

Hozirgi taraqqiyot bosqichida jismoniy tarbiya va sport mashg'ulotlarini tashkil qilishning istiqbollari: muammo va yechimlar. Xalqaro miqyosidagi ilmiy amaliy-anjuman. 2022 yil 28-29 aprel

UMUM TA'LIM MAKTABLARDA YENGIL ATLETIKA TO'GARAKLARINING SAMARADORLIGINI OSHIRISH USULLARI.

10.53885/edinres.2022.33.67.017

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Annotastiya

Mazkur maqolada Umum ta'lim maktablarda yengil atletika to'garaklarining samaradorligini oshirish usullarining asosiy jihatlari ko'rsatilgan.

Kalit so'zlar: Jismoniy tarbiya, sport, "Alpomish" va "Barchinoy" maxsus test sinovlari, futbol, basketbol, voleybol, qo'l to'pi sport o'yinlari, harakatli o'yinlar.

Аннотация

В данной статье изложены некоторые ключевые пути повышения эффективности работы легкоатлетических кружков в общеобразовательных школах.

Ключевые слова: физическая культура, спорт, специальные тесты «Алпомиш» и «Барчиной», футбол, basketbol, voleybol, gandbol.

Annotation

This article outlines some key ways to improve the efficiency of track and field clubs in secondary schools.

Key words: physical culture, sports, special tests "Alpomish" and "Barchina", football, basketball, volleyball, handball.

Mamlakatimizda ta'lim tizimini takomillashtirish, Vatan ravnaqini ta'minlaydigan yosh avlodni tarbiyalab voyaga etkazish masalalariga jiddiy e'tibor berilmoqda. Raqobatbardosh sportchilarni tayyorlash tizimi va uslublarini shakllantirish, innovatsion texnologiyalarni yaratish va ulardan foydalanish zarur bo'ladi. Ushbu muammolar o'z navbatida soha bo'yicha yuqori malakali kadrlar tayyorlash, o'quv-mashg'ulot va musobaqa jarayonlarini ilmiy asosda tashkil qilish, iste'dodli sportchilarni etishtirish ko'lamini kengaytirish muhimligiga e'tibor qaratadi. Maktab ta'limidan boshlab jismoniy tarbiya va sportni yosh o'sib kelayotgan o'quvchilarga singdirib borish natijasida kelajakda yurtimiz sportlari har tomonlama baquvvat, serharakat va sog'lom bo'lib etishadi.

Jismoniy sog'lom, barkamol shaxsni tarbiyalashda sportning yengil atletika turi muhim ahamiyatga ega. Yurish, yugurish, sakrash va uloqtirish kabi yengil atletika mashg'ulotlarida qo'llaniladigan turli maxsus mashqlar bolalar uchun qulaydir. Maktab o'quvchilarining yengil atletika mashqlarini bajarishi ularning harakat imkoniyatlarini kengaytirib, boshqara olish qobiliyatlarini yaxshilabgina qolmay, sport-texnik mahoratiga erishish uchun ham zamin yaratadi.

Yosh yengil atletikachilarni mashg'ulotlarini nazorat qilish orqali ularning mashg'ulotlarini zichligini oshirish va mashg'ulot jarayonlarida jismoniy sifatlarini rivojlantirish yo'llari, ularda qo'llaniladigan mashqlar, usullar va bajarilish shiddatlarini me'yorlashtirish va doimiy nazorat olib borish orqali yengil atletikaning turlari, ya'ni tanlangan turi bo'yicha natijalarni oshirishga qaratilgan dastur ishlab chiqish va tadqiqot davomida aniqlash.

Yengil atletika mashqlari bilan muntazam shug'ullanganlarda yurak-qon tomir va nafas olish tizimi mustahkamlanadi, mushaklarning garmonik rivojlanishi ta'minlanadi, bo'g'inlardagi harakatchanlik yaxshilanadi va asab-mushak koordinatsiyasi takomillashadi.

Yengil atletika mashg'ulotlari maktabda jismoniy tarbiya darslarida, maktab sport to'garagida o'tkaziladi.

Bolalar, o'smirlar va o'spirinlar bilan o'tkaziladigan yengil atletika mashg'ulotlarining mazmuni ularning yosh xususiyatlariga bog'liq bo'lib, mashg'ulotlarni rejalashtirish va o'tkazish vaqtida buni e'tiborga olish zarur.

Turli xil jismoniy mashqlar ichida yengil atletika mashqlari insonni har tomonlama jismoniy rivojlantirishda asosiy o'rinni egallaydi. Xususan, turli xil yugurish, sakrash, uloqtirishlar har bir jismoniy tarbiya darsining tarkibiy qismiga kiritilgan. Yengil atletika mashqlarining ahamiyatligi shundaki, maktabda sport to'garaklari mashg'ulotlarida, yozgi dam olish oromgohlarida keng qo'llaniladi. Yengil atletika turlari yordamida "Alpomish" va "Barchinoy" maxsus test sinovlari majmuasiga ko'pgina

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Biz olib borayotgan tadqiqot shuni ko'rsadiki darslarni va mashg'ulotlarni olib borish jarayonida maktab o'qituvchilarni o'quvchilarga bo'lgan munosabatlari ularning mashq bajarish chog'idagi tartibsiz harakatlarga olib kelmoqda, bu esa o'z navbatida o'quvchilarni to'garaklarga bo'lgan qiziqishini so'ndiradi. Shu sababli biz mashg'ulot davomida yengil atletika turlarini o'rgatish bilan bir qatorda sportning mini futbol, basketbol, voleybol, qo'l to'pi sport o'yinlari elementlari va harakatli o'yinlar "Hamma o'z bayroqchasiga", "Man qilingan harakat", "Chavandoz sportchilar", "Nishonga aniq ur", "Qal'a himoyasi", "To'siqlar ustidan oshib o'tish" estafetasi, va h.k.lar orqali yengil atletika to'garaklarga bo'lgan qiziqishini organini ko'rishimiz mumkin.

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