

DYNAMICS OF INDICATORS OF GENERAL PHYSICAL FITNESS OF GIRLS OF THE 3RD GRADE

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Annotation: *In this article, the results of all the exercises included in the test exercises for determining the indicators of general physical fitness, in accordance with the age-specific assessment criteria in athletes engaged in physical education classes in secondary schools, were taken and indicated that they were evaluated in accordance with the results specified in the criterion.*

Keywords: *general fitness, athletics, speed, strength, agility, endurance, flexibility, physical qualities.*

INTRODUCTION

Among the developed countries located in different parts of the globe, decree laws are being produced by the government in order to develop the field of physical education and sports in the Republic of Uzbekistan. This, in turn, opens the door to wide opportunities for everyone involved in the sports field of physical education (Research scientists young aspiring coaches and, of course, older and younger athletes).

Determination of the indicators of general physical fitness of students of the 3rd grade (girls ' children).

- to determine the degree of study of the problem by analyzing the literature on the topic;

- Determination of the indicators of general physical fitness of students of Secondary School 3rd grade;

- to develop the necessary conclusions and recommendations on the problems identified by the studies carried out.

Organization of research: in research, 19th specialized public comprehensive school under Bukhara City Department of public education, 23rd General secondary education school under Bukhara City

Department of public education, 6th specialized public comprehensive school under Bukhara City Department of public education, 29th general secondary education school under Bukhara City Department of public education, 11th general secondary education schools under Bukhara City Department of Public Education, 83 students who

Analysis of the results of the study conducted:

The results of the research work carried out by foreign scientists of our country and the analysis of scientific and methodological literature on the topic indicate that a number of scientific research was carried out on physical education of students studying in secondary schools. Including T.S.Usmankhodjayev, V.K.Balsevich, V.A.The scientific work of Bogdanova and others can be cited as an example.

Analysis of age characteristics in the physical training of Primary School students and normalization of loads on them, in physical education classes and in the processes of training A.A.Gujalovsky, V.I.Lyax, A.G.Sukharev, V.P.Guba, O.V.Goncharova et al were studied through their studies of the ilimoi.

In organized pedagogical experiments, in order to determine the dynamics of the development of the physical fitness of girls of the 3rd grade of general secondary education schools, a number of test exercises have summarized the average performance of bachelor students. Students of the experimental group, consisting of girls of 3 classes on a one-minute jump test exercise in argamchi, received an average result of 36 ± 1.4 times. The results of the control group readers, on the other hand, showed an average of 37 ± 5.4 times. By the end of the pedagogical experiment it can be seen that the average of the experimental group has reached 41 ± 3.9 times, and the average of the control group has reached 39 ± 8.9 times (see Table 1).

In the case of a one-minute rotation exercise of the flange at the waist, the ESA control group 3 class girls can see a result of 22 ± 2.1 times, if they returned at the beginning of the study, this indicator reached 25 ± 4.2 times by the end of the experiment. And the results of the student girls of the experimental group at the beginning and end of the pedagogical experiment on this exercise are as follows. At the beginning of the pedagogical experiment, they returned an average of 23 ± 6.3 times, and at the end of the experiment, an average of 28 ± 2.1 times.

A control group of 3 girls from a general secondary education school showed that student girls showed results equal to an average of 7.2 ± 1.02 seconds on a 30 m running exercise in the pre-pedagogical experiment and 11.9 ± 2.5 average seconds on a 60 m running exercise. Pedagogical experience came to the end and showed the following results on these exercises. So, in the case of the 30 m running exercise, they returned a result equal to 6.8 ± 2.2 seconds, and in the case of the 60 m running exercise- 11.4 ± 3.5 seconds.

The experiment, formed from girls of 3 classes, brought back an average of 6.2 ± 3.02 seconds by the end of the experiment on the basis of pedagogical experience of the students of the group, 7.1 ± 9.02 seconds by the running exercise per 30 m. The students of the experimental group returned a result of 12.0 ± 1.5 seconds at the beginning of the experiment on the running exercise to 60 m, and an average of 11.1 ± 3.5 seconds at the end of the pedagogical experiment. Based on the results of the students of the experimental and control group at the beginning and end of the pedagogical experience, it can be concluded that the students of the experimental group have a better development dynamics compared to the girls of the control group student.

When the results of the girls of the 3rd grade on the long jump exercise from the place of standing at the beginning and end of the study were analyzed in

mathematical statistics, it turned out that the indicators are as follows. So, Student girls of the experimental group formed from 3 girls showed an average, equal to 88 ± 4.7 cm at the beginning of the pedagogical experiment. This result can be seen by the conclusion of the study that the ESA experimental group readers had an index of 112 ± 2.9 cm.

The results of the girls of the control group 3 classes of students can be seen in the experimental Aval reaching an average of 85 ± 7.4 CM, while by the end of the pedagogical experiment this indicator reached 96 ± 8.3 CM. From the results of the students of the experimental and control group, it is known that the students of the experimental group have a better development dynamics than the students of the control group.

