exercises at home every morning on the advice of a doctor.

Each class should have a separate permanent place on the field to perform exercises. Gymnastic exercises are better if they are performed with music. The complex of gymnastic exercises held before the lesson lasts 7-8 minutes in primary classes. Students can complete each set of exercises for a week. In order to increase students' desire to exercise, it is necessary to change some part of the complex every two or three days.

General development exercises are the main content of gymnastics performed before the lesson, and they are aimed at developing the whole body and all muscles. In schools that have the opportunity to place all students on the same field, it is recommended to supplement these exercises with walking and running. It is necessary to use the gymnastic exercises carried out before training in a certain consistency, gradually increasing their effect on the body.

Physical minutes (short-term physical exercises) are held during the lesson of students of different classes.

The importance of the physical minute is to replace the activity and state of the students through movement activity, it writes fatigue, restores the emotional positive state of the students.

If the students are relatively inactive in the course of the lesson or the activities that require a lot of mental work, the symptoms of exhaustion occur in the students. Boredom is aggravated by the same work, as well as a violation of the training load, which reduces the attention and productivity of students. This is explained by the inhibition that develops in the cortex of the brain and the decrease in the ability of students to learn the learning material. He starts to get distracted, his attention activity and perception decrease. All of these signs indicate the need for a change in activity.

Performing physical exercises activates muscle work, which in turn increases blood circulation and consequently increases the intensity of heart work, breathing, activates blood supply to the brain. All this together affects the formation of an emotional - positive state of the student's psyche, an increase in attention, mental activity and general physical condition. Tiredness disappears, he rests and begins to work with enthusiasm again.

Physical minutes can include 10-15 jumps, 10-12 squats or standing runs (30-40 seconds). It is advisable to perform 2-3 exercises for the head, shoulder girdle and arms, stretching, bending and body twisting exercises. Physical minutes last 2-3 minutes.

Sports activities during recess. The purpose of the games held during the big break is to strengthen the

health of students and provide them with active rest and exercise, increase their mental and physical abilities, and make it a habit to do physical exercises regularly. Playing different games during the big breaks helps to do the following with elementary school students:

- increase movement activity;
- organization of active and meaningful recreation and leisure;
- to ensure faster recovery of the vitality and working capacity of the whole organism;
- formation of skills of independent exercise.

It is necessary to conduct games and physical exercises taking into account the psychological and physiological characteristics of the organism of lower grade students. Students of the lower grades do not have enough experience to independently organize games, so the role of the class leader and community organizer should be at the first level. Games can be held in the school yard or stadium, in the gym and on the corridor. The games held during the breaks include movement games, ball, rope exercises, scrambles and jumps, dance elements, rhythmic gymnastics, fun competitions.

In conclusion, it can be said that the forms of physical education organized during classes and outside of classes help students to strengthen their health, maintain and improve their working ability, develop physical and will qualities, raise their mood, it serves as an important tool in eliminating symptoms of fatigue, in mastering lessons and educational work.

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