COMPARATIVE DYNAMICS OF THE MOTOR POTENTIAL OF CHILDREN WITH THE REGULATORY REQUIREMENTS OF THE FIRST AND SECOND AGE GROUPS OF THE SALOMATLIK HEALTH TESTS

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ANNOTATION

The article examines the issues of adequate comparability of normative indicators of motor readiness of children of primary school age with the requirements of the Salomatlik health tests.

Keywords

Motor readiness, primary school age, sensitive age period, heterochronicity, normative indicators, Salomatlik health tests

In order to study the level of motor readiness of primary school students aged 7-8 years, the main indicators of physical fitness were measured using pedagogical testing : 30 m run, 3x10 m shuttle run, standing and running long jumps, throwing a tennis ball at a target and at a distance , general flexibility, pull-ups on the bar , bending and extension of the arms while lying down and jumping rope old children during their annual cycle of education in a comprehensive school, assessed according to a battery of normative indicators for this age group, borrowed from state standards for physical education, showed that the dynamics of motor abilities are identical with children in other regions.

The results of the research revealed that boys at the age of 7 in the 30 m run had an average result of 7.57 s with an individual range of fluctuations from 9.2 s to 6.6 s ($t = 9.2$; $p < 0.001$), to 8 years, performance in speed capabilities increases by 4.35%, reaching an average value of 7.24 s, with an individual range of fluctuations from 8.6 s to 6.3 s ($t = 9.2$; $p < 0.001$). At 9 years of age, the performance in the 30 m run in children is an average value of 6.83 s with an individual range of values from 7.5 s to 6 s, the overall significant improvement was 5.66% ($t = 2.34$; $p < 0.05$). At 10 years of age, the performance in the 30 m run in children is an average value of 6.34 s with an individual range of values from 7.3 to 5.5 s, the overall significant improvement was 7.17% ($t = 2.34$; $p < 0.05$). This fact indicates that by this age period the structure of high-speed running acquires the features of completeness and further improvement occurs due to improved physical abilities. Assessing the dynamics of changes in speed abilities in children from 7 to 9 years old, it was revealed that the increase in performance in the 30 m run was 9.77%, and by 10 years this figure averaged 6.34 ± 0.05 s and amounted to a difference of 7.17 %

Table 1

Level of physical fitness of children 7–10 years of general education schools in Fergana region (X ±Sx)

No.	Tests	Age (years)					
		7 years n =56	8 years n =52	Difference 7-8%	9 years n = 45	10 years n =24	Difference 9 - 10%
1	Run 30 m, sec	7.57±0.06	7.24±0.05	4.35	6.83±0.03	6.34±0.05	7.17
2	Standing long jump, see	95.8±1.81	118.8±1.56	19.3	127.2±1.10	138.4±1.07	8.0
3	Pull-up on the bar, one time	1.82±0.09	2.05±0.11	11.2	2.37±0.10	2.68±0.09	11.5
4	Throwing a tennis ball at a distance, m	11.41±0.23	12.1±0.19	5.7	14.98±0.35	23.16±0.29	35.4
5	Throwing a tennis ball at a target, one time	2.42±0.12	2.98±0.13	18.7	3.41±0.13	3.73±0.13	8.5
6	Flexion and extension of the arms while lying down, once	10.31±0.20	13.07±0.45	21.1	13.6±0.20	15.1±0.20	9.9
7	General flexibility, see	3.06±0.12	2.82±0.11	7.8	2.96±0.12	2.74±0.11	7.4

Standing long jump, as a speed-strength factor, is a universal exercise that characterizes the degree of children's motor skills and physical qualities, occupying a significant place in the motor activity of younger schoolchildren (3,4,5,6,7).

In the course of studies of motor abilities in primary schoolchildren, it was revealed that the standing long jump test in boys at 7 years of age had an average result of 95.8 ± 1.81 cm, with extreme individual indicators ranging from 130 cm to 71 cm. By the age of 8, second-grade students' standing long jump testing results significantly improve by 19.36% (t =4.9; P <0.01) and reach an average value of 118.8±1.56 cm with the best indicator in this age group being 140 cm and the worst being 100 cm.

table 2

Estimated gradation of the level of physical fitness of primary school students school education system, %

