



ACTIVITIES IN CHILDREN'S SPORTS INITIAL STAGE AND METHODS OF TEACHING

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Abstract

This article describes the methods and tools used in selecting children for sports activities and organizing activities with them.

Keywords: Technical movements, sports, wrestling, systematization, methods, classification.

Introduction

Thanks to the independence of the Republic of Uzbekistan, attention to physical culture and sports among children has increased significantly. For example, the President of the Republic of Uzbekistan signed the Decree of the President of the Republic of Uzbekistan No. PF-3154 dated October 24, 2002 "On the establishment of the Fund for the Development of Children's Sports of Uzbekistan" and took into account the tasks and the creation of the necessary conditions for the implementation of the main tasks assigned to the Fund. As a result, Uzbek scientists are organizing children's sports, raising mass sports to even higher heights, comprehensively basing sports in accordance with modern standards, and introducing innovations specific to Uzbekistan into the methodology of physical culture. Child education is one of the main areas of activity of the pedagogical team, which is carried out by solving the tasks associated with the formation of groups for general physical training and health improvement. The purpose of these exercises is to carry out work related to preparing children for participation in sports competitions on the basis of a



specific plan. The entire process of teaching children to exercise in sports can be conditionally divided into "Education" and "Training". "Education" is understood as the process of acquiring knowledge, skills and abilities by participants. The main content of training is the formation of technical elements of games and exercises, simple individual and group interests in tactics, actions. "Training" is the next stage of training, aimed at consolidating and improving the acquired knowledge, skills and abilities.

The main content of training is to improve technical methods, tactics of individual, group and collective actions, to develop educational, physical, moral and volitional qualities. The concepts of "Education" and "Training" should also be considered as a single, multi-year pedagogical process that has been specially organized. They cannot be sharply separated from each other, because while we are teaching, we are also teaching sports, and at the same time, while we are teaching sports, we are also teaching. The concepts of "Education" and "Training" are closely related processes.

The distinction between the concepts of "Education" and "Training" makes it possible to more clearly determine the specifics and goals of educational and training work. The weight of education and training naturally changes at different stages of the process of preparing for sports. We did not dwell on the concepts of "Education" and "Training" above for nothing. Because, regardless of the type of training we conduct, we rely on educational, educational, and moral criteria, through which we develop stages and methods of teaching children to sports.

At the first stage, the technique of the training (movement) to be studied is introduced in detail. To familiarize yourself with this, the methods of telling, showing and explaining to the participants in stages are used. Along with personal demonstration, the teacher uses visual aids: a film, a video, a diagram, a model of sports grounds, etc. It is advisable to combine the demonstration with explanations. The initial attempts of the teachers form a primary sense of the training (movement) in the participants.

At the second stage, the technique of the training is taught in a simplified (simplified) form. At this stage of learning, success in many cases depends on



the correct selection of the accompanying exercises. They should be close in structure and form to the technique of the training being studied and be able to be performed by the students. In movements with a complex structure (attacking blow), the main performing parts (links) that make up it are divided. At this stage, control methods are used, namely, commanding, giving instructions, seeing and hearing, catching by sight, technical means, etc.

Also, methods such as direct assistance from teachers-coaches, the use of auxiliary equipment, the force of the impact on the ball, the accuracy of the landing, information, and sound identification are of particular importance. At the third stage, the process of teaching the technique in complicated conditions is observed and the following are used: repetition method, performing training movements in difficult conditions, game and assessment method, additional method, circle, and circular exercises. The repetition method is the most basic at this stage. Only repeated repetitions build the skill of the training. In order to develop skills, it is necessary to perform exercises in repetitive conditions, to change the conditions of movement, to gradually increase the complexity. In the fourth stage, it is envisaged to strengthen the movement in the home process.

In this case, the method of interpreting the movements performed is used (pictures, tables, educational films, illustrative films). In the process, technical-tactical, special training tasks, "game" and "competition" methods are used. In training and educational games, the study of each method (skill), its improvement and perfection are provided. The highest means of strengthening skills is competition.

