



MODERN REQUIREMENTS FOR THE DEVELOPMENT OF PHYSICAL QUALITIES OF UPPER-CLASS PUPILS

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ABSTRACT

The development of physical qualities among upper-class pupils is crucial for promoting a healthy lifestyle, improving academic performance, and fostering overall well-being. Modern educational systems emphasize a holistic approach that integrates physical education with cognitive and emotional development. This article discusses the essential physical qualities required for upper-class pupils, such as strength, endurance, flexibility, and coordination. It also explores contemporary methods and strategies for enhancing these qualities, incorporating technological advancements and innovative teaching approaches. The study highlights the importance of personalized training programs, adequate motivation, and supportive environments for effective physical development.

KEYWORDS: Physical development, upper-class pupils, strength, endurance, flexibility, coordination, physical education, holistic approach.

INTRODUCTION

In the modern educational context, the development of physical qualities among students is considered as important as academic learning. Upper-class pupils, who are on the brink of adulthood, require specific attention to their physical development due to their growing responsibilities, academic pressures, and lifestyle changes. Physical education plays a pivotal role in ensuring that these students develop essential physical qualities that contribute to their health, fitness, and academic achievements.[1]

Physical Qualities Required for Upper-Class Pupils. The development of physical qualities is fundamental for upper-class pupils as it impacts their daily activities and long-term health. The primary physical qualities that need to be developed in these students include:

1. **Strength:** Essential for performing everyday tasks and preventing injuries. Developing muscular strength enhances the ability to carry out physical activities with efficiency.
2. **Endurance:** Cardiovascular and muscular endurance help students sustain physical activities over extended periods, which is crucial for their overall health and stress management.
3. **Flexibility:** Flexibility is vital for maintaining a full range of motion in the joints, reducing the risk of injuries, and improving posture.[2]

4. **Coordination:** Coordination skills are important for executing complex physical movements and are linked to cognitive functions that aid in learning and problem-solving.

Modern Requirements for Developing Physical Qualities. Modern approaches to physical education require a combination of traditional training techniques and innovative methods that

cater to individual needs. The following strategies are essential for effectively developing the physical qualities of upper-class pupils:

1. **Integration of Technology:** The use of technology, such as fitness apps, wearable devices, and virtual coaching, has transformed physical education. These tools provide real-time feedback, track progress, and help students set and achieve personalized fitness goals.
2. **Personalized Training Programs:** Each student has unique physical capabilities, preferences, and goals. Personalized training programs are designed to meet individual needs, ensuring that each pupil can develop their physical qualities at an optimal pace.
3. **Incorporation of Fun Activities:** Engaging students in fun and competitive activities like sports, games, and group exercises increases their motivation and willingness to participate in physical activities.[3]
4. **Holistic Approach:** The modern educational system advocates a holistic approach that combines physical, cognitive, and emotional development. This approach ensures that students' physical training also enhances their mental focus, stress management, and social skills.

Challenges in Developing Physical Qualities. Despite the emphasis on physical education, there are several challenges that educators and students face:

1. **Lack of Motivation:** Many upper-class pupils lack motivation due to academic pressures and a sedentary lifestyle. It is essential to create a supportive and engaging environment that encourages students to prioritize their physical health.
2. **Limited Time:** Balancing academic responsibilities with physical activities can be challenging for students. Schools need to allocate sufficient time for physical education and promote its importance in the curriculum.
3. **Inadequate Resources:** Schools with limited sports equipment and facilities may struggle to provide high-quality physical education. Investing in proper infrastructure and resources is crucial for the effective development of students' physical qualities.

Recommendations. To meet the modern requirements for the development of physical qualities in upper-class pupils, the following recommendations are proposed:

1. **Enhance Physical Education Curriculum:** Schools should integrate physical education more thoroughly into the curriculum, making it a core component of students' daily activities.[4]
2. **Promote a Healthy Lifestyle:** Encouraging a balanced diet, adequate rest, and regular exercise should be a priority both in school and at home.
3. **Use of Digital Tools:** Schools and educators should leverage digital tools and resources to provide personalized training, track progress, and motivate students to engage in physical activities.
4. **Parental Involvement:** Parents should be actively involved in promoting physical activities at home, supporting their children's efforts to develop physical qualities, and setting an example by maintaining a healthy lifestyle themselves.

CONCLUSION

The development of physical qualities in upper-class pupils is a vital aspect of their overall growth. Modern educational practices must focus on creating personalized, technology-driven, and engaging physical education programs that address the individual needs of each student.



By overcoming challenges such as lack of motivation and limited resources, schools can ensure that pupils are well-prepared for a healthy and active lifestyle, which ultimately contributes to their academic success and personal development.

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