

**General Education School No. 50, Kuva District, Fergana Region
Results of Physical Training of Primary School Students Analytical****N. Mamadzhanov**

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Annotation: This article presents the results of the main studies on the process of determining the level of development of elementary school students of the 50th general secondary school of Kuva district and the 43rd SPEO pupils using anthropometric indicators.

Keywords: physical training, level of physical training, escalation, body weight, height, chest circumference, asenic, hypersthenic, normasthenic, ontogenesis, development.

INTRODUCTION

IMPORTANCE: Practical measures are being implemented step by step to ensure that the population of our country, especially the young generation of students and children, engage in sports and use active forms of recreation. It is no secret to any of us that the development of physical education and sports has become a priority of state policy.

In the strategy of actions aimed at all-round development of the Republic of Uzbekistan, physical education and sports are mentioned separately. The strategy of actions is planned for 2017-2021, and during this time, a lot of work has been carried out that will serve the development of this sector. It should also be said that the pandemic that has entered our country has called the population of our nation to be perfect in every way. Because among those suffering from this disease, there was a slight relief among those who were active and engaged in sports and physical education. This event once again proves the importance of physical education and sports in the life of our people. Development is always determined by anthropometric indicators.

PURPOSE OF THE RESEARCH: Measurement and analysis of anthropometric indicators of primary school students and preschool children. It consists in measuring indicators and making recommendations for their improvement.

RESEARCH OBJECTIVES: To measure and record anthropometric results among primary school students and SPEO(State Preschool Education Organization) students and to record the process of escalation by comparing these indicators with the literature.

RESULTS OF THE DISCUSSION: Giving practical recommendations to primary school students and DMTT students to develop their indicators.

Determining the level of development of preschool and elementary school students using anthropometric indicators.

Anthropometry has been used a lot in different periods of history. Anthropometry and anthroposcopy have been the main research tools in biological and forensic anthropology. These two methods of observation and data collection have been widely performed on both living and skeletal human remains. As research tools, they analyzed changes in a person's race, gender, and body dimensions, such as height. These lines of research explain the dimensions and morphological traits that characterize sexual dimorphism, as well as differences between sexes caused by social and physical environmental factors or simply developmental mechanisms, such as selection. Most research on skeletal growth is based on pediatric anthropometry. For example, it is estimated whether a child has a chromosomal mutation that causes Down syndrome. The history of anthropometry includes craniometry, paleoanthropology, biological anthropology, physiognomy, phrenology, criminology, phylogeography, human origin and cranio-facial description, as well as various correlations. includes and covers the concepts. The appearance of anthropometry dates back to the 19th century, and we can know it from various literature in connection with the name of the French anthropologist P. Broca. R. Martin and anthropologists: V. V. Bunak and others also contributed to its further development.

I. Yarkho made a great contribution in this field as well. The first one was determined using anthropological tools (anthropometer, compass, tape measure...). Measurements are made between certain anthropometric points using special methods. There are general (body length, weight, chest circumference, head circumference) and personal (leg and arm length, circumference, length of each finger, facial measurements, etc.) body measurements. In addition, the determination of characteristics describing a person (shapes of body parts, skin pigmentation, hair and eye color, hair shape, etc.) is carried out with the help of measuring instruments, models, schemes formed on the basis of clearly defined criteria. For example, V. V. Bunak considers 12 different color variations for the eye color scale, and Fisher-Zaller for the hair color scale - more than 40 colors. In addition, anthropological photography methods are widely used in anthropometry. Modern methods of analysis describing anthropometric parameters (x-ray, ultrasound) have been introduced and this method is widely used. In racial studies and ethnic anthropology, head, face, skull, body length are measured, eye, skin, hair, etc. color scales are used to distinguish racial types.

In human morphology, and especially when determining the level of physical development, the exact amount of body mass, body length (height) and other longitudinal, transverse and circumferential measurements are taken into account. Based on them, standard scales have been created that allow determining the level of physical development in different groups of people and population. Data collected during anthropometric studies are subjected to statistical (biometric) processing.

Anthropometry is used in forensic medicine, clinical practice (to check age), obstetrics (to determine the size of a woman's pelvis, the level of maturity of newborns), pediatrics (to monitor children's physical development) and hygiene (children, school), professional, etc.). Anthropometric data are widely used in the assessment of suitability for military service, standardization of clothing and footwear, rational organization of workplaces, assessment of the impact of various socio-economic and other activities on the physical development and health of the population. Accordingly, the standardization of mass-produced items (clothes, shoes) and the rational placement of workplaces are also based on anthropometric data.

