



DETERMINING THE HEALTHY AND PHYSICAL DEVELOPMENTAL EFFECT OF PHYSICAL EDUCATION AND SPORTS ON CHILDREN'S BODY

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Anatisation

In the development of the children's body in physical training classes, emphasis is placed on physical qualities, in this process, the characteristics of the children's body are also taken into account, and loads are organized effectively. At the same time, the skill of the trainer is of great importance for the physical development of the child. Physical development of children will have a positive effect if the loading is correct and effective.

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Achieving high sports results in today's sports competitions depends not only on formed technical and tactical skills, but also on highly developed physical training.

The duration of competitions held in various sports is determined by the rules of international competitions. During these competitions, the longer the athlete is able to maintain his work ability in terms of quality and efficiency or has the "power" to increase it, the more success he will inevitably receive. In other words, the maintenance of the quality and efficiency level of work ability for a longer or shorter period of time is the type of general and special endurance qualities (speed, strength, quick-strength endurance, jumping endurance, "technical-tactical endurance", etc.) is determined by how developed it is.

It is known that when it comes to work ability, especially when the word refers to its quality and efficiency, the essence and final "core" of the matter goes back to whether other physical qualities are formed or not. That is, it embodies the qualities of general and special endurance, strength, quickness, agility, and flexibility suitable for effective results. The interdependence of these qualities and their high-level integrated result determine the specific fate of sports skills.

Targeted physical training is one of the most important factors in building sports skills and achieving high results during the competition. However, in sports practice, there are often cases where planned physical exercises do not give the expected result in the development of appropriate movement qualities. One of the main reasons for this is that the volume and intensity of one or another physical exercise used in training and the level of influence of these parameters on the body of the participants (reaction of the body to the load) are not objectively evaluated. That's why taking into account the



physical load (physical exercises) used during training and the functional capabilities of the body of the participants makes it possible to plan this exercise accordingly.

In the training of skilled athletes, special attention is paid to two interrelated aspects of movement function:

- Training the athlete in technical and tactical skills and improving them;
- Education of the athlete's physical qualities in accordance with the characteristics of the chosen sport.

The concept of physical fitness means the level of comprehensive (harmonious) development of the athlete's movement qualities. Approaching the issue in this way is appropriate from the point of view of forming the health of an ordinary person (including an athlete). Of course, this is also necessary in the "Big" sport. However, such practice and the training methodology based on it are likely to reduce the effectiveness of training qualified athletes and achieving high competition results. Because, due to the existence of specific and appropriate characteristics of each sport, if the quality of strength and speed prevails in one sport, the quality of endurance plays a leading role in another sport, or the quality of flexibility is the main one in a third sport. will be important. However, it does not follow from the mentioned opinion that a certain physical quality is very necessary in a certain sport, and another is not important. On the contrary, each quality has a more or less important "share" in a specific sports situation.

The above-mentioned opinions and comments were especially evident in sports.

Special attention is paid to this problem in the scientific and methodological literature related to the field of sports.

In recent years, scientists have been increasingly interested in the role of physical training in the training of qualified athletes, including the interdependence of physical qualities and their impact on sports skills.

It has been proven from the beginning that building the qualities of strength and speed in a mutually compatible way has a positive effect on the training of the athlete.

When it comes to the importance of physical training and, in particular, the formation of movement qualities (speed, strength, endurance, agility, flexibility) in the training of athletes, it is appropriate to emphasize the quality of speed and strength in this regard.

On the basis of the skill of the movement performed in each type of sport, the quality of speed and strength is considered an important resource. For example, in Sport, to perform an attack shot over the net, the quality of the quick-power is a factor that ensures the success of this skill; In sports, this quality is lacking in the use of attack or counterattack methods with great force in a short period of time. In fact, according to the results of observation, most of the athletes who won in the World, Olympic, European, Asian and other international sports competitions have highly developed quickness and strength abilities.

The quality of endurance in sports is one of the main sources leading to victory. The role of special endurance in sports is incomparable. In this regard, well-known research scientists provide very important information that attracts attention. For example, one of the relatively different features of



technical skills in individual sports is complex movement skills performed on the basis of speed and strength in a changing competition situation. It is this quality that shows its leadership in decisive situations. At the same time, it is not necessary to prove that the performance of technical skills with high efficiency during a long-term competition is directly related to the quality of special endurance. According to the observations of the research scientists, the technical skills performed by the participants of the World Championship in Freestyle Sports during the competition were significantly reduced in the 3rd round of training. This situation emphasizes that the special endurance of these athletes is not developed at a high level. So, it can be seen that the quality of special endurance occupies a special place in maintaining the effect of technical skill for a long time during competitions.

It is known that it has been proven that special endurance is effectively formed when general endurance is well developed.

To develop special endurance, the athlete needs to perform special technical exercises for a long time, even in the presence of fatigue complications. General endurance is formed on the basis of long-term performance of high-volume exercises (long-distance running, rowing, swimming, cycling, etc.) at moderate intensity.

One of the main tools for the effective development of the athlete's special endurance is the training methods performed on the tatami - technical skills.

The quality of flexibility is also one of the necessary factors in the training of athletes and the formation of technical skills. An athlete with highly developed flexibility will be able to skillfully perform technical skills such as breaking from the "most" position, bending and lifting.

Flexibility is formed gradually through long-term training. If flexibility exercises are stopped for a while, this quality can be dramatically lost or reduced.

The methods used in sports (technical) skills form flexibility. But this alone does not give the opportunity to fully develop this quality. In order to effectively improve this quality, it is necessary to slowly and regularly use special exercises such as stretching, bending, spreading, squeezing, and twisting of muscles, tendons, and joints.

It is desirable to form flexibility from a young age. At the same time, the development of this quality requires caution. Exercising - exercises that are used violently and sharply can cause damage to muscles, tendons, joints, and even serious injuries.

In addition, the development of agility and strength qualities is of particular importance in the training of skilled athletes. It should be noted that the harmonious development of all physical qualities during training is the key to training skilled athletes.

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