

Increasing the Efficiency of the Methodology of Conducting Physical Education Lessons for Students of Grades 5-9 in Hot Climate Conditions

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Article Information

Received: February 12, 2023

Accepted: March 13, 2023

Published: April 14, 2023

Keywords: Sun, air, water, nature, climate, recreation, children's recreation.

ABSTRACT

In our country, all conditions have been created for the comprehensive and harmonious development of the individual, including the physical growth of the young generation. The strength and development of the child's organism is closely related to its physical training. Every mother can prevent her child from many diseases by regular exercise.

Sun, air and water are among the easiest means of exercise for children of all ages. This gift of nature is used in the system of physical education for the purpose of training in pre-school educational institutions, children's camps, sanatoriums.

However, the sun, air and water affect children of all ages differently. Especially in the hot climate of Uzbekistan, the radiation rays of the Sun are different in different seasons. Therefore, the work on training should be carried out taking into account these conditions in our country. Now, if we look at the climate in Uzbekistan, there is little precipitation in the Republic, the climate is dry continental, there is a lot of heat and light. Most of the territory of Uzbekistan belongs to the temperate region, and the south to the subtropical region. In the republic, the sun is almost high and upright throughout the year. It rises to 42 degrees above the horizon in June, and 46 degrees in Termez. Daylight lasts 15 hours in summer, and not less than 9 hours in winter. In summer, the day lasts 15 hours and there are few clouds, so the sun shines for a long time, and more than 70-80% of the heat coming from it is spent on heating the soil and air.

The hottest months are June, July, and August. The air temperature will be +36...+38°C. In winter, the weather in many parts of Uzbekistan is unstable, alternating between warm and cold days. The coldest months are January-February. In the spring months, warm and hot days alternate. The average temperature is +19...+22°C, the rains are ending, but the occasional cool air does not allow the heat to rise. Even in the autumn months, the air temperature is 30-35 degrees, and the daylight hours are 14 hours. But the development of children growing up in such a hot climate with direct sunlight has its own characteristics. In children living in this climate, the body has the ability to reduce heat output

and increase it depending on the weather (in winter months). Such characteristics are formed as a result of training the child's organism.

The system of training the child's body is understood as a system of activities aimed at strengthening the body, fighting against various diseases, increasing immunity, and developing the ability to quickly adapt to changes in life conditions. A fit person easily tolerates cold and heat, sudden changes in temperature, and is less likely to suffer from colds.

The process of conditioning consists of a very complex and diverse complex of physiological events. Due to the activity of the central nervous system, the child's organism constantly adapts to the changing external conditions. The skin plays the main role in this. The skin protects the child's body from temperature, light, chemical and mechanical effects and the entry of microbes. Heat regulation is carried out both by generating heat and by distributing it to the environment (heat release). Heat is produced regularly in all tissues, especially in the muscles and liver. Heat is removed from the skin surface mainly by conduction and diffusion (7%), as well as by evaporation during breathing and sweating. It should also be noted that heat is generated and released independently in the body. Otherwise, the body may overheat or cool down.

The mechanism of heat regulation in children is a complex reflex act, which includes unconditioned reflexes and conditioned reflexes. The main point of exercise is to create such conditional reflexes in the child, with the help of which the body can resist external unpleasant impressions without harming itself.

While regular care is taken to ensure that children are completely healthy and strong, it should not be forgotten that the expected results cannot be achieved by training activities alone. There must be special conditions for proper organization of fitness activities: proper organization of sanitary-hygienic conditions in children's institutions and at home, rational full-value foods that meet the requirements of the body's age and health level, the child proper organization of the daily routine, organization of sleep according to age, alternation of work and rest, regular use of fresh air by children (walking), medical supervision, etc.

In addition to training activities for children, we will also consider its three different principles.

1. Regularity.
 2. Gradually and consistently increase the amount of exercise.
 3. Taking into account the unique characteristics of each organism.
1. Course of regularity. If the child's organism is exposed to low or high temperature every day, conditioned reflexes will appear in this organism. For example, in the hot climate of Uzbekistan, in the summer, children from the central region of Russia feel relatively unwell: they drink a lot of water, have shortness of breath, and often breathe. Even their body overheats. After living in a warm climate, these negative conditions gradually disappear and the child gets used to it (adaptation is formed). The same thing happens when getting used to low temperatures. However, training is a by-product of adaptation and can be lost when training is stopped. Regularity of recreational activities, that is, they should be carried out regularly, not occasionally. Long breaks in exercise weaken or eliminate the body's immune response. Therefore, after a long break, it is necessary to start training from the beginning, and after a break of several days, start with the last exercises.
 2. Increase the amount of exercise gradually and gradually. It is necessary not to start training in large quantities at once and gradually increase the amount. When training children, it is very important to follow the principle of gradually and consistently increasing the load, the younger the child, the more important it is to follow this rule.
 3. Taking into account the unique characteristics of each organism. Children of the same age differ from each other in terms of their physical development and health. A child who has not

developed well from a physical point of view or who has recently experienced an illness feels the change in the external environment much stronger and faster than healthy and strong children.

In such cases, it is very important to follow the principle of consistency in gradually increasing the amount of training. It is necessary to show the child to a doctor before starting exercise. If the symptoms of exacerbation of a chronic disease (tonsillitis, cold) are felt in children, it is not necessary to start training activities. Secondly, frequent inflammation of the upper respiratory tract, angina, shortness of breath, are symptoms that indicate the need to start exercise. In such cases, it is known that when children suffering from the above-mentioned diseases are regularly trained, they will recover from such diseases.

The regular use of any of the conditioning effects leads to the emergence of a conditioned reflex only in relation to these impressions. Sun, air, and water should be used separately and together in order to fully train the body, to withstand heat and cold, rain and wind.

In Uzbekistan, children should be outdoors in light clothes from the second half of April to October. Depending on the temperature, you should wear a T-shirt, pants and slippers. In the summer season, children should be organized almost all the time in the open air.

In the dry and hot climate of our country, there are all the conditions for carrying out such work: sheds built for games in children's institutions, sports fields, ponds, open terraces.

Exercising in the sun. Sunlight is a strong trigger. Its effect on the naked body causes certain changes in almost all physiological functions. For example, the temperature of the body increases, breathing becomes faster and deeper, blood vessels expand, sweat secretion from all body fat increases, metabolism becomes more active.

Regular exercise in the sun and the correct use of sunlight at the specified level have a positive effect on the functional state of the nervous system, the body's resistance to the effects of solar radiation increases, and metabolic processes improve. All this improves the functioning of internal organs, increases the working capacity of muscles, strengthens the body's ability to resist various diseases. However, it should not be forgotten that a lot of walking in the sun, abuse of taking sun baths causes serious negative changes in the body, including the occurrence of anemia, metabolic disorders even in cases of increased radiation solar activity. "leukemia" can be diagnosed.

That's why it is necessary to gradually and gradually increase the amount of sun exposure when starting activities in the sun with preschool children. The child's health, age, physical development, climate and other similar factors must be taken into account. Activities in the sun are accepted from early morning (from 8 to 11 a.m.) in spring, summer and autumn, and from 11 a.m. to 2 p.m. in winter. To train healthy children in the sun, it is necessary to start by carrying them in the sun for 5-10 minutes, and then gradually increase the treatment time from 3-6 minutes. But let children walk in the sun for no more than 2-3 hours.

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