

The Role of Handball in the Physical Development of Schoolchildren and the Formation of a Healthy Lifestyle

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Abstract: Popularization of handball as a useful and exciting sport. The basis is the scientific work that I began at the Department of Football and Handball of the Kuban State Academy of Physical Culture "The influence of handball on anthropometric indicators and parameters of general physical fitness of children 10-11 years old." I sincerely hope that scientific data, confirmed by the opinions of reputable scientists, and my personal experience will help me convince readers of the benefits of team sports, in particular handball.

Keywords: anthropometric data, Section takes a lot of time, material and technical base, Influence of handball classes.

In recent years, the development of sports has been given great importance, both at the federal and regional levels. This equally applies to the popularization of sports, as the basis of a healthy lifestyle, and to the strengthening of the material and technical base: gyms, swimming pools, playgrounds. And yet, as a physical education teacher, I often have to deal with parents' lack of understanding of the importance of systematic sports activities for children outside of school hours. In the past, I was seriously involved in handball - I played for the team of one of the clubs in the city of Krasnodar, for seven years now I have been working as a physical education teacher in a high school, leading the handball section.

It's paradoxical, but true: throughout my entire teaching and coaching career, I have had to overcome resistance from my parents. You won't hear any number of arguments against playing handball from dads, and especially from moms: "The section takes a lot of time," "It's better to study music, your handball only causes injuries," etc.

The purpose of this article is to popularize handball as a useful and exciting sport. The basis is the scientific work that I began at the Department of Football and Handball of the Kuban State Academy of Physical Culture "The influence of handball on anthropometric indicators and parameters of general physical fitness of children 10-11 years old." I sincerely hope that scientific data, confirmed by the opinions of reputable scientists, and my personal experience will help me convince readers of the benefits of team sports, in particular handball.

Middle school age is characterized by particularly intensive development of all body systems. This makes physical education particularly important for the formation of a healthy child. However, the main organized form of physical education - physical education lessons, according to many experts (R.I. Aizman, S.A. Rubanovich, 1994), provide only a small part of the required motor volume. Children who have a sufficient amount of physical activity are characterized by high levels of functional systems, economical operation of life support systems, high anthropometric data, increased immune resistance, and vice versa, according to many experts (Ya.S. Weinbaum, 1997, V.I. Osik 1998 d), the lack of rational physical activity primarily negatively affects individual development and can contribute to the development of diseases such as obesity, diabetes, flat feet, and poor posture; the functional reserves of the cardiovascular and respiratory systems and resistance to various types of infections are reduced. And the damage caused to the body by a sedentary lifestyle during this period

of a child's development, as a rule, cannot be compensated in adulthood, even through systematic training. One of the ways to solve this problem can be playing handball, a game that includes in its motor arsenal almost all natural human movements: walking, running, jumping, throwing. According to some researchers (Chegevadze A.V., Dorokhov R.N., 1991), systematic exercise contributes to the growth of the body in "width", in particular, an increase in chest girth during the formation of the body. G. Geixheimer (1991) noted an increase in body weight and muscle volume in boys involved in athletics for several months.

Research conducted by specialists Sharonenko P.S., Masyuk S.A., Ermolyev V., Ivanov A.V. (1990), once again indicate the positive impact of systematic sports on the morphological status of children. A comparison of the morphological status was carried out in two groups of children of the same age (11 years old), the first of which studied according to the general education program, the second - according to the basketball training program. The analysis was carried out using the standard comparison method. The most significant differences were in basic body sizes: the weight and body length of small athletes were increased by 13.7% and 10.3%, respectively! In this regard, it seems to me timely to recall the fact that the vast majority of current conscripts suffer from a catastrophic lack of body weight and height. The reason for this, in my opinion, lies not only in poor nutrition, but also in insufficient exercise.

IN AND. Osik (1997) identifies three aspects of the "quality" of health: physical, mental and social. Their combination provides high social capacity. The development of physical qualities, in essence, is the main content of the general physical training of schoolchildren.

Particularly great importance in childhood should be given to the development of speed in all its components: reaction speed, speed of a single movement, frequency of movement, quick switching from one action to another, starting and distance speed, etc. There is no need to explain that reaction speed and starting speed are important for a person's life as a whole, and not just as components of physical development.

Strength training is just as important in childhood. General strength training involves targeted impact on all muscle groups and improvement of the entire complex of strength manifestations. This creates the necessary muscle corset that protects against accidental injuries.

