

## IMPROVING THE METHODOLOGY FOR TEACHING HANDBALL ELEMENTS TO SCHOOLCHILDREN (ON THE EXAMPLE OF GRADES 1-2)

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**Akhmedova Zukhrakhan Tulyanbayevna**

*Independent researcher of Bukhara State University*

### **Annotation**

*This article is written on improving the methodology for teaching handball elements to schoolchildren (on the example of grades 1-2). The article examines the results of scientific research from handball players on ways to correctly select exercises in the development of general and physical fitness.*

### **Keywords**

*handball, experience, physical quality, development, training process, action games.*

Currently, one of the urgent problems is the systematic organization of the training process of the handball sports game in children's and youth sports schools, General secondary schools, academic lyceums and higher education institutions. That is, when drawing up the period, cycle, stage of training, it is required to be based on software sources.

The study of the problem of researching the ways and conditions of organizing physical education classes of students can provide the basis for a deeper penetration into the problem of National Education and a scientific-practical clarification of this problem. One of the pressing issues is the correct Organization of physical education classes and the research-based proof of the development of physical qualities of students.

In physical education, the school puts the following requirements on the knowledge, skills and qualifications of pupils. Pupils:

- training and its tasks for sports and action games; history of action games and brief understanding, categories, stages of development and pedagogical significance; methodology for selecting, analyzing and conducting action games according to the age of the child; methodology for organizing and conducting action games; use of action games when conducting sports holidays;

- knowledge of the role and importance of sports in the formation of a healthy lifestyle; goals and objectives of the science of sports games and methods of its training; history of origin and development of sports games (football, basketball,

volleyball, handball); development of sports games (football, basketball, volleyball, handball) in Uzbekistan; sports games (football, basketball, volleyball, handball) must have knowledge about the methods of conducting competitions and various action games.

All forms and types of classes should provide 8-10 hours of movement mode per week for elementary students, 10-12 hours for students in grades 5-11.

A. Abdullaev, Sh. In the opinion of the honkeldievs (2005), the specified volume is sufficiently necessary and minimally mandatory for the specified groups of students. A special (individual-differential) regime is established for students of unhealthy, low level of physical development and training.

Researchers who study the problem of physical education of young people note that physical education should occupy a worthy place in their studies and professional training. In children's sports, both of the above-mentioned signs are expressed in such a way that students' sports activities are considered extracurricular, as an academic discipline, comprehensive schools are partially included in curricula and programs, and extracurricular activities, in the form of extracurricular activities, are voluntarily established with special emphasis.

The systematic use of complex exercises, the effectiveness of which is studied on the basis of research, in each lesson and in extracurricular conditions, leads to an increase in their interest in physical education and sports, raising the process of physical education among students to an active level.

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