

## Analysis of Physical Fitness Results of Primary Class Students of Secondary Education School Number 19 of Fergona District (Example of Class 3)

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**Annotation:** Information on the results of pedagogical and scientific analysis of physical, medical-biological, psychological preparation of high school students of Fergana using special mathematical and statistical methods.

**Keywords:** physical fitness, fitness level, sports tests, running, long jump, throwing, pull-ups, mathematical and statistical methods.

### INTRODUCTION

In our country, practical measures are being implemented step by step to ensure that the population, especially children and schoolchildren, engage in mass sports and use forms of active recreation. Further development of physical education and sports, raising a healthy generation has become a priority of the state policy of our republic, "... the most important task of the entire education system is to provide a thorough education to the young generation, to make them physically and spiritually mature people. it consists of education". Therefore, in the second priority direction of the "Strategy of actions for the further development of the Republic of Uzbekistan" for 2017-2021, directed to "Development of the social sphere", education, science, education, literature, art It is not for nothing that special attention is paid to the improvement of horse and sports fields.

In order to implement the practical aspects of these issues in life, to further develop physical education and sports in our country, to turn it into a mass movement, and to create a healthy lifestyle among the population, the introduction of the new "Physical fitness level" test complex of sports tests approved on June 17, 2021 is general secondary education, higher educational institutions and other branches of the physical education movement were given the task of training young people in all aspects of physical education, highly productive work and defense of the homeland.

The purpose of the study. It consists of analyzing the initial level of physical fitness of the 3rd grade students based on the "Level of Physical Fitness" test complex and developing recommendations for improving the methodology.

Research tasks. Determination of the level of performance of students in determining the initial level of physical training of the 3rd grade students based on the results of passing the standards of II stage based on the sports tests "Physical fitness level", as well as the compliance of the level of training of students with the new regulatory requirements determination.

### DISCUSSION AND RESULTS

Organization of research. As the main criterion for evaluating the level of development of movement qualities of the 3rd grade students, we selected the "Physical Fitness Level" of the elementary school students of Fergana District No. 19 according to the set of sports test tests. Pedagogical control tests were conducted based on the tests. Pedagogical research: from November 2022 to January 2023, high and low barbell pull-ups (per), standing long jump (cm), running 3x10 m (s), legs 90 C while lying on shovels. The results of 26 boys and 20 girls were analyzed by randomization (random selection) according to the test standards of running (time) and 30 m distance (minute).

Research results and their discussion. The results of the analysis of the "Physical fitness level" of the 3rd graders in the sports test using mathematical statistical methods are presented in tables 1, 2.

The results of the "Physical fitness level" sports tests according to the test standards for the 3rd grade students (boys) of Ferghana District No. 19 Secondary School.

**Table 1.**

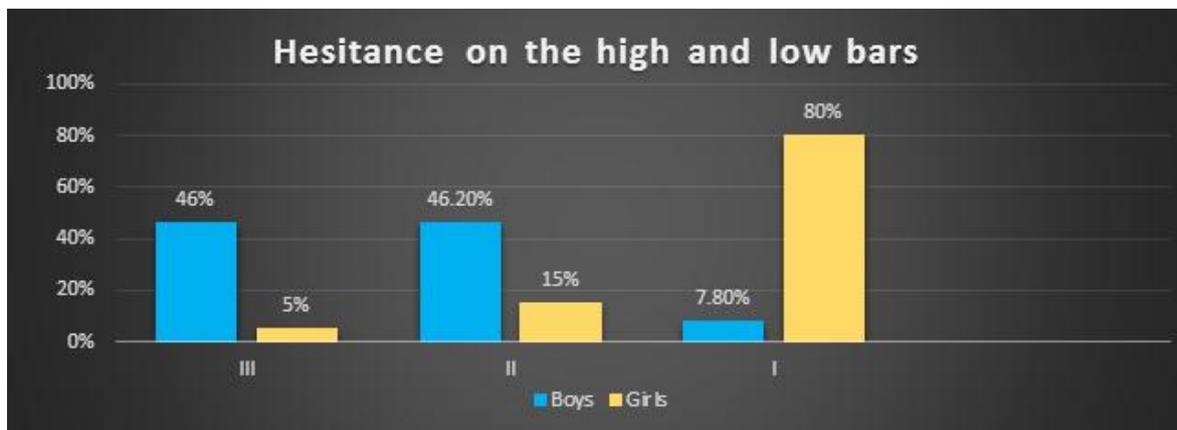
№	Test type	n	$x \pm \sigma$	m	CV	Fulfilled norm						The results obtained	
						Level I		Level II		Level II		Max	Min
						n	%	n	%	n	%		
1	High and low barbell pull-ups (times)	26	2.65 ± 1.19	0.23	45.14	2	7.6	12	46.2	12	46.2	5	1
2	Standing long jump (cm)	26	1.44 ± 0.06	0.01	4.52	2	7.7	21	80.8	3	11.5	160	135
3	Sprint 3x10m (sec)	26	10.11 ± 1.04	0.20	10.31	4	15.5	2	7.6	20	76.9	8.3	11.7
4	Leg raises lying on the shoulders (m)	26	35.27 ± 34.06	7.26	96.5	6	23	16	61.5	4	15.5	46	25
5	30 m sprint (sec)	26	6.64 ± 0.86	0.16	13.01	3	11.5	4	15.5	19	73	8.3	5.3

