



DEVELOPMENT OF GENERAL ENDURANCE IN YOUNG CHILDREN THROUGH SPECIAL EXERCISES

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Annotation: In the article, the results of positive effects of physical exercises, healing forces of nature, and hygienic factors on physical development and strengthening of their health, training tools aimed at educating children's general endurance during training sessions with children are justified. The changes that occur in the child through natural factors aimed at preventing physical stress and exhaustion are shown. A number of new cases have been included in the methodology of training endurance of young athletes.

Key words: Physical education, physical qualities, reserve, physical exercises, healing powers, endurance, technique, personality, abilities, loading, exhaustion, training, skill.

Children of small school age have a much lower level of endurance. However, by the age of 10, their ability to perform high-speed work multiple times (repetitive short-distance running) as well as relatively long periods of low-intensity work (slow running) increases. So, slow running can be successfully used to develop endurance from elementary school age.

It is necessary to pay great attention to the development of general endurance from the first training. In this case, it is recommended to use a long slow run of one pace. The authors describe methods and techniques used to develop general endurance during exercise, as well as an experiment conducted by a group of trainers and its results. The ability to resist fatigue in an activity is



called endurance.

General endurance is a person's ability to perform unusual activities for a long time and successfully.

The functional characteristics of the human body are the basis of the manifestation of general endurance. They form a non-specific basis of resistance to various types of motor activity.

This is, first of all, vegetative functions, including the productivity of the aerobic source of energy. For example, the uniqueness of a person's ability to breathe is not so noticeable. It does not depend so much on the external form of movement. Therefore, if someone can significantly improve their aerobic capacity through running, this will have a positive effect on the performance of other activities (walking, rowing, etc.). A non-specific, generalized level of training with exercise based on improving the work of the vegetative systems of the body creates favorable conditions for a wide transition from one type of endurance activity to another. Therefore, it is reasonable to define this type of endurance as "general". As the duration of muscle work increases, endurance transfer increases. The positive transfer effect of general endurance is widely used in sports practice and professional physical education.

To develop general endurance, exercises that are far from competitive exercises or professional activities, but are considered highly effective for the cardiovascular and respiratory systems, are often used.

Aerobic exercise endurance can be increased by using appropriate regimens of interval and alternating styles. The main method of interval training is that after performing relatively strenuous work, the heart rate reaches its maximum values during the rest intervals.



Endurance development tools. Various physical exercises and their complexes can be used to develop general endurance. They must meet the following requirements:

- relatively simple performance technique;
- active operation of most skeletal muscles;
- a high level of activity of functional systems limiting the manifestation of resistance;
- the ability to regulate and manage the training load;
- the ability to perform for a long time (from several minutes to several hours).

The listed requirements include cyclic exercises: walking, running, etc. suitable in many ways. Most circuit training techniques are easy and simple for almost everyone. Almost all skeletal muscles are involved in their performance and the leading functional systems of the body are activated. But the most important thing about cyclical exercises is the ability to regulate the intensity and duration of loading in strict accordance with the health status and level of physical fitness of a particular person.

Positive changes in the development of general endurance achieved with the help of cyclical exercises have a good effect on the performance of the movements, which are different according to the structure. In other words, there is a high degree of transfer of endurance in exercises performed in small and large physiological intensity zones.



Sports and active games are a very effective means of developing general endurance. The high emotionality of game activity allows to maintain a high level of motor activity for a long time.

A great effect can also be achieved by using acyclic exercises that meet the requirements listed in the development of general endurance. Usually, their effectiveness is ensured not only by the performance of some particular exercise, but also by repeating various exercises many times. Therefore, in return, the necessary level of influence on the leading functional systems is achieved.

It is advisable to use breathing exercises as an auxiliary tool for comprehensive development of endurance: controlled change of breathing speed, depth and rhythm; pulmonary hyperventilation and moderate breath holding; synchronization of breathing with movement phases; selective use of different types: mouth and nose, chest and belly breathing. Purposeful use of external environmental factors - air temperature, relative humidity, ultraviolet rays, atmospheric pressure, etc. for the development of endurance allows to increase the effectiveness of exercises. Any change in climate conditions causes physiological changes in the body.

A method of developing general endurance. In the process of developing general endurance, it is necessary to ensure the effect of training on the factors limiting its manifestation. It is advisable to begin the development of general endurance with the use of a continuous standardized exercise method. The optimal duration of training ranges from 20-30 minutes for physically fit people to several hours for skilled athletes specializing in high-endurance sports. But the optimal duration of continuous loading should be gradually increased. It is important to remember that fatigue depends more on its intensity than on its duration. Therefore, it is necessary to achieve the necessary duration of continuous loading first. It is advisable to start training by using moderate brisk



walking with light jogging (with more walking). Gradually more running is used (along with moderate walking), then continuous running (swimming, rowing, etc.) is brought up to the optimal duration.

For most athletes specializing in sports, martial arts, the intensity of work should be at the level of 65-75% of the maximum oxygen consumption. When working with average and well-trained people, it is necessary to use continuous variable and progressive exercise techniques to expand the body's adaptive responses.

Based on the above-mentioned points, it can be concluded that, according to the opinion of many authors, it is necessary to develop general endurance with the help of uniform and intermediate methods. However, one cannot be indifferent to how these styles are combined in the macro cycle. Their combination is effective as follows, that is, the ratio of exercises performed within different styles is measured: first (in the first part of the preparatory period) the total volume of work is based on smooth (smooth) swimming, and then at the end of the preparatory period and at the beginning of the competition period done in style. This ratio contributes to the comprehensive development of aerobic capabilities and has a positive effect on the development of other qualities and abilities.

The following main methods are used during training: flat, variable, interval, repetitive, competition methods. They differ from each other depending on the length of the distance, the intensity of running, the number of swimming distances and the nature of rest. By changing the size of the load, the training will be focused mainly on training speed, general endurance or specific endurance. 1500-3000 m. flat swimming at a low speed - aimed at developing general endurance, swimming 6x200 m at 85-90% of maximum speed with 1.5-2 minutes of rest - training special endurance.



Flat training style 400 m. from 1500 m. refers to swimming at a constant speed for distances up to and greater than This type of swimming helps all systems of the body to work in harmony and teaches the swimmer to move economically in the water, as well as to alternate the tension and grip of the working muscles, the pulse is around 20-25 beats in 10 seconds. The length of the distance depends on the level of training. For example, III and II grade athletes 800-1500 m. up to, highly skilled swimmers swim more than that.

The alternating method consists of alternating loads of different intensities. An athlete runs a distance (for example, 500 m) at a high speed and continues at a much lower speed. The ratio of the length of the high-speed and calm running sections depends on the athlete's fitness. At moderate speeds on high-intensity runs, this method helps to increase general endurance, and much faster - to train special endurance.

In conclusion, it is necessary to use complex methods of sports training in order to educate the above-mentioned general endurance, and in order to develop endurance, it is necessary to choose means of running and swimming in accordance with the age and level of training of the participants.

A great effect can also be achieved with the help of exercises that meet the requirements listed in the development of general endurance. Usually, their effectiveness is ensured not only by the performance of some particular exercise, but also by repeating various exercises many times. Therefore, the necessary level of influence on the leading functional systems is achieved. Taking into account the movement activity of children at different times of the day, accordingly, different methods of exercises that increase movement qualities are recommended to improve movement skills and competencies. This is an important tool for the development of healthy and energetic young people.



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