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**METHODS OF DEVELOPING FLEXIBILITY OF PRIMARY CLASS  
STUDENTS**

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**Sobirova Layla Xudayberganovna**

*Sports activity, pedagogy and psychology of UrDU  
faculty, teacher of the Department of Singles Wrestling  
sobirovala7@gmail.com*

**Annotation**

The methodology based on the unique organizational and methodological features of the physical education program aimed at maintaining and strengthening the health of students studying in general secondary schools has been improved, mainly in physical education classes, aerobics that strengthens the health of elementary school students, a mechanism for using a special set of exercises to improve flexibility and muscle extensibility has been developed.

**Keywords**

Flexibility, physical fitness, physical quality, lesson, physical education, tool, method, physical exercise, physical development, movement, movement activity.

**Abstract**

Usovershenstvovana methodology, osnovannaya na unique organization-methodical special program of physical education, napravlennoy na sohranenie dorodovya ushchikhsya, training and obshcheobrazovatelnyx school, preimushchestvenno na urokax phyzkultury, aerobic, ekreplyayushchey zdorove khoshchixsya mladshikh classov, development mechanism for use nogo complex uprajneniy dlya uluchshenia gibkosti i rastyajimosti myshts.

**Key words**

Flexibility, physical fitness, physical ability, lesson, physical education, instrument, method, physical exercise, physical development, engine, motor activity.

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**INTRODUCTION.** In our country, the development of physical education and sports is considered at the level of state policy, and it is used as an important area of strategic importance for the health of the nation's gene pool, the education of a generation with physical and intellectual potential, and the promotion of the ideas of national independence. Today, "in order for our youth to be independent thinkers, have high intellectual and spiritual potential, become people who are equal to their peers on a global scale in any field, and become happy, our state and society must use all their strength and "mobilization of capabilities" has become one of the priorities. Especially, education of students from elementary grades as healthy, independent-thinking individuals with high intellectual and spiritual potential is emphasized as one of the urgent issues of today.

Decree of the President of the Republic of Uzbekistan dated February 7, 2017 "On the Action Strategy for Five Priority Areas of Development of the Republic of Uzbekistan in 2017-2021", Decree No. PF-4947 dated August 14, 2018 to educate them spiritually, morally and physically, to raise the quality of their education system to a new level Resolution No. PQ-3907, Decree No. PF-5538 dated September 5, 2018, "On Additional Measures to Improve the Public Education Management System" , dated January 16, 2019 "On additional measures to improve the education quality control system" To a certain extent, this dissertation research serves to solve the tasks defined in the Resolutions of PQ-4119 and regulatory legal documents related to this field.

**LITERATURE ANALYSIS AND METHODS.** By studying the scientific and methodical literature of our country and foreign scientists, we found out that a number of scientific researches were conducted on physical education aimed at improving health. Including We can mention the works of TSUsmankhodjaev, AKAtoev, VKBal'sevich, Yu.F.Kuramshin, SVRibalkina, VABogdanova, GVJulina, NICHukturova IAKoshbakhtiev, DDSharipova, LILubisheva, VABaranov and others.

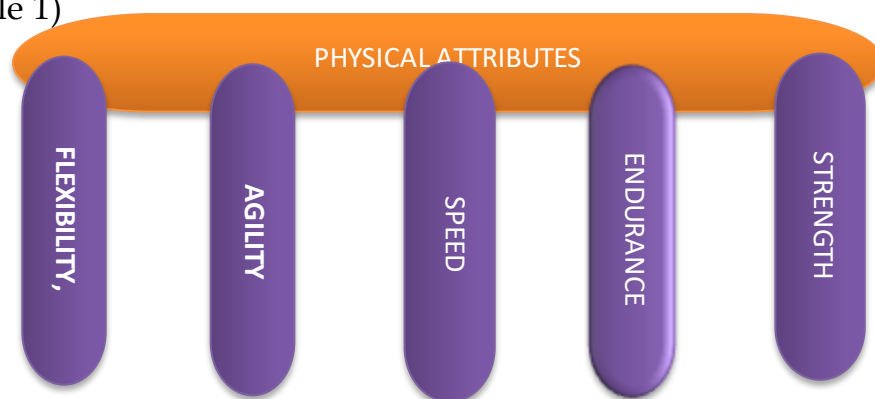
The problems of organizing physical education classes focused on health were studied in the researches of D.Antonyus, MGGorsky, MVZvereva, VISHalginova, AMKozin, NAVorob'eva, DRXhaibullina, IASennikova, AGShedrina, TADaminov, BTXalmatova and others.

A number of scientists of our republic, including TS Usmankhodzhayev, FG Xodzhayev, IA Koshbakhtiyev, A.Sh. Abdullayev, Sh.Kh. Khankeldiyev, RS Salamov, LZ Kholmurodov, II Saidov, MM Azizov and others to the problems of health and physical education who showed it in many scientific research results . Problems of maintaining and strengthening the health of the population on KM Mahkamjonov, Sh.O'. Atamurodov, Sh.D. Abdullayev, Z. Sh. Scientific research was carried out by Yusupova and others . However, if we do not take into account some methodological recommendations within the scope of this research, we will focus on each of the physical qualities of primary school students separately. a separate monographic study dedicated to solving the problem of strengthening their health has not been carried out. For example, the analysis of scientific literature on the issues of maintaining and strengthening the health of students with different levels of physical fitness , developing a methodology based on specific organizational and methodological features in physical education classes led to the conclusion that this problem is an actual scientific problem. , has not become the subject of targeted pedagogical research.