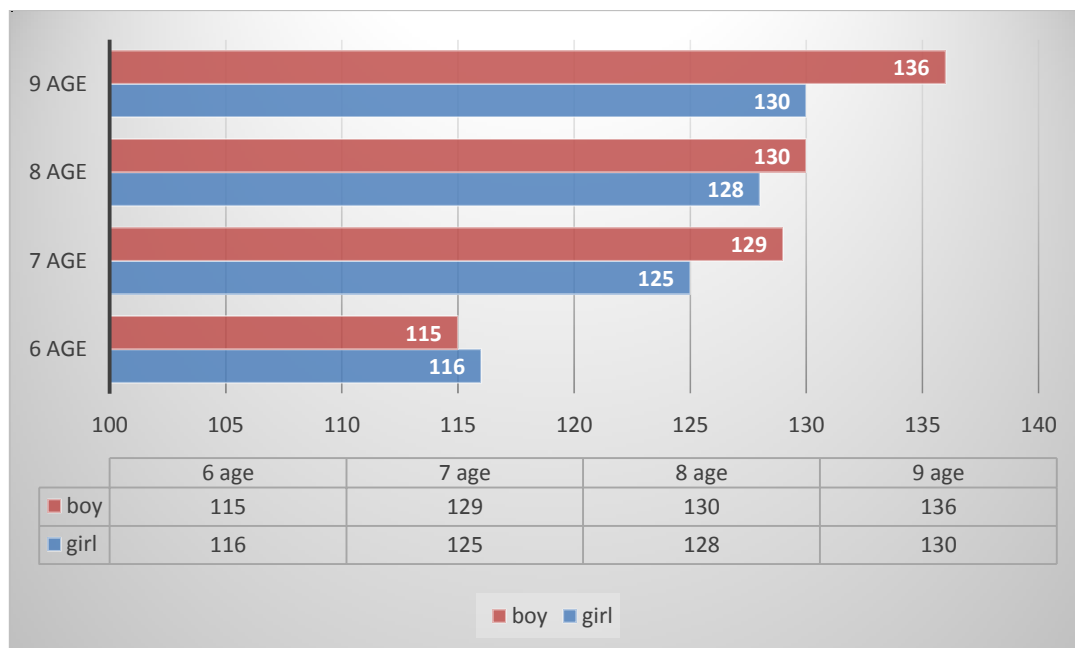
When measuring anthropometric indicators, 6-year-old children were measured and recorded in cooperation with the teacher and the nurse of the educational institution. We took these indicators from 6-7-8-9-year-olds, and their results were shown as follows. We can know that each age category of anthropometric indicators has its own characteristics.

From anthropometric indicators, the characteristic indicator of height at different ages.

Height antropametry

Table 1. This can be represented in the diagram below.

Ages	Boys	Girls
6-yosh.	115sm	116sm
7-yosh	129sm	125sm
8-yosh	130sm	128sm
9-yosh	136sm	130sm



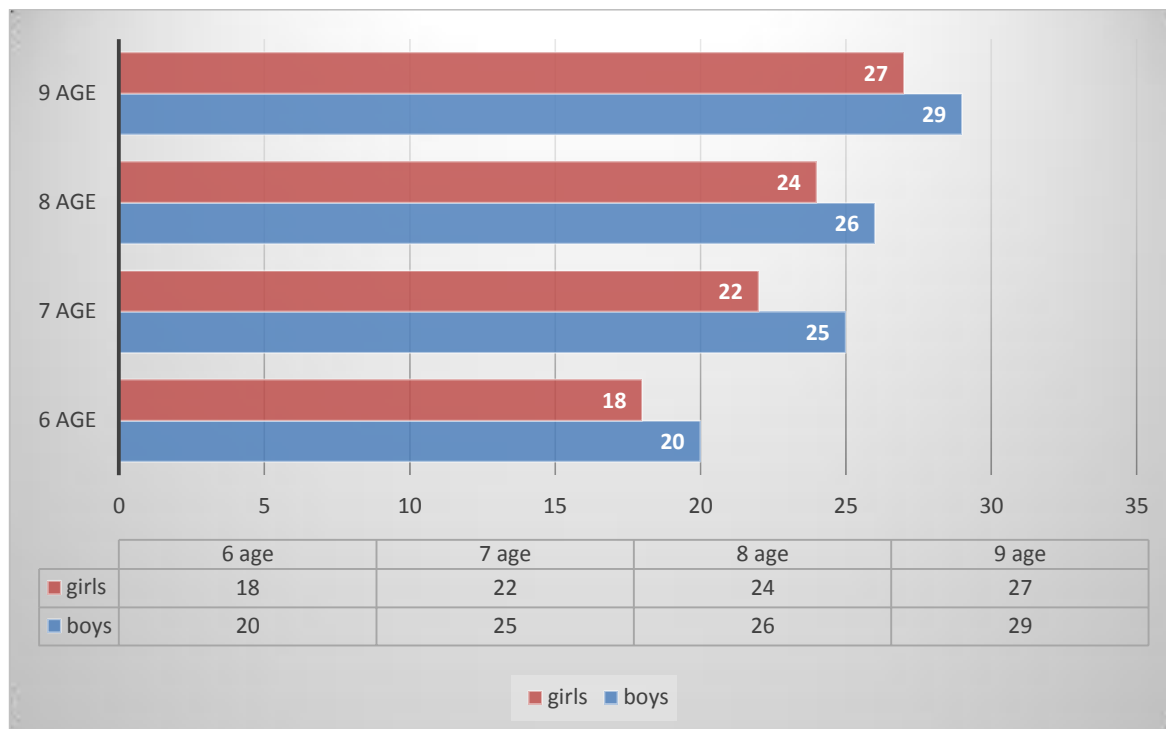
It can be seen from this that at the age of 6, girls have an advantage in terms of the development indicator. Among other young people, at the age of 7-8-9, boys are ahead.