**Table 2. The results of the "Physical fitness level" sports tests according to the test standards for the 3rd grade students (girls) of Ferghana District No. 19 secondary school**

№	Test type	n	$x \pm \sigma$	m	CV	Fulfilled norm						The results obtained	
						Level I		Level II		Level II		Max	Min
						n	%	n	%	n	%		
1	High and low barbell pull-ups (times)	20	18.6 ± 5.29	1.18	28.46	16	80	3	15	1	5	28	6
2	Standing long	20	1.34	0.01	3.98	0	0	18	90	2	10	145	125

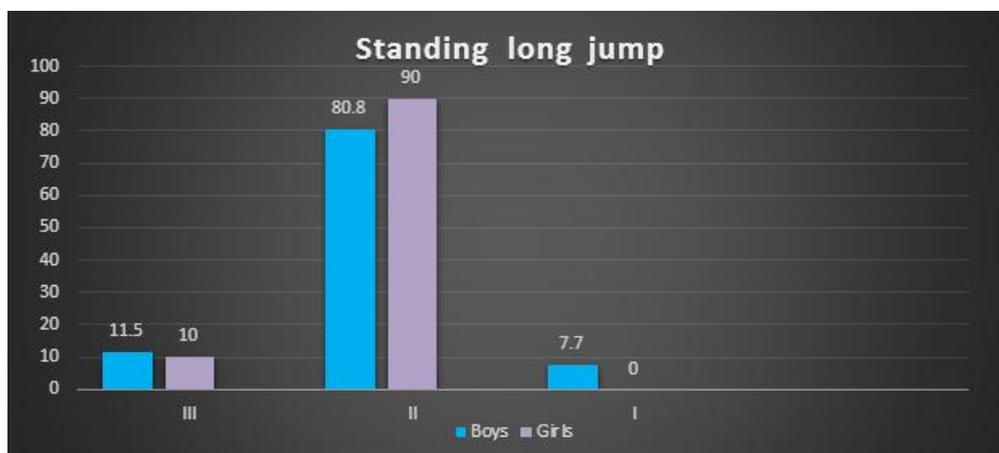
	jump (cm)		± 0.05										
3	Sprint 3x10m (sec)	20	10.22 ± 1.40	0.31	13.76	4	20	6	30	10	50	12.3	8.1
4	Leg raises lying on the shoulders (m)	20	30.25 ± 3.90	0.87	12.90	2	10	14	70	4	20	40	24
5	30 m sprint (sec)	20	6.48 ± 0.78	0.17	12.14	2	10	9	45	9	45	8	5.5

46.2% of boys and 5% of girls met the requirements of the II age category of the "Level of physical fitness" sports tests, the requirements of the III level of the "High and low barbell" test, 46.2% of the boys met the requirements of the II level of the test, 15% of girls fulfilled it, 7.6% of boys and 80% of girls fulfilled the requirements of level I task.



