WEB OF SYNERGY:
International Interdisciplinary Research Journal
Volume 2, Issue 10, Year 2023 ISSN: 2835-3013
https://univerpubl.com/index.php/synergy

Assessment Of Physical Fitness Of Primary Class Students

Qambarov Orzubek Fakhriddinovich
Fergana branch of the Institute of retraining and advanced training of physical education and sports specialists

Article Information

Received: Aug 15, 2023
Accepted: Sep 28, 2023
Published: Oct 24, 2023

Keywords
pedagogical control, physical training, differentiation, students, comparative analysis, abilities, comparative comparison, experience.

ABSTRACT

In this article, information on control exercises included in the physical education program created with the purpose of developing students' movement skills is highlighted.

Introduction

In the world, according to the data obtained in the long-term observations of specialized organizations over the last 30 years, the deterioration of the health of students has stability. Educational institutions themselves are often the cause of the increase in the spread of certain diseases. For example, the number of children with low vision has increased by 5 times, those with musculoskeletal disorders - by 1.5 times, and those with nervous system diseases - by 2 times. Pedagogical supervision is of great importance in the educational system of physical education. The analysis of scientific and methodological literature showed the need to include control exercises that describe the level of development of basic physical qualities: speed, speed-strength, endurance, coordination abilities, flexibility and strength in the scope of pedagogical control over physical training [1].

It should also be said that the development of motor skills is greatly influenced by the conditions of the place where the secondary school is located. Each region of our country has its own climatic-geographical, socio-economic, cultural characteristics, which has its influence on the educational process of physical education [2,3,4]. Because of this, we assumed that students of Fergana city would show different results in the same test exercises compared to students in other regions.

The confirmation of this thesis is the results of our ascertaining experiments, which made it possible to emphasize the urgency of the task of developing regional control regulations for physical training within the framework of a differentiated approach to the educational process of physical education of junior high school students. Solving this task was carried out in two stages.

At the first stage, experiments were conducted to determine the physical fitness of students of lower grades of Fergana city[5,6].

In order to evaluate various aspects of the physical fitness of students, we used control exercises included in the physical education program of students of grades 1-11 with a focused development of movement skills [8].

In order to assess the physical fitness of students in a differentiated way, it was necessary to determine its actual level. A comparative analysis of the results of testing the students of the lower grades of the city of Fergana with the recommended (republic) norms (standards) [7] showed the following results (Tables 1 and 2).

1-tabl

erage results of motor tests of 7-10-year-old students of Fergana city with republican norms assessment of differences (boys)

Age, years	Indicators	MOTOR TESTS					
		Running 30 m, (sec)	Running track 3x10 m, (sec)	Standing long jump (cm)	6-minute run, (m)	Standing forward bends, (cm)	Pull-ups in the position of hanging on the upper bar, (times)
7	F	7,30	10,80	133,00	729,67	3,25	3,00
	St	6,80	10,60	125,00	825,00	4,00	2,50
	Df	-0,50	-0,20	-18,00	95,33	0,75	-0,50
	%	-7,35	-1,89	-14,40	11,56	18,75	-20,00
8	F	6,36	9,50	139,70	952,53	5,03	3,92
	St	6,50	9,80	135,00	875,00	4,00	2,50
	Df	0,14	0,30	-4,70	-77,53	-1,03	-1,42
	%	2,15	3,06	-3,48	-8,86	-25,75	-56,80
9	F	5,98	9,23	141,49	966,30	4,20	3,74
	St	6,20	9,60	140,00	925,00	4,00	3,50
	Df	0,22	0,37	-1,49	-41,30	-0,20	-0,24
	%	3,55	3,85	-1,06	-4,46	-5,00	-6,86
10	F	5,83	8,54	155,38	1164,02	5,67	4,98
	St	6,10	9,30	150,00	975,00	5,00	3,50
	Df	0,27	0,77	-5,38	-189,02	-0,67	-1,48
	%	4,43	8,28	-3,59	-19,39	-13,40	-42,29

Note: F - Fergana, St - standard, Df - level difference, % - percentage differences

The age-related dynamics of the speed test results of the boys students aged 7 to 10 years of Fergana city was characterized by an increase from 1.8% to 5.7% compared to the normative data. With the exception of 7-year-old students, their level was 7.3 sec., 6.8 sec. according to normative requirements, that is, 1.4% lower. A similar pattern was observed in girls, but some features were present. For example, in the interval from 8 to 10 years, the differences with the norms were not so great and varied from 0.4% to 2.5% (see Table 2).