Now let's compare the development indicators in terms of weight.

Table 2

Age	Girls	Boys
6-yosh	18kg	20kg
7-yosh	22kg	25kg
8-yosh	24kg	26kg
9-yosh	27kg	29kg

This can be represented in the diagram below.



To date, we can see that the indicators of development are accelerating, and we can say that this acceleration of development.

The process of escalation is called - that is, it means a very rapid growth of physical indicators.

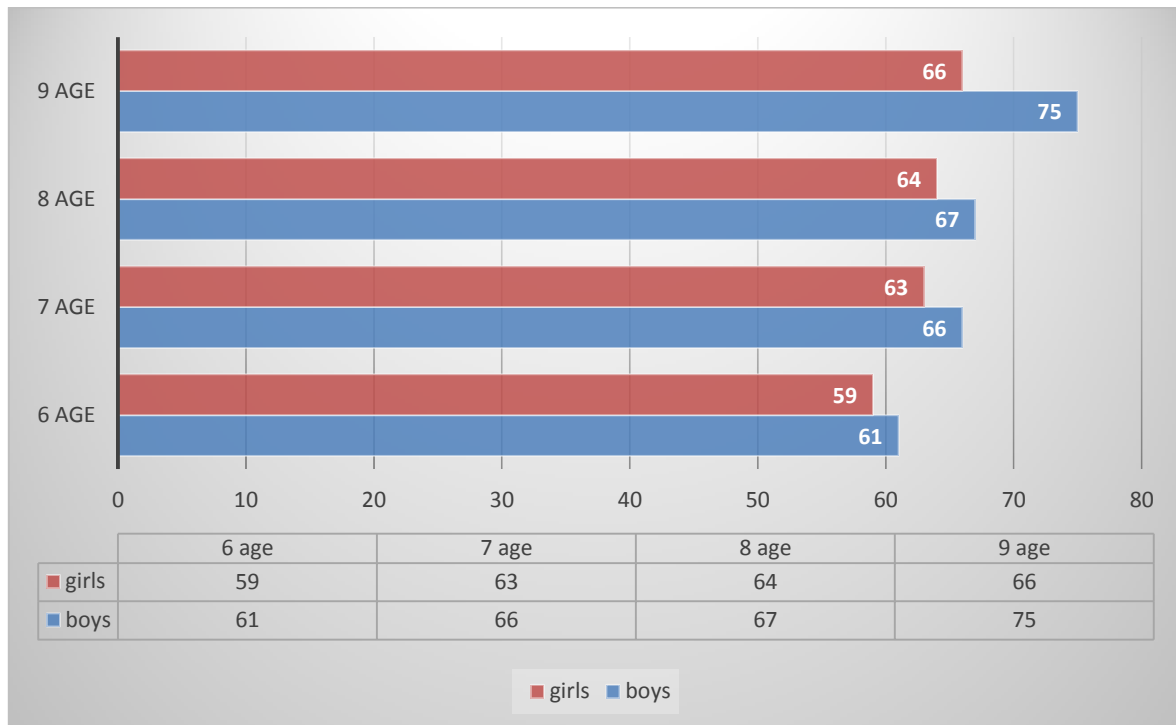
Above, we measured the height and weight of 6-7-8-9-year-olds and compared them if we have learned, now we will measure their chest and dwell on their differences.