Active methods are of great importance and potential in teaching exercises. Among them, problem-based learning (setting and creating problematic tasks) and the method of assessing one's own mastery are of particular importance. Setting problematic situations creates a state of mind, a situation that seeks its solution, and self-assessment leads to further activation of motor activity. This makes the student even better and teaches to skillfully perform exercises through creative thinking. It is important to use the above mentioned in handball, basketball, football sports training, and ultimately, the main essence is to wait for the results, to understand, and to clearly feel that one is approaching the goal.



We have discussed above the initial stage of training in children's sports and the methods used at each stage. We think that the stages and methods that we have seen and studied show their practical importance and results in the consumption of education. An educational group will be allocated from among those engaged in the implementation of the training of highly qualified junior athletes, providing for the strengthening of children's health and all-round physical development.

- Initial preparatory groups (3rd year)
- Training groups (4th year)
- Sports improvement groups (3rd year)
- Higher sports skill groups (3rd year and above)

Participation in sports training and competitions in accordance with the calendar of sports events approved by the organization to which the participants belong. Participation in training throughout the year. During the summer and winter holidays, it is advisable for young participants to actively relax and relax in sports and recreation camps. Physical education is a pedagogical process aimed at comprehensive training. In other words, different events that differ from each other. But, interestingly, they cannot live without each other. Because physical culture is achieved through physical education.

Our wise people say that the current stage of world culture, science and technology development is closely related to the high flight of human thinking and the revolution of thought.

A society striving for mental perfection also achieves its goal through physical improvement. This shows how important it is to develop physical culture. Looking at it from this point of view, today in our country by the decree of the President, the purpose of creating a children's sports development fund and the slogans such as "Sport is my life" and "We fly to the top through sports" are more obvious.

It is important not to forget that the level of culture of each nation is determined by its level of health and physical maturity. Peoples and nations whose spiritual and physical culture have developed proportionately can be called high culture



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accounts. So, the right and closest path to the peak of perfection begins with folk games, in other words, public sports.

Raising physical culture depends on the existence of certain material, socio-political, pedagogical and natural sports conditions. It is clear from history that colonialism's complications and false freedom destroy the nation's national culture and seriously damage the development of its physical culture.

The daily increase in attention and concern for physical education is a clear proof of our opinion. It is known that physical education is based on the biological factors of the upbringing of young people, their biological nature arising from their conditions. The content of physical education is expressed in the concepts of physical maturity, diagnosis of physical condition, culture of physical education, sports activities, and physical education. Physical maturation is the change and growth of two members of the young generation. First of all, the heart and lungs, as well as the nervous and movement system, changes in the shape of the body, the weight of the skin-muscular system, and the perfect development of the body.

The task of physical education is to create conditions for the physical development of the student and pedagogical management. In the system of physical education, diagnostics of procedural maturity has an important place. Physical maturity is an indicator of the effectiveness of physical education when it is expressed in the language of physical education, the level of education, science.

Based on special methods and physical techniques, researching the health of students, the level of maturity of each individual person: a constant indicator for physical education is determined based on pre-determining indicators of departure from the established norm. Physical maturity means harmony in the external appearance of the body, a form of beauty, a high level of perfection of physical qualities. If diagnostics show that the physical and medical indicators of students or any student are decreasing, then it is necessary to immediately teach the existing system of physical education. That is why it is necessary to organize individual or group differential physical education in schools and educational institutions.



Physical culture is a component of physical education. At the same time, physical culture is an integral part of the general culture of man and society. The content of physical culture includes:

1. The structure of human organs and their functional maturity. Management of internal organs, nerves and movement, musculoskeletal system, harmony of the body and their functional activity.
2. Strengthening the student's health.
3. Get used to hygiene rules.
4. To develop all-round skills of students.
5. Forming the physical and physiological aspects of future workers in terms of importance, increasing work skills.
6. Creating conditions for sexual and age characteristics of students.
7. Cultivating students' sense of will, endurance, and friendship.
8. Education of personal physical abilities.

It can be seen that the content of physical education is extremely wide. This tool ensures meaningful formation of our youth based on lifestyle, physical culture and sports. Especially in the promotion of physical education classes, promotion of sports and physical education, development of educational technology and production practices, retention of work skills of students for a long time, connection of the physical and physiological qualities of youth with the content of the profession. processes are of incomparable importance.

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