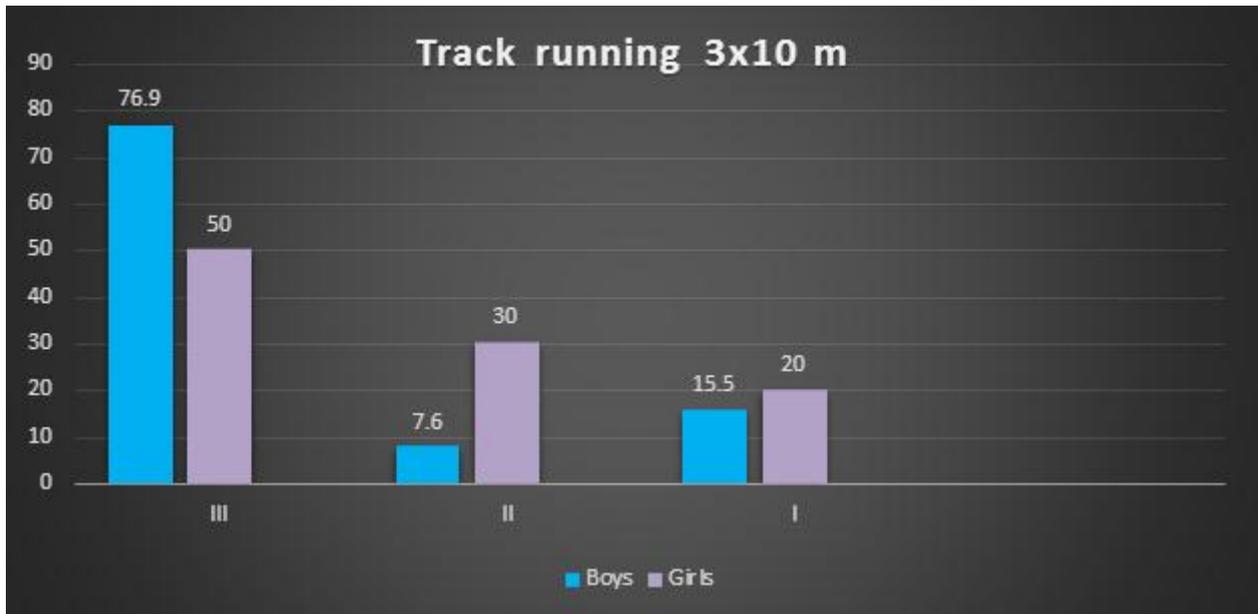
Arithmetic mean value for boys ( $x=2.6$ ) and for girls ( $x=18.6$ ), this value corresponds to the requirements of JTDSS level I and II requirements of the second age group.

11.5% of boys and 10% of girls met the requirements of the II age category of the "Physical Fitness Level" sports tests, the requirements of the III level of the "Standing long jump" test, 80.8% of the boys and 80.8% of the girls met the requirements of the II level of the test. 90 percent fulfilled, 7.7 percent of boys and 0 percent of girls fulfilled the requirements of level I task.



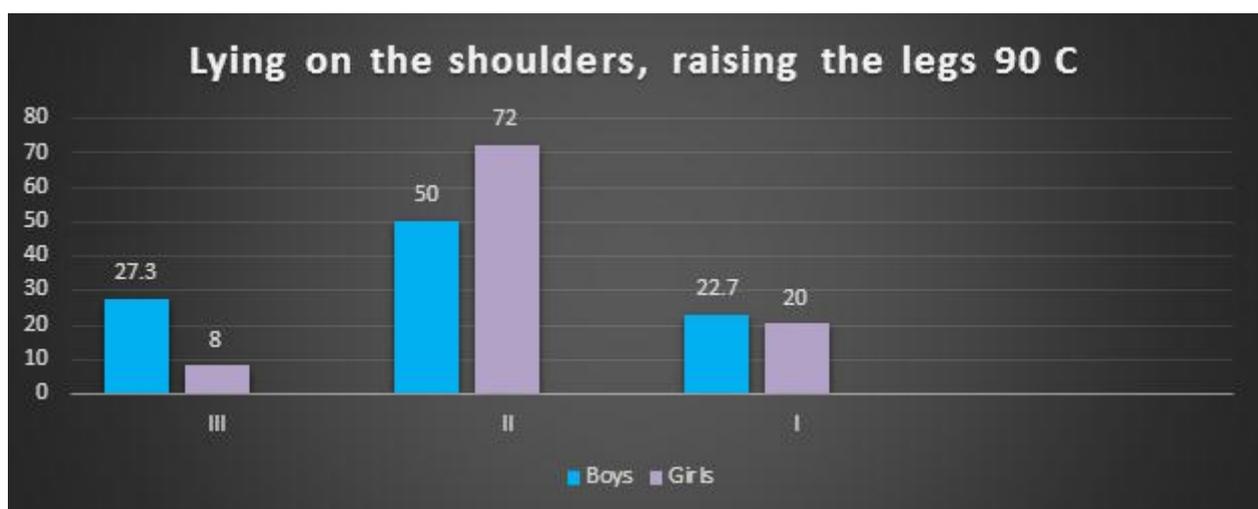
Arithmetic mean value for boys ( $x=1.44$ ) and for girls ( $x=1.34$ ), this value corresponds to the requirements of level II of the requirements of the second age group of JTDSS.