Table 2
Average results of motor tests of 7-10-year-old students of Fergana city with republican norms assessment of differences (girls)

Age, years	Indicators	MOTOR TESTS					
		Running 30 m, (sec)	Running track 3x10 m, (sec)	Standing long jump (cm)	6-minute run, (m)	Standing forward bends, (cm)	Pull-ups in the position of hanging on the upper bar, (times)
7	F	7,58	11,00	108,00	783,75	2,44	12,50
	St	7,00	11,00	120,00	700,00	7,50	6,00
	Df	-0,58	0,00	12,00	-83,75	5,06	-6,50
	%	-8,29	0,00	10,00	-11,96	67,47	-108,33
8	F	6,73	10,00	123,05	919,05	5,32	10,86
	St	6,70	10,40	132,50	750,00	6,50	8,00
	Df	-0,02	0,40	9,46	-169,05	1,18	-2,86
	%	-0,30	3,85	7,14	-22,54	18,15	-35,75
9	F	6,37	9,27	131,83	966,56	6,10	10,51
	St	6,50	10,00	142,50	800,00	7,50	9,00
	Df	0,13	0,73	10,67	-166,56	1,40	-1,51
	%	2,00	7,30	7,49	-20,82	18,67	-16,78
10	F	6,03	8,97	143,35	1012,21	8,59	13,36
	St	6,10	9,80	145,00	825,00	8,50	10,50
	Df	0,07	0,83	1,65	-187,21	-0,09	-2,86
	%	1,15	8,47	1Д4	-22,69	-1,06	-27,24

Note: F - Fergana, St - standard, Df - level difference, % - percentage differences

The comparative analysis showed that the coordination abilities of both boys and girls of Fergana city at all ages were more expressed than the republican norms and the differences were up to 8.5%.

Indicators of quick-power abilities among 7-10-year-old boys of Fergana city did not differ significantly compared to republican norms, they ranged from 1.1% to 3.6%. Among

female students, on the contrary, statistically significant differences were observed: from 4.2% to 10% more expressed [7,8,9,10,11,12,13].

When the results of general endurance tests were compared, significant differences were observed among boys, which were more expressed in the male students of Fergana city: from 4.5% to 19.4%. The general endurance of Fergana girls in the age range of 7-10 years is 6-16% higher than that of the republican norms.

A comparative analysis of the dynamics of elasticity in relation to age made it possible to identify some characteristics of students of Fergana city. For example, the dynamics among boys is characterized by a tradition that is not stable in relation to normative requirements: stages of growth occurred in turn with stages of decline. In this case, the changes ranged from +26.2% to -25.8%. Among girls, the dynamics was uniform and unidirectional: the elasticity of students of Fergana city was 18.7% - 67.5% lower than the norm [14,15,16,17,18,19,20].

Strength ability was determined in boys using the "High barbell hanging" test, and in girls - using the "Lying low barbell" test. The results of the tests allow us to say with confidence that the strength abilities of students of Fergana city are much higher than those of their peers in Uzbekistan, both in boys and girls: the differences range from 6.9% to 36.8%.

Thus, at the end of the first stage of the ascertaining experiment, we came to the conclusion that it is necessary to create regional norms of movement skills for each age-gender group in the interval from 7 to 10 years old in order to assess the physical fitness of Fergana elementary school students.

In the second stage of the ascertaining experiment, as the most optimal method for establishing standards - based on the centile method, the regional norms of physical fitness of students of small schools of Fergana city were developed (S.N.Simonov, 2007).

In this regard, we have developed standards based on Martin-Stefko's 3-part centile scale (levels: low, medium, high), which are optimal for physical education teachers of general education schools (Appendix-1, Table 1, 2). Is it better to move tables into the text?

In addition, according to the purpose of our research and in order to further stratify the levels of physical fitness, we calculated the standards of movement abilities based on the 5-part centile scale of Martin-Stefko (levels: low, below average, medium, above average, high) (Appendix-1, Table 3.4).

The regional norms of the physical fitness of Fergana small school students developed by us allow the physical education teacher to conduct initial (at the beginning of the academic year), current (for example, at the end of the academic quarter or at the end of the first semester)

and final (at the end of the academic year) pedagogical control. The most important component of pedagogical control is control tests.

But it is known that using only the assessment of the levels of motor skills achieved by students during the academic year does not always accurately assess the nature and level of the work performed to achieve this result. Early in the school year, high-achieving children are "in a more comfortable position" because less stress is required to maintain their posture. Children who perform poorly at the beginning of the school year, on the other hand, are at a "significant disadvantage" because they need greater pressures to improve their results, that is, to grow at a higher level and catch up to the leaders.

In this case, it should be taken into account that such children, being outsiders, feel a significant level of psychological pressure. In this case, any desire of the child to improve his results should be evaluated accordingly by the pedagogue. Because of this, in our opinion, it is most productive and pedagogically correct to evaluate the student according to his/her personal growth during the academic year (not according to absolute results).

In other words, when making the final assessment, we suggest taking into account not only the absolute level of the result, but also the increase in the results of physical fitness.