Currently, increasing attention is being paid to the development of speed and strength qualities in school-age children. The particular interest of researchers in studying the relationship between the speed and strength of muscle contraction is explained by the fact that these two physical qualities are constantly associated with movement and determine it.

The next quality we consider is endurance. Physiologists characterize it as the ability to perform work of a given nature for as long as possible. In various forms of physical activity, endurance manifests itself in static and dynamic working conditions.

Dexterity as a quality of motor activity is the total manifestation of high coordination of movements - speed, flexibility, sense of rhythm and tempo, the ability to tense and relax muscles in a timely manner, the ability to perform the necessary movements in a timely and correct manner depending on a specific, constantly changing situation.

Flexibility is understood as the ability to perform movements with maximum amplitude and is determined by the mobility of the musculoskeletal system.

Handball lessons, in my opinion, allow you to harmoniously develop all physical qualities as a whole. Over the course of a year, I had the opportunity to conduct control measurements in 2 groups of peers (10 years old), one of which studied in the handball section, the other attended only physical education classes. According to the results of a comparison carried out at the end of the annual cycle, athletes have a predominant dolichomorous body structure; the transverse and longitudinal dimensions of the chest are narrowed by 4.5%, shoulder width by 4.6%, abdominal girth by 2.3%. The segments of the lower extremities are pronounced, the proportional length of the pelvic bone is increased by 1%, the

femur by 3.2%, and the tibia by 3.2%. In this case, there is a tendency for the stimulating effect of sports on the growth of the length of the lower leg and foot. Bone mass in the group of athletes increased by an average of 3.4%, muscle mass by 5.1%, and the fat component decreased by 1.6%. The incidence of acute respiratory viral infections, acute respiratory infections, and influenza has decreased. There were practically no exacerbations of chronic diseases. Thus, the comparative characteristics of the control and experimental groups showed significant differences in all studied parameters in 10-year-old children according to anthropometric indices. Analysis of sports and pedagogical testing by level of physical fitness showed significant differences between the experimental and control groups at the end of the one-year cycle.

Even though the anthropometric indicators of 10-11 year old schoolchildren are genetically predetermined, it seems possible to draw unambiguous conclusions about the positive impact of handball on these indicators in the annual cycle.

You should also focus on other aspects of health - mental and social. 27% of the children from the experimental group improved their academic performance, 86% of the children noted that their peers began to treat them better, they gained or increased authority in the class. Two children who were part of the experimental group were from so-called "dysfunctional" families, they were registered with the police for various offenses, their behavior was marked by outbursts of aggression, conflictual relationships with peers and older comrades, and absences from school without a good reason. According to the testimony of the school psychologist who accompanied the experiment and the class teachers of these students, there was an obvious tendency towards socialization in the behavior of the children - they hardly missed classes, learned to control outbursts of unmotivated aggression, and began to take a more responsible approach to doing homework. One of the children was removed from the police register at the request of the school.

I also consider it necessary to note that 63% of the children from the experimental group attended, in addition to handball classes, music and art schools, a choreography club, and other sports sections. Thus, playing sports in no way interfered with the social activity and aesthetic development of the group under study, but, on the contrary, contributed to a more rational distribution of time, taught them responsibility and independence.

Schools do not always have the opportunity to practice handball in special groups, but it is clear that in order to increase the physical fitness of children, the motor density of physical education lessons should be increased. I consider it advisable to use the following methodological techniques for this purpose:

- introduction of outdoor games into the introductory and final parts of the lesson;
- carrying out warm-up in an in-line manner;
- the use of the most intense and "energy-intensive" means that allow the child the biological need for movement;
- the use of certain methodological techniques that provide additional time reserves (for example, strength loads in a developing volume can be performed in lessons mainly in the gymnastics section, and in a supporting volume - in classes dedicated to athletics and sports games);
- the use of active rest in pauses between performing the main loads provided for in the lesson plan;
- rational selection of teaching tools and methods and appropriate equipment.

In addition, a rich motor regime of study and rest is necessary. In our school, it is implemented through daily morning exercises for younger schoolchildren, physical exercises that are held in every lesson, team games on the school's sports ground during two twenty-minute breaks and a dynamic break (40 minutes) between the main and elective classes. These and other simple techniques will help increase the physical activity of your students, and therefore help the children stay healthy. This is exactly what I see as the ultimate goal of physical education lessons and extracurricular sports.

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