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**PHYSICAL QUALITIES AND THEIR EDUCATION AT THE STAGE OF
PREPARING SENIOR PUPILS FOR THE DEFENSE OF THE FATHERLAND
IN RURAL SCHOOLS**

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Abstract. In the article, the study of the physical qualities of rural school students during the educational process was conducted through more than 250 pedagogical observations and lesson timing, and the duration and intensity of exercise loading conditions that contribute to the development of physical qualities were studied.

Keywords: physical maturity, endurance training, timing, strength capabilities, Movement, Physical Education tools.

Each body develops different levels of strength, speed, endurance, agility, range of motion of the body's joints, and muscle flexibility. They are usually called the motor qualities of the human body.

The existing systems of physical education are evaluated on the basis of their ability to develop the motor qualities of the human body.

Depending on the level of expression of these qualities, a person is described as strong, mobile, agile, fast, etc. Depending on his level of physical fitness (energy). These qualities have their own indicators that can be measured. They are called indicators of physical fitness, and according to the results of demonstrations, a person's readiness for creative work and defense of the Motherland is determined(1,2,3,13).

The desire to cultivate and develop motor qualities is the age-old dream of mankind. The effectiveness of the ability to use weapons, military equipment and weapons is associated with the motor qualities of the body, which nature has endowed with a person and which can develop in the process of education.

The main requirement of our time is to educate a physically healthy, morally pure, aesthetically pleasing, faithful, loyal person who has thoroughly mastered the modern foundations of technical science, a comprehensively spiritually mature person, which complements the goals and objectives of the country's physical education system.

The concept of the state program "For a Healthy Generation", adopted in the first years of independence, has not lost its relevance to this day.

The complexity of the motor task contributes to the coordination of actions, creating requirements for the coordination of actions performed simultaneously and sequentially. We get acquainted with the process of naturalization of movements or physical qualities.

Increasing the level of physical fitness in general education schools with the help of physical education is a way to achieve physical maturity of the younger generation, the

purpose of which is preparation for life, admission, preparation for high production and service in the Armed Forces(11,12).

Considering the importance of increasing the level of development of the physical qualities of young people, especially those living in rural areas, it is necessary to study the issues of physical education and pre-university training of young people and develop measures and recommendations to improve this process.

The study of the physical qualities of schoolchildren in rural schools in the learning process was carried out through more than 250 pedagogical observations and timing of lessons, the duration of physical activity, which creates conditions for the development of physical qualities, was studied(4,5).

The analysis showed that the training of physical qualities is carried out in the main part of the lesson and only 18-26 minutes is spent on it.

Running for short and medium distances, long and high jumps, throwing grenades, exercises on gymnastic apparatus (if any), sports and motion games made up the main part of the lesson.

As a rule, there are 2-3 lessons in classes, each of which takes from 8 to 10 minutes, and the motor density of the lesson is about 40-60%.

The strength potential of youth is mainly realized in gymnastics classes. Strength is characterized by physical tension of a muscle due to stretching or contraction of its fiber or group of fibers, twisting, twisting, etc., and the progress of its development due to resistance, traction, especially with the help of lifting (or expander dumbbells).

During gymnastics, stretching exercises are performed on the horizontal bar together with the body, bending and unbending the arms at the elbows, shaking the body, shaking, forming corners with the body.

Through pedagogical observations, it was found that students create a system for choosing physical activity, instead of which it was proved that it is allowed to be reduced on the basis of the selected load according to the abilities of a practicing physician(6,7,8).

Timing, on the other hand, showed that strength exercises were performed only in one series, without following the basic methodological principles, developing personal strength and using the maximum tension method until the exercise could be completed "to the end."

There was no practical increase in the strength capabilities of young people due to the performance of gymnastic exercises or combinations during regulated training, since the duration of their performance averaged 15-20 seconds. and did not require a lot of muscle tension.

The development of strength often depends on the choice of resistance to personal weight, the number of general developmental exercises used in the preparatory part of the lesson is small, of low intensity and serves as a tool for functional training of the body.