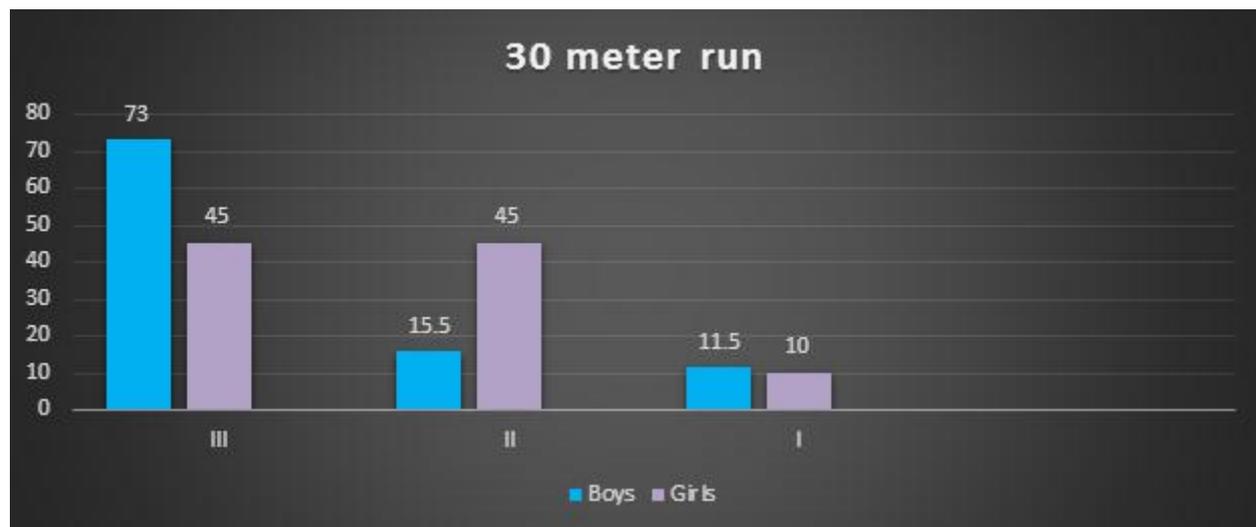
76.9% of boys and 50% of girls met the requirements of the II age category of the "Physical Fitness Level" sports tests, the requirements of the III level of the "Moximon Run 3x10 m" test, 7.6% of the boys and 30% of the girls met the requirements of the II level of the test. 30 percent fulfilled, 15.5 percent of boys and 20 percent of girls fulfilled the requirements of the I level assignment.



Arithmetic mean value for boys ( $x=10.1$ ) and for girls ( $x=10.2$ ), this value corresponds to the requirements of level III of the requirements of the second age group of JTDSS.

15.5% of the boys and 20% of the girls fulfilled the requirements of the II age category of the "Level of physical fitness" sports tests, the requirements of the III level of the test "Raising the legs 90 C while lying on the shovels", and the II level of the boys 61.5% of boys and 70% of girls fulfilled it, 23% of boys and 10% of girls fulfilled the requirements of the I level assignment.





Arithmetic mean value for boys ( $x=6.64$ ) and for girls ( $x=6.48$ ), this value corresponds to the requirements of level III of the requirements of the second age group of JTDSS.

It should be noted that the percentage of those who meet the normative requirements of the II age group I level of the "Physical fitness level sports tests" test complex is very small.

### Conclusion

Based on the results of the conducted research and their comparative analysis, it should be noted that according to the results of the implementation of the standards of the "Physical fitness level" sports test complex, the primary school of the Fergana district secondary school, which passed the test standards The initial level of physical fitness of first graders is not high, that is, for boys, it was difficult for boys to run 30 m, pull up on a high bar, and throw a tennis ball. For girls, the standards of running 30 m, pulling on a low horizontal bar, long jump from a standing position were difficult. The reason for this is that the standards of the new "Physical fitness level sports tests" test complex are more difficult than the old "Alpomish and Barchinoy" test standards. It is recommended to constantly monitor and study the dynamics of physical fitness of students in the process of physical education at school in order to fully prepare for the standard requirements of the "Level of Physical Fitness" sports tests. In this case, special attention should be paid to determining the optimal methodology and organizing the preparation and conducting of classes in accordance with the complex of JTD sports tests. It is also necessary to develop methodological measures (manuals, recommendations) to independently prepare schoolchildren for the complex of JTD sports tests, which are difficult to achieve. A systematic study of the level of physical fitness of students, analysis and summarization of the results of the implementation of standards will help to solve the most important tasks of the new "Physical Fitness Level" sports tests.

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