Age	n	Physical Fitness Tests																			
		30m run (sec)			Standing long jump (cm)			Shuttle 3x10m run. (sec)			Pull-up on the crossbar not once)			Forward lean (cm)			300m run (min)			Average performance for all tests, %		
		Fitness level																				
		IN	WITH	N	IN	WITH	N	IN	WITH	N	IN	WITH	N	IN	WITH	N	IN	WITH	N	IN	WITH	N
7	18	13	69	18	24	64	12	32	57	eleven	32	43	19	35	59	6	12	62	26	24.7	59.7	15.6
8	16	9	74	17	19	70	eleven	29	59	12	36	47	17	24	69	7	14	69	17	21.8	64.6	13.6
Difference 7-8 years, %		29.8	6.8	5.6	20.9	8.6	8.4	9.4	3.4	8.4	11.2	8.6	10.6	31.5	14.5	14.3	14.3	10.2	14.7	11.8	7.6	12.9
9	12	14	78	8	21	72	7	23	64	13	46	33	21	23	68	9	8	79	13	22.4	65.8	11.8
10	14	8	79	13	16	80	4	thirty	61	9	10	74	16	18	67	15	3	87	10	15	74	eleven
Difference 9-10 years, %		42.8	12.6	38.4	23.8	10	42.8	23.3	4.6	30.7	78.2	55.4	23.8	21.7	1.4	40	62.5	9.1	23	33	eleven	6.7
7	18	13	69	18	24	64	12	32	57	eleven	32	43	19	35	59	6	12	62	26	24.7	59.7	15.6
10	14	8	79	13	16	80	4	thirty	61	9	10	74	16	18	67	15	3	87	10	15	74	eleven
Difference 7-10 years, %		38.4	12.6	27.7	33.3	20	66.6	6.2	6.5	18.1	68.7	41.8	15.7	48.5	11.9	60	75	28.7	61.5	39	19.3	29.4

At the age of 9, boys take a running long jump at an average of 210.5±1.21 cm, with the best results among the examined schoolchildren being 230 cm and the worst being 187 cm. By the age of 10, fourth grade boys showed a significant increase in long jump performance up to 241.1±1.42 cm, amounting to a significant progressive interannual increase of 12.69% (t =4.22; p<0.01). It should be noted that the continuous increase in the result in long jumps with a running start over the age period from 7 to 10 years was 35.04%. The degree of coordination abilities in primary schoolchildren was studied based on the results of test tasks when throwing a tennis ball at a target from 6 meters. Monitoring analysis of the results in this test revealed that 7-year-old students showed results on average 4.6 ± 0.17 times, with an individual spread of the studied indicators from 3 to 5 times. By the age of 8, 2nd grade students have an overall significant increase in coordination performance in throwing by 5.7% (v = 14.5%; P < 0.05), with an average value of 4.9 ± 0.29 times. In throwing a tennis ball at a distance, 7-year-old students showed an average result of 11.41 ± 0.23 m with an individual range of results ranging from 1500 cm to 800 cm. By the next age period, they had an overall increase in throwing performance of 5.70 % (t = 9.67 ; P <0.001), which amounts to an overall mean value of up to 12.10 ± 0.19 m (with results varying from 1550 cm to 900 cm), and 9-year-old boys showed results from 2450 cm to 1005 cm with an average result of 14.98±0.35 m; 10 year old boys showed results from 2800 cm to 1590 cm with an average result of 23.16 ± 0.29 m; the overall increase was 50.7% (t = 12.14 ; P < 0.0 0 1). Another test indicator that determines coordination capabilities in children of primary school age was assessed according to the data of the motor test, shuttle run 3x10 m and it was revealed that 1st grade students covered this distance in an average of 10.6 s, with v = 19.3 % ; P <0.0 5), and

children of 2nd grade on average ran this distance in 10.5±0.14 s, with v = 19.6%; P <0.0 5). The motor test “jumping rope”, which is a favorite motor action for children of the primary age period of study in the school physical education system, when assessing their potential motor abilities based on the results in this test, it was revealed that first-graders in the process of performing these jumps in 1 minute had a result of 23 .4±0.19 times, with a variation spread of 18.3%., and 2nd grade students significantly exceeded the result of first graders and had an average result of 24.4±0.14, with v = 18.3%; P<0.05 . This problem is of particular scientific and pedagogical relevance in children's sports, where, according to monitoring studies of domestic and foreign scientific publications, a factor has been identified that significantly rejuvenates the composition of national teams , which gives grounds to assess the levels of motor readiness of children at the early stages of schooling and compare their data with the requirements “Salomatlik” health tests, which will allow laying a methodologically sound basis for a differentiated approach to assessing their physical fitness. (Table 2). Monitoring studies of literary sources on this issue revealed that in the lives of children at certain stages of their life development, time intervals of motor abilities were identified, which were called sensitive periods, based on physiological facts.

Adabiyotlar

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