However, the development of physical qualities, especially speed, is recorded for demonstration of observations, the volume of exercises does not matter in the preparatory

part of the lesson. In the main part of the lesson, the development of speed is mainly carried out by running a short distance or its segments in the old spiritual exercises and exercises in sports games. At the same time, the running speed of small figures, the number of returns, the series (attempt), the rest interval are freely determined by the teacher on the basis of scientific and methodological recommendations.

At the end of the preparatory or main part of the endurance training session, a rhythmic running exercise of low intensity with an average duration of no more than 5-7 minutes is used. The analysis of changes in CCC indicators in physical education classes shows that its average frequency is 116-122 beats per minute in gymnastics classes for boys and 122-138 beats per minute in sports and athletics. Based on the foregoing, we can say that the recommended load in physical education for young people is not effective enough for the development of physical qualities(9,10).

The results of the analysis of pedagogical observations of the educational work on physical fitness of rural students made it possible to draw the following conclusions:

- The tasks of physical education of the upper strata of society are solved haphazardly, which, in turn, negatively affects the effectiveness of their preparation for service in the Armed Forces:

- Reducing the volume and intensity of physical activity for the development of motor qualities.

Thus, the slow pace of physical education in rural schools requires the development of new means and methods to increase its effectiveness, the introduction of physical education aimed at preparing young people for service in the Armed Forces.

Purposeful development of young people, taking into account their practical orientation and successful overcoming of obstacles.

In order to purposefully influence the development of the basic physical qualities of young people, it was necessary to create an effective complex of special preparatory exercises for their practical direction of life and the successful overcoming of obstacles in the corridors.

Its rational use assumes that it will positively affect the practical physical fitness of young people during the school year.

It was found that the increase in the level of physical fitness contributes to the successful acquisition of motor skills and abilities, provided by the program of physical education, as well as the improvement of the results of motor training.

Successfully overcoming obstacles on an obstacle course

We analyzed the available methodological literature and our personal pedagogical experience in order to select exercises for special preparation that will be useful for the development of the required qualities of action.

For example, to acquire the skills of jumping over the wall, to improve the result of stretching on the horizontal bar and rotating the body on the horizontal bar in addition to basic exercises performed in various starting positions. slow straightening and bending of the arms in the hanging with bent arms, climbing on the wing, climbing and falling on the gymnastic wall without the help of the legs, etc.

Taking into account the recommendations, studies were conducted on the normalization of physical activity in order to determine their duration, exercise intensity, and the nature of rest between repetitions.

The exercises were performed by the iterative-interval method, which was characterized by the repetition of this exercise, and the action was repeated in a separate exercise without any logical changes in the structure and external parameters of the load. Such standardization of motor skills, as well as morphofunctional adaptation of the body to a given load, are one of the most necessary conditions for maintaining the achieved level of performance.

Repeated loads with high and maximum intensity have a stronger effect on the body than loads performed in the same rhythm for a long time.

Complexes of exercises aimed at developing strength endurance can be included in any section of the physical education program. Taking into account the recommendations for the order of the training load, where the maximum energy consumption for work will be only 6-10 seconds, 35-45 seconds for submaximal power, 1 minute or more for rhythmic and low-power work, and we will spend 16-17 seconds. It is with an exercise direction for younger people. 5-10 seconds per exercise to develop speed. Exercises should be performed for 15-20 seconds for speed-endurance 20-30 seconds, 30-40 seconds for strength endurance and 1 minute for endurance, developing strength, agility and speed-strength qualities.

It should be borne in mind that physical activity during training should correspond to the functional capabilities of the body of young people.

Considering that cardiac activity is interconnected with all internal organs of the body, we have chosen the heart rate (HR) as one of the main physiological criteria (assessments) tested by the entire body.

In conclusion, it should be noted that the importance of physical education of senior pupils in rural schools, in particular, the development of physical qualities, and its weight is obvious in the educational process. Because their development requires interdependence. But a certain kind of sport requires a relatively strong formation of any motor qualities. Other qualities also develop relatively, but they can play the role of an auxiliary, auxiliary quality of action.

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