1-table

**Secondary Education School 3 grade girls physical training
dynamics indicators**

№	Test exercise	CG		EG	
		$X \pm \alpha$	V%	$X \pm \alpha$	V%
1	1 minute jump in (times)	<u>$37 \pm 5,4$</u>	<u>14,59</u>	<u>$36 \pm 1,4$</u>	<u>3,8</u>
		$41 \pm 8,9$	21,70	$45 \pm 3,9$	6,88
2	Turning the flange at the waist for 1 minute (times)	<u>$22 \pm 2,1$</u>	<u>9,5</u>	<u>$23 \pm 6,3$</u>	<u>27,39</u>
		$28 \pm 4,2$	15,0	$42 \pm 3,1$	7,38
3	Run to 30 m (s)	<u>$7,2 \pm 1,02$</u>	<u>14,1</u>	<u>$7,1 \pm 9,02$</u>	<u>127,04</u>
		$6,8 \pm 2,2$	32,35	$6,2 \pm 3,02$	48,70
4	Running to 60 m (s)	<u>$11,9 \pm 2,5$</u>	<u>21,00</u>	<u>$12,0 \pm 1,5$</u>	<u>12,5</u>
		$11,4 \pm 3,5$	30,70	$11,1 \pm 3,5$	31,53
5	Jump from standing to long (CM)	<u>$85 \pm 7,4$</u>	<u>8,70</u>	<u>$88 \pm 4,7$</u>	<u>5,3</u>
		$96 \pm 8,3$	8,64	$112 \pm 2,9$	2,58
6	Running and jumping long (CM)	<u>$182 \pm 15,4$</u>	<u>8,46</u>	<u>$184 \pm 10,1$</u>	<u>5,48</u>
		$193 \pm 10,2$	5,28	$201 \pm 18,4$	9,15
7	Run to 1000 m (minutes)	<u>$7,40 \pm 1,6$</u>	<u>21,62</u>	<u>$7,55 \pm 3,6$</u>	<u>47,68</u>

		7,04±6,1	86,64	6,45±1,8	27,90
8	Throwing the ball away (m)	<u>9±2,4</u> 13,5±5,4	<u>26,66</u> 51,42	<u>9,3±1,4</u> 15,2±9,4	<u>15,05</u> 77,04
9	4 x 10 mokisimon run (start 3 x 10) (s)	<u>13,0±1,9</u> 12,6±6,5	<u>14,6</u> 5,0	<u>13,2±4,7</u> 12,1±2,3	<u>34,55</u> 19,00
10	Leaning down (CM) while standing (forward)	<u>12±3,01</u> 10±3,01	<u>25,08</u> 30,1	<u>12,02±5,07</u> 7,5±1,03	<u>47,42</u> 13,73

At the beginning and end of pedagogical experiments, which were carried out in order to determine the dynamics of the development of the general physical indicators of girls of general Secondary Education Schools 3, they repeated the following indicators according to the exercise “running and jumping long”. The results of the control group of student girls before the pedagogical experiment averaged 182±15.4 cm. by the end of the experiment, the ushu indicator was 193±10.2 cm. The pre-pedagogical experiment index of the experimental group on the same exercise was found to be 184±10.1 CM, and by the end of the experiment this indicator was found to be 201±18.4 CM. The pilot group achieved 9.2% Li and control group students achieved 6.0% li Development Dynamics.

In experiments carried out with the aim of determining the developmental dynamics of the physical quality of endurance of girls of the 3rd grade by running 1000 meters, it can be seen that this indicator reached 7.04±6.1 minutes, while the control group Student girls achieved a result of 7.40±1.6 minutes by the end of pedagogical In the experimental group, the average of the pedagogical experiment on this test exercise is 7.55±3.6 minutes by the end of the experiment, this indicator is 6.45±1.8 minutes. And the dynamics of development is equal to 17.05%.

Throwing the ball far is formed from girls of the 3rd grade on a test exercise- the results of the students of the resurrected control and experimental group at the

beginning of pedagogical experience look like this. So the average of the experimental group before the pedagogical experiment was 9.3 ± 1.4 meters, and the results of the control group returned an average of 9 ± 2.4 meters.

After pedagogical experiments, control was carried out from the athletes of the control and experimental group on this test exercise, the results from mathematical statistical analysis were determined that the average of the control group was 13.5 ± 5.4 meters, and the results of the students of the experimental group were 15.2 ± 9.4 meters. From the results it can be seen that the experimental group Student girls control group has better developmental dynamics in student girls.

A scientific methodological analysis of the results of girls of grades 4 x 10 mokisimon running (Primary 3 x 10), as well as general Secondary Education School 3 in the case of Standing Forward bending test exercises, is as follows. If the results of the girls of the 3rd grade, which are part of the control group, before the pedagogical experiment on the 4 x 10 mockisimon run (starting 3 x 10) exercise returned an indicator equal to 13.0 ± 1.9 seconds, and on the Standing Forward Bend exercise- 12 ± 3.01 CM, then at the end of the pedagogical experiment, these indicators came in the case of the exercise, it can be seen that it has reached 10 ± 3.01 CM.

The average at the beginning of the pedagogical experiment of the girls of the experimental group made up of students of the same age was 13.2 ± 4.7 seconds for the 4 x 10 mockisimon running (starting 3 x 10) exercise, and 12.02 ± 5.07 CM for the Standing (Forward) downward bending (CM) exercise.

These indicators come at the end of pedagogical experience, according to the exercise of 4 x 10 mokisimon run (starting 3 x 10), to 12.1 ± 2.3 seconds. In the case of a standing (forward) downward bending (CM) exercise, on average, they returned an indicator equal to 7.5 ± 1.03 CM.

In conclusion, above, in all exercises selected for the purpose of determining the developmental dynamics of the general physical fitness of girls in grades 3, studying at a general secondary school, it was found that the experimental group of student Girls has a better developmental dynamics compared to the control group of student girls.

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