

MINUTES OF PHYSICAL EDUCATION ARE THE KEYS TO STRENGTHENING THE MENTAL ACTIVITY OF THE STUDENT AND THE MINUTES OF PHYSICAL EDUCATION

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Abstract: Physical education moments play an important role in strengthening mental and physical activity for students. Physical education minutes can help improve the effectiveness of the learning process, especially for pupils and students. Below, I will talk about the benefits and importance of physical education moments in increasing students' mental alertness and improving their overall health. Physical activity speeds up the cerebral circulation, resulting in renewal and improvement in mental functioning. Small exercises or physical education moments can help students learn and remember new information.

Keywords: Increased focus, stress, good sleep, balanced development, and improved mental functioning.

INTRODUCTION

The second form of industrial gymnastics, which is held for 5-6 minutes during the first and second shifts of students, is a physical education minute, in which a complex of 6-7 specially selected exercises is performed. The physiological significance of physical education minutes is to accelerate and deepen relaxation during regular breaks. It restores broken dynamic stereotypes. It prevents their violation, as well as mental fatigue of students (especially first-year students). From prolonged sitting at a desk or table, especially from sitting in the same position for a long time, discomfort begins to appear, even pain in the tense areas of the back muscles. This is also the reason for the loss of attention of students at the end of classes and lectures, and their indifference to information.

Fatigue can be severe and severe. Excessive fatigue, which occurs due to very serious or continuous lectures, seminars, etc., does not pass by itself, but changes the functioning of many systems and organs. If excessive fatigue is a physiological phenomenon, chronic fatigue, extreme fatigue, should be considered a disease. It requires not only rest, but also some special treatment. If students are recommended to do 3-4 exercises during lessons, lectures, etc., this can delay the onset of fatigue. Exercises are especially useful if they are performed in the last hours of training. An absolutely effective means of preventing fatigue is to change the nature of work. In this case, these are physical training moments, which should be carried out as soon as the first signs of fatigue appear. Physical training moments, that is, exercises that provide the activity of muscles and nerves that are not involved in the main work during active rest, are performed. Such a recommendation is based on one of the main natural laws of high-intensity work - the law of change of activity. If exercises for active rest are correctly selected, then the result of physical phenomena is that, according to the law, braking occurs in the tired muscles and nerve centers, their recovery processes are accelerated, deepened, and rest is activated.

It is advisable to choose exercises that calm a person, help accelerate the processes of braking and recovery in the corresponding nerve centers. It is recommended to perform the proposed

physical training complex at a moderate to fast pace, as this restores performance more effectively than the same exercises performed at a slow pace. The complexity of the exercises in the physical education complex increases in the middle of the complex and then decreases. When choosing exercises for the complex of physical education minutes, in addition to general theoretical considerations, it is necessary to take into account the nature of the work and the tension of analyzers, concentration, etc. The load of physical education minutes during serious mental work associated with nervous excitement should be greater. For this, it is necessary to include exercises with increased load in the complex. In this case, the exercises are performed by gradually tensing the muscles to the maximum level and then relaxing them, the maximum degree of muscle tension and the amount of stretching are determined by the student himself. The exercises are performed with deep and slow breathing. Such exercises have a positive effect on the activity of the main psychophysical functions and the state of the central nervous system, increasing the physiological activity and activity of the body. These processes, in turn, contribute to the activation of the brain, recovery of the brain, increased mental performance, and an improvement in the general condition of the body. Physical education minutes in the student's academic schedule are usually held after the first four hours of classroom work. The duration of physical education minutes is 8-10 minutes. The complex of physical exercises proposed in this manual is compiled in accordance with the rules of industrial gymnastics for employees engaged in mental labor. Physical education minutes should consist mainly of deep breathing, exercises for the muscles of the body, as well as exercises for muscle relaxation. The complex of exercise complexes increases air exchange in the lungs, blood circulation, eliminates stagnation in the tissues of various organs, helps to relieve pain, strengthens the gastrointestinal tract, improves posture, increases the mobility of the spine. For the prevention of mental fatigue, shorter periods of physical activity are used, lasting 10-60 seconds. The moment of choosing and implementing a specific preventive method is explained by the individual preparation of the student, based on his subjective need. When apathy, relaxation, drowsiness appear, large-amplitude dynamic exercises are performed: frequent light work, deep breathing without exhaling, washing and wiping the face and neck with cold water, stroking the neck. They help to stimulate the vestibular apparatus, expand the blood vessels of the brain. Breathing exercises, in turn, help to supply these vessels with blood. All this enhances blood circulation in the brain, improves the supply of oxygen to the brain, and, consequently, facilitates the student's mental activity. Physical education moments are one of the most common forms of production gymnastics, and their execution does not take more than a minute. Physical education moments increase mental performance by activating nerve centers, eliminating excessive movements, and also increasing cerebral and peripheral blood circulation. Increasing attention: Physical activity accelerates cerebral blood circulation, as a result of which there is a renewal and improvement in mental activity. Small exercises or physical activities can help students learn and remember new information.

Reduce stress: Exercise, especially running, stretching, or other physical activities, stimulates the release of endorphins. This reduces a student's stress levels and helps them focus better on their studies. Ensuring good sleep: Physical activity improves sleep, which in turn is important for students to learn new knowledge and increase concentration. Good sleep enhances a student's ability to remember and think logically. Balanced development: Physical education moments help to strengthen not only physical health, but also mental health. Such exercises help to develop the

brain, improve motor and cognitive skills. Improving mental activity: Physical education, especially through cognitive exercises, improves the sensitivity and agility of the brain. For example, moving frequently and performing several activities through the network enhances logical and creative thinking for students.

Ways of Physical Education Minutes in Strengthening Student Physical Activity

Versatile exercises: Offering students different types of exercises during physical education moments (running, jumping, stretching, etc.) helps them to increase physical development and muscle strength. **Increase Physical Strength:** Regular physical exercise helps students increase their physical endurance, strengthen their health, and improve their cardiovascular system. **Improve Balance:** Balance exercises performed during physical education minutes strengthen students not only physically, but also psychologically. Balance skills help young people develop self-control. **Improving physical health:** Daily physical education minutes improve the student's overall health, strengthen the immune system and increase the body's endurance. This means that students get less tired during the learning process and work with more energy. Physical education minutes are performed every hour, as much as possible, during independent training directly during study and in other forms of mental activity. The daily program of classes with industrial gymnastics should include various forms of exercise: 1-2 physical education minutes and 4-6 physical education minutes. In general, it is advisable to allocate 15-20 minutes for active recreation of the student during the school day.¹ It is recommended to draw up a new program of complexes a month after the classes and thus practice them every month. This will help to get used to the regular development of physical education, create conditions for high-performance mental work and maintain the health of the students.

CONCLUSION

Physical education sessions are of great importance for students in strengthening their physical and mental activity. They not only improve health, but also increase academic performance, reduce stress, and provide overall well-being. Therefore, organizing regular physical education sessions for students increases academic performance and contributes to their overall development. Organizing regular physical education sessions for students increases academic performance and contributes to their overall development. This helps to improve not only the health of students, but also their academic success.

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