List of used literature

1. Ураимов С. Р. Гипертермиядаги жисмоний тарбия дарсларини кузатиш //ИННОВАЦИИ В ПЕДАГОГИКЕ И ПСИХОЛОГИИ. – 2020. – №. SI-2№ 2.
2. Ханкельдиев Ш. Х., Ураимов С. Р. Пульсовая оценка беговых упражнений первокурсников военно-технического лицея на занятиях по физическому воспитанию //Профессионализм педагога: сущность, содержание, перспективы развития. – 2017. – С. 426-432.
3. Ураимов С. Р. Динамика соматометрических показателей учащихся военно-технического лицея //Fan-Sportga. – 2019. – №. 2. – С. 63-66.
4. УРАИМОВ С. МОЛОДЕЖИ НА ОСНОВЕ ВНЕДРЕНИЯ В УЧЕБНЫЙ ПРОЦЕСС БЛОЧНО-МОДУЛЬНОЙ СИСТЕМЫ ОБУЧЕНИЯ. – 2020.
5. Ханкельдиев Ш. Х., Ураимов С. Р. Факторная структура моторики учащейся молодежи. – 2021.
6. Ураимов С. Р. Мониторинг готовности выпускников военно-технического лицея к службе в Вооруженных Силах Республики Узбекистан //Наука сегодня: факты, тенденции, прогнозы. – 2019. – С. 76.
7. Sanjar U., Maftuna I. DEVELOPING STUDENTS'ENDURANCE QUALITY IN PHYSICAL EDUCATION CLASSES (ON THE EXAMPLE OF GRADES 5-6)

//INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 06. – С. 24-28.

8. Sanjar U., Doston H. INNOVATIVE METHODS OF IMPROVING THE PROFESSIONAL SKILLS OF A TEACHER OF PHYSICAL CULTURE //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 06. – С. 20-23.

9. Sanjar U. et al. THE ROLE OF PHYSICAL QUALITY AND ABILITIES IN THE FORMATION OF STUDENT TEAMS IN FUTZAL //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 06. – С. 10-16.

10. Sanjar U., Nargiza A. DEVELOPING STUDENTS'PHYSICAL QUALITIES TO THE BENEFIT OF THEM //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 06. – С. 4-9.

11. Sanjar U., Hayotxon A. CONTENT OF PHYSICAL EDUCATION OF CHILDREN OF DIFFERENT AGES AND WAYS OF ITS ORGANIZATION (FOR EXAMPLE OF CHILDREN AGED 4-6) //INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429. – 2022. – Т. 11. – №. 06. – С. 1-5.

12. Ruzmatovich U. S. et al. PROCESSES OF ORGANIZATION OF TECHNICAL, TACTICAL AND PHYSICAL PREPARATION IN NATIONAL WRESTLING TRAINING //INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 3. – С. 65-68.

13. Ураимов С. Р. ҲАРБИЙ-ТЕХНИКА ВА ГУМАНИТАР ЛИЦЕЙЛАР ЎҚУВЧИЛАРИНИНГ ЖИСМОНИЙ РИВОЖЛАНИШ ДАРАЖАСИНИ БАҲОЛАШ //Central Asian Academic Journal of Scientific Research. – 2022. – Т. 2. – №. 2. – С. 169-175.

14. Ураимов С. Р. СОВЕРШЕНСТВОВАНИЕ ФИЗИЧЕСКОЙ ПОДГОТОВЛЕННОСТИ ДОПРИЗЫВНОЙ МОЛОДЕЖИ НА ОСНОВЕ ВНЕДРЕНИЯ В УЧЕБНЫЙ ПРОЦЕСС БЛОЧНО-МОДУЛЬНОЙ СИСТЕМЫ ОБУЧЕНИЯ //Fan-Sportga. – 2020. – №. 7. – С. 56-58.

15. Ruzmatovich U. S. et al. Organization And Content Of Professional And Practical Physical Training Of Students Of Pedagogical Higher Education Institutions

//INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876. – 2022. – Т. 16. – №. 06. – С. 29-35.

16. Khankeldiev S. et al. Pulse assessment of the running exercises of the first-year students of the Military Technical Lyceum at physical education classes //Theory and methodology of physical culture. – 2017. – №. 1. – С. 15.

17. Kh K. S., Uraimov S. R. Physical status of pre-conscription youth //Monograph. Fergana. – 2020. – Т. 2020.

18. Uraimov S. R. Influence of the hypodynamic factor on the physical condition of students of the military-technical lyceum //Science today: tasks and ways to solve them. – 2019. – Т. 117.

19. Ураимов С. Р., Мухриддинов Ф. Р. Жисмоний маданият мутахассисини касбий жисмоний қобилиятлари ва касбий маҳорати //инновации в педагогике и психологии. – 2021. – Т. 4. – №. 2.

20. Ханкельдиев Ш. Х., Ураимов С. Р. Физический статус допризывной молодежи //Монография. Фергана-2020. – 2020.