

## **ORGANIZATION AND CONDUCT OF WELLNESS ACTIVITIES IN PRIMARY CLASSES**

*U.R.Elboyeva*

NSPI 3rd year student of the Faculty of "Physical Culture"

The school offers pre-class gymnastics every day before the first hour. The main goal of gymnastics for students, on the one hand, is to strengthen their health, and on the other hand, to achieve a thorough assimilation of educational materials. Pre-class gymnastics involves students who gather their attention together and prepare them for class.

Indeed, children to school, some of them come before, while others, as if, arrive at the moment of the beginning of gymnastics. While some of the students have had time to play and run miriqib in the morning hygienic Gymnastics until they come to school, others come in a hurry, hoarse, so as not to be late, some of the others, in a hurry, come to a sluggish state.

Students will also not have their attention concentrated on the ground before class begins. Therefore, it is necessary to gather their attention together and prepare themselves for mental labor. The same task is performed by Gymnastics, which is carried out before the lesson. Specially selected exercises soothe some children, suppress the state of excitement in them, slightly refresh and activate others.

Gymnastics, which is performed before class, is a must at each school. The director of Maktayu and the teacher of physical education, the entire team of teachers, the physical education team, the students, the physical education activists and the parents must carry out the cooperation in order to make the event well thought out.

The physical education teacher should prepare an assistant activist from the best, advanced students, community-instructors to conduct Gymnastics before the lesson, teach them a complex of exercises that will be carried out during classes.

Gymnastics before class is sufficient if it takes 8-10 minutes.

Like personal Gymnastics, gymnastics exercises that are performed before class should be used in a specific follow-up, gradually increasing their effect on the body. Gymnastics performed before class should not be performed at once, starting with a quick walk, movements that suddenly affect the muscles. It is permissible to gradually strengthen the effect of these exercises on the body, perform exercises that make a person move more, change the pace of execution of exercises and align movements with each other.

Gymnastics exercises are completed 5 minutes before the start of the lesson, and students begin to enter the school building, first the elementary classes, and then the upper classes.

Pre-class gymnastic exercises can be performed on the school's athletic field, in the event of a drop in the air, i.e. severe wind or cold, when it rains and snow, in the hall, in the hallway or in classrooms.

Schoolchildren perform Gymnastics, which is performed before class, in the clothes of students who wear it every day, with the collar button removed. Exercises are introduced into the set of exercises that you perform while standing. It is best if the exercises are performed as much as possible under the guidance of musical sounds to increase the effect on the human body.

Planning educational work in Grades 1.

Among all classes in secondary schools. The physical education program, designed for Grades 1, is mainly designed to restore the child's body, providing the following tasks:

- strengthening the health of students, conditioning, improving their working capacity;
- from instilling hygienic skills in students, to getting them used to keeping the torso straight, to practicing physical education regularly;

- to teach vital movement skills, as well as to be able to apply them in various complex conditions;
- involves the cultivation of qualities of mobility.

The physical education organized on the basis of the program is hygienically based of the school where students go to help ensure Moral Education, Labor and professional training: the unified physical education will focus on teaching the wellness plan.

In the program, the physical education of the 1st grade consists of the following section, that is, these are exercises with elements of gymnastics, action games, cross training and athletics, sports games.

Gymnastics for Grade 1 is 40 hours, action games – 40 hours, cross training-22 hours, for a total of 102 hours.

In the process of school teaching, great attention should be paid to teaching children to keep the posture correct all the time, for this there are special exercises that will help to take a bold step. When teaching these, it is necessary to achieve the habit of paying attention to the posture of the torso, both when walking and when standing or sitting in the same place. The program provides exercises that promote general coordination (control) of movement: posture, muscle maturation, respiratory organ development, and many more.

The main documents that will be necessary in planning are as follows. The schedule for the distribution of study hours and teaching materials, the work plan of the Class hour, the lesson synopsis, the annual plan for the distribution of program material by quarters for the whole year, and the lesson plan for each quarter are necessary for the teacher to be able to fulfill the physical education program in a certain consistency. In each section of the program, the allocated hours are distributed in quarters.