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THE ROLE OF PUBLIC SPORTS AND HEALTH MEASURES IN STRENGTHENING CHILDREN'S BODIES

Farkhod Turdalievich Abdullaev
Doctor of Pedagogical Sciences, Associate Professor of the faculty of "Methods of Organizing Sports Classes" Center for Scientific Methodological Support, Retraining and Advanced Training of Specialists in Physical Education and Sports

Bahrom Pulatovich Pardayev
Teacher, Associate Professor of the faculty of "Methods of Organizing Sports Classes" Center for Scientific Methodological Support, Retraining and Advanced Training of Specialists in Physical Education and Sports

ABSTRACT

This article discusses the positive effects of physical education on the human body. The process of physical training should take into account the general physical impact on the body of the trainees until the age of puberty. This is reflected in the formation of a wide range of movement skills and abilities and in all-round physical development. During the school period, this principle requires taking into account the sensory areas in which the most favorable opportunities for the development of a person's physical qualities appear. The process of physical education is studied on the basis of certain periods. It takes into account such principles as adolescence, the first stage of puberty, the second stage of puberty. In general, the principle of age-appropriateness of physical education is the most important in the use of physical education in the process of long-term exercise.

Keywords: physical education, age characteristics, age, physical qualities, agility, flexibility, growth, child's body, strength, interest, height, development.