

**FEATURES OF ADVANCED METHODS OF TEACHING CHILDREN INCLUDED
IN THE MEDICAL GROUP IN THE LESSONS OF PHYSICAL EDUCATION AND
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ANNOTATION

The article discusses the results of a pedagogical experiment on the introduction into the educational process of health-saving pedagogical technologies developed in the process of physical education with school-age children focused on the medical group from a health point of view.

Keywords: *health-saving technologies, pedagogical experiment, monitoring, motor fitness, somatometric indicators, testing, functional training.*

Аннотация

В статье рассматриваются результаты педагогического эксперимента по внедрению в образовательный процесс здоровьесберегающих педагогических технологий, разработанных в процессе физического воспитания детей школьного возраста, ориентированных на медицинскую группу с точки зрения здоровья.

Ключевые слова: здоровьесберегающие технологии, педагогический эксперимент, мониторинг, двигательная подготовленность, соматометрические показатели, тестирование, функциональная тренировка.

Аннотация

Мақолада соғлиқни сақлаш нуктаи назаридан тиббий гуруҳга йўналтирилган ўрта мактаб ёшидаги болалар билан жисмоний тарбия жараёнида ишлаб чиқилган соғлиқни сақлашни тежайдиган педагогик технологияларни ўқув жараёнига жорий этиш бўйича педагогик эксперимент натижалари муҳокама қилинади.

Калит сўзлар: соғлиқни сақлашни тежовчи технологиялар, педагогик эксперимент, мониторинг, моторли фитнес, соматометрик кўрсаткичлар, тест, функционал тренинг.

At the current stage of development of society, the phenomenon of hypodynamics, as a factor that reduces motor activity, is a serious problem in the public education system. The results of the annual monitoring of the physical condition of children and the non-progressive stagnation of the processes of adaptation to physical activity of children of secondary school age have revealed and are of concern in connection with the satisfactory performance of test tasks. (1)

In recent years, with the introduction of innovative pedagogical technologies in the educational process in educational institutions, the work on the formation of a healthy lifestyle for the younger generation, aimed at creating a healthy environment, has been significantly intensified. However, measures taken to improve the health of children in general did not significantly improve the situation. For many years, professors and teachers of the Department of Theory and Methods of Physical Education have been conducting research on the introduction of innovative pedagogical technologies in the process of physical education in the school education system, aimed at improving the health of the younger generation.

During the pedagogical experiment, ways and conditions for the formation of a healthy lifestyle (STL) of high school students were discussed, where the issue of determining the level of health of children was studied by questionnaire, and a special section of the questionnaire was devoted to identifying problematic issues. a medical team that identifies the needs presented to this category of students.

According to the annual monitoring of the physical condition of children living in rural areas, 8 to 10 percent of students in grades 5-7 have various health abnormalities, some of which are advisable to be involved in a special medical group due to their health. (2)

The results of the survey showed that many physical education and sports teachers do not have information about the forms of childhood diseases and, of course, do not guide the question of what physical education tools can improve the health of children in this category. The development and introduction of effective health education technologies in the educational process aimed at strengthening the health of children attached to a special medical group is a pressing pedagogical problem and requires focused scientific research.

The priority in the school education system is to create a healthy learning environment for them, to improve the content and to introduce innovative teaching technologies in the process of teaching Physical Education and Sports for this category of children.

Forming motivation to understand the social norms of a healthy lifestyle should be the most important direction in the activities of the general education school, with special emphasis on the introduction of effective pedagogical technologies that promote health in the conduct of physical education and wellness activities.

Numerous studies on this issue have found that there are deviations in the health of children attached to a special medical group. Hence, the hypodynamic factor in them leads to a limitation of the range of functional capabilities and a delay in the development of motor skills. (3)

Physical education and sports lessons were held twice a week by students of the Faculty of Physical Education under the constant supervision of a Methodist and a teacher of Physical Education and Sports in accordance with the traditional structure during the pedagogical internship. .Gymnastics, acrobatics and general developmental exercises, a set of exercises designed to correct and relax the body. The following tasks were set for the introduction of the experimental program developed in the main period into the educational process: to teach children the basic movements and gradually improve their functional capabilities, taking into account the state of health of these children. Taking into account the type of disease identified on the basis of medical examination, it is recommended to choose physical education classes with this category of children, to prolong the preparatory part of the lesson with low requirements for moderate-intensity physical activity and to repeat it. Effectiveness in solving the set tasks was achieved through the introduction of specially selected outdoor national games with a clear emotional focus on the development of physical qualities.

A developed and experimentally based system of individual homework has allowed children to form deviations that are creative in their approach to motor skills and abilities acquired in health, independence, and physical education classes. Significantly increased.

In the process of a step-by-step pedagogical experiment, the high effectiveness of the methodology developed for the introduction of a set of measures for the formation of health was identified.

Repeated results of the children's motor readiness test at the end of the experiment revealed that somatometric indicators improved by an average of 16.4% and the incidence of colds decreased significantly. The health-forming methodology for training with children referred to the medical team identified a positive trend in the development of indicators of strength abilities, flexibility, and functional status of the body.

According to the results of physical education and rehabilitation activities developed for children sent to the medical group for rehabilitation, the studied mobility indicators improved by an average of 12.1% and were approved by the school expert medical commission. In physical education classes, there is a need for individual supervision by a physical education teacher in constant consultation with medical staff.

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