



THE IMPORTANCE AND RELEVANCE OF CIRCLES IN PHYSICAL EDUCATION

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Article history:	Abstract:
Received: 26 th February 2023 Accepted: 28 th March 2023 Published: 28 th April 2023	The main content of classes in clubs is multifaceted physical education. The task of the club is to activate children's motor mode, expand their knowledge, motor skills; is to encourage them to exercise regularly.
Keywords: physical training, knowledge, practice, circle, method, education, system	

Members of the group are voluntary, not necessarily, a sports club. Therefore, if members of the circle really have an interest in sports, they need to go to a specialized department and develop the skills they need. Although not everyone can be a professional athlete or coach, members of the sports group can also develop the following positive skills:

- take care of your health;
- lack of interest in bad habits - smoking, alcohol or drugs;
- ability to work in the team;
- the ability to make friends and help others;
- maqsadlilik;
- self-confidence and self-confidence;
- development of discipline.

Sport is necessary for the perfect development of members of the circle, because it has a positive effect on general health. Members of the circle, like adults, are very susceptible to hypodynamics today. Many face problems with joints, condition or overweight at school age. Therefore, the task of sports is to improve the overall health of members of preschool groups and schoolchildren.

The main task of the circles is to introduce members of the educational institution to the lessons of systematic physical education and to promote their physical training. Classes last 2-3 times a week, 45-60 minutes. They are taught by a physical education teacher. The main content of the activities in the circles is multididactic physical education. The task of the circle is to activate the motor mode of the members of the circle, expand their knowledge, motor skills; encourage them to exercise regularly. To assist individuals desiring to benefit the worldwide work of Jehovah's Witnesses through some form of charitable giving, a brochure entitled Charitable Planning to Benefit Kingdom Service Worldwide has been prepared. Classes mainly include exercises in the educational institution's program, which are performed in extreme conditions and mainly in the form of a game.[1] 13]

Methodological guidance for classes in groups is carried out by a physical culture teacher. Public instructors,

athletes, and instructors from sponsored organizations were involved in direct exercises. Teachers contribute to the involvement of members of the circles, help organize them, and participate in training sessions with appropriate training.

It is important to organize sports sections for students who want to engage in a particular sport. The main tasks of these sections should be:

- involving members of the school group in systematic sports;
- promote the development of their sport in the chosen sport;
- prepare them to participate in extracurricular competitions;
- assistance in acquiring knowledge and skills in instructor work and refereeing competitions.

The department is invited to attend the school where members of the main medical team who have obtained a doctor's permit for training. Competition choice is unwanted because it runs counter to the basic functions of extra-auditory work. Members of the circles are divided into groups according to age (6-7, 8-9, 10-11, 12-13, 14-15, 16-17 years old), gender, sports preparation. Depending on the current situation, members of the circle are allowed to engage in sports:

From the age of 6 - artistic gymnastics (girls), artistic gymnastics, figure flying exercises;

from the age of 7 - free, chess and cupboard, table tennis and large, synchronous swimming, jumping in the tramballin, jumping into the water, swimming, gymnastics (members of the boy group), acrobatics, water dust;

from the age of 8 - training in badminton, basketball, football, skiing, orientation;

from the age of 9 - water polo, volleyball, conkida flying, lightweight athletics, skiing (biathlon), skiing, northern combination, ski jumping, shoulder sports, rugby, handball, hockey on the grass, ball, with tea;

from the age of 10 - rock climbing, swordfighting, heavy athletics, lyuge, modern five-time, shooting, donkeys and donkeys in the canoe, academic donkeys, cycling,



free wrestling, classical wrestling, dzyudo, sambo, boxing;

from the age of 11 - equestria, bow shooting, throwing from clay;

From the age of 17 - to bobsley.

Classes for 8-9 and 10-11 year olds are held from 45 minutes twice a week and 90 minutes three times a week for other age groups. In sports sections, physical education teachers, military personnel (by military-practical sports), qualified other subjects with appropriate training in a particular sport and qualified in organizing and conducting sports activities with members of the circle conduct exercises.

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