**RESULTS.** The demands of today's school education are increasing, and it has a great impact on the health of students. Therefore, the demand for physical education classes and sports training is more important than ever. Changing the educational process and paying special attention to the age and gender of schoolchildren is becoming a requirement of the physical education class.

During the analysis of indicators of physical fitness and physical development of elementary school students, many shortcomings are studied. We know that physical qualities form the basis of physical fitness and include the following (Table 1)

(Table 1)



The purpose of choosing primary school students is that it is good to influence the physical fitness of children of this age group from 7 to 10 years old. However, the literature we studied did not specifically address each of the physical qualities, so we focused on physical qualities separately. During our research, we worked on developing two qualities, namely flexibility and agility. Our research was mainly



conducted in secondary schools in the Bogat district. 80 students from each school participated in our research. 20 students from each class participated. Initially, before conducting the research, we directly observed the physical education lessons of schoolchildren. As a result of the observations, we found that each quality was not addressed separately in physical education lessons. In the next stage, we tested the following exercises from schoolchildren before the research.

(Table 3)

**Special tests for determining the qualities of flexibility and agility of primary school students.**

As can be seen from these meshes, our three tests-

1. Bending forward from the gymnastic bench without bending the knees (calculated from the bottom of the foot)
2. Hanging on the gymnastic ladder, raising and lowering the legs 90 degrees
3. While lying down, raise the legs to 90 degrees and transfer the hands to the tip of the feet

These tests were conducted in order to determine the level of preparation of the quality of flexibility.

(Table 3)

T/	Exercises	The norm	Organizational lines
1.	3x10 sprints	4 attempts	You have to go through the chips
2.	Standing on the right leg, the left leg is at 90 degrees, and the arms are extended forward, keeping the eyes closed.	2 attempts	A bent leg cannot be red
3.	2 80 cm diameter lines are plus-shaped, jumping without pressing the lines	4 attempts	You have to jump out clicking on the
4.	Bending forward from the gymnastic bench without bending the knees (calculated from the bottom of the foot)	1 attempt	The knees should be bent
5.	Hanging on the gymnastic ladder, raising and lowering the legs 90 degrees	2 attempts	Legs should be bent 90 degrees
6.	While lying down, raise the legs to 90 degrees and transfer the hands to the tip of the feet	1 attempt	Arms are extended out bending the knees



**Flexibility** is a monofunctional property of the supporting apparatus, which means mobility.

It develops from 3-5 years according to the development of flexibility. It is mainly of 2 types;

1-active flexibility

2-passive flexibility

**DISCUSSION.** To determine the elasticity, we used three tests in our experiment, they are as follows; (Table 2)

(Table 2)

**Tests and their criteria for determining the quality of flexibility of primary school students.**

Tr	Clas	Bending forward from the gymnastic bench without bending the knees (calculated from the bottom of the foot) cm			Hanging on the gymnastic ladder, raising and lowering the legs 90 degrees. times			While lying down, raise legs to 90 degrees and transfer the hands to the tip of feet. cm		
		excell	good	satisfacto	excell	good	satisfacto	excel	good	satisfacto
1.	1st	10	9	-4	6	4-5	2-3	-5	-6-10	-11-15
2.	2nd	12	8	-2	8	6-7	4-5	-4	-5-9	-10-14
3.	3rd	14	10	5	10	8-9	6-7	-3	-4-8	-9-13
4.	4th	15	13	9	12	10-11	8-9	-2	-3-7	-8-12

1. Bending forward from the gymnastic bench without bending the knees (calculated from the bottom of the foot) - we conducted this test mainly in the school gym. In this case, elementary school students alternately get on the gymnastic bench and pass their hands to their toes without bending their knees, and it is recorded that the hands pass the tip of the foot + and that it does not reach -. It means good and bad.

2. Lifting and lowering the legs 90 degrees while hanging on a gymnastic ladder - this test was also conducted in the school gym. In this test, each of our students takes turns climbing the gymnastic ladder, hanging on their hands, and raising their legs 90 degrees without bending their knees. In this test, we mainly determine how many times the legs can be raised and lowered.

3. Lying on the floor, raising the legs to 90 degrees and reaching the toes - this test is also carried out in the school gym. For this, we need a gymnastic mat. Schoolchildren take turns lying on the mat, raising their legs to 90 degrees, reaching



the toes without bending their knees, if the hands go past the toes, it is recorded as + and if they do not reach it, -. This test mainly determines the active or passive state of flexibility.

### CONCLUSION.

The analysis of scientific studies in our country and foreign special literature reviewed by us emphasizes the need to develop proposals and recommendations for improving the methodology of developing the qualities of flexibility and agility of primary school students . However, the number of relevant specific studies of primary school students of this problem is small, mainly the preliminary conditions for the differentiation and individualization of physical training of primary school students have been developed. In particular, specific methodological directions and methods for developing the qualities of flexibility and agility of primary school students are not sufficiently substantiated and presented.

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