The anthropometric parameters of the chest in girls and boys are shown as follows.

Table 3

Age	Girls	Boys
6-age	59sm	61sm
7-age	63sm	66sm
8-age	64sm	68sm
9-age	66sm	75sm

This indicator can be expressed in the following diagram.



The above anthropometric indicators are arithmetic average values for boys and girls of all ages. These indicators can be compared with other indicators. The results of these measurements are also in different proportions in the literature occurs.

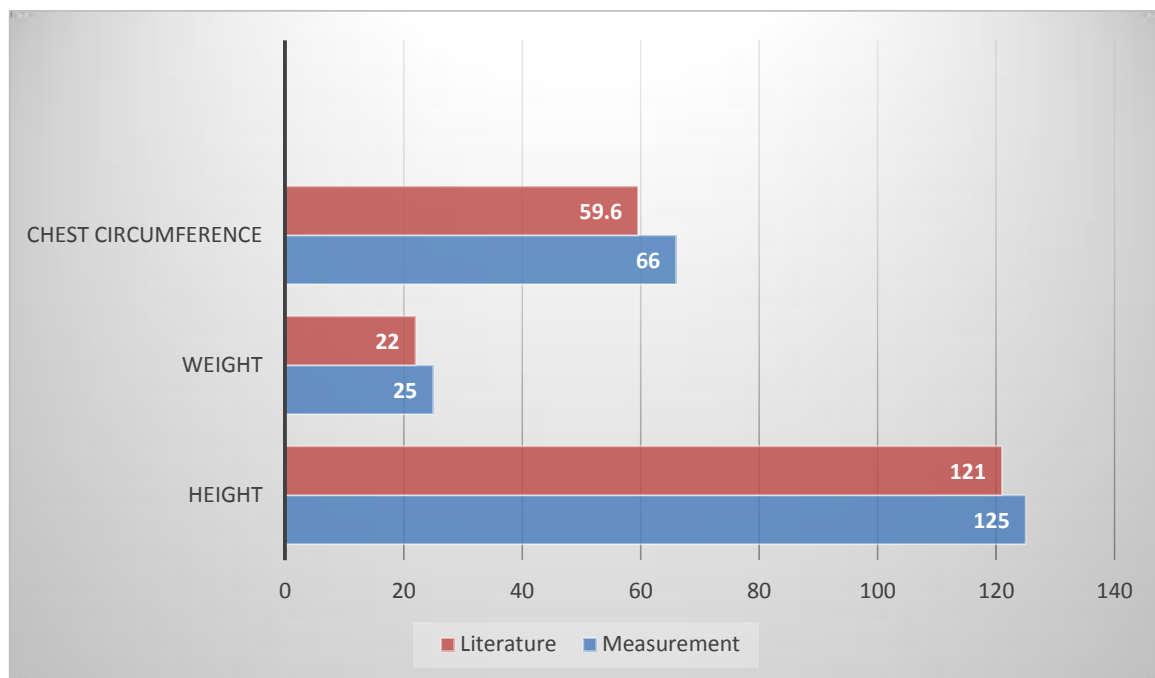
These measured indicators are M.N. Ismailov's "children's and teenagers' hygiene".

It was compared with the anthropometric indicators in the book. In this book, the growth and development of the 7-year-old body is given as follows. Now we will compare the performance of 7-year-old boys.

Anthropometric indicator	age	Gender	In the literature indicator	Measurement result
Height	7	Boy	121sm	125sm
Weight	7	Boy	22kg	25kg
Chest circumference	7	Boy	59,6sm	66sm

Bu jadvaldan shu narsa ko'rinib turibdiki 7-yoshlilar uchun askelaratsiya jarayoni

bir muncha jadallab ketgan.Uni quydagicha ifodalash mumkin



In conclusion, we can see that these indicators have improved a lot, and we can also say that there are not many students who are lagging behind in the process of acceleration, and we will give practical recommendations for them.

Diet plays an important role in the development of children and adolescents. Acceleration occurs in children's body only if the metabolism is normal. It can also be said that the following practical advice can be given to them.

1. following a diet.
2. engage in physical activity.
3. Follow a healthy lifestyle.
4. Recommend a complex of exercises that develop the child's body (special for each system)

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