



## **EDUCATION AND DEVELOPMENT OF VOLITIVE QUALITIES IN SCHOOLCHILDREN BY MEANS OF PHYSICAL EDUCATION**

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### **Annotation**

The article deals with the issues of education and development of volitional qualities in schoolchildren of secondary schools by means of physical education. The importance of volitional qualities in the further mental and physical development of younger students, as well as solving problems in this direction, is given.

**Keywords:** general education school, will, volitional qualities, school-age students, physical education, development.

### **Introduction**

At the present stage of the civilizational development of society, the problem of creating conditions for the formation of volitional qualities of each person, without which he is not capable of a real perception of the world, self-realization and the ability to achieve significant success in any activity, is of particular relevance [1, 2]. In this regard, the pedagogical problems of the formation of volitional qualities are now reaching the level of the most important and priority ones in pedagogical science.

One of the main tasks of the Republic of Uzbekistan in the field of education is to take care of the health of the nation, to bring up a physically perfect younger generation. This necessitates the need to strengthen educational work in general educational institutions of the Republic of Uzbekistan, as well as the definition of effective methods of teaching and educating students who want to study well at school, overcome difficult obstacles in the process of their life and effectively engage in physical improvement [3, 4].

The problems of physical education of schoolchildren were the subject of research by different scientists at different times. Thus, the organizational and pedagogical foundations for improving the system of physical education of schoolchildren are given in the studies of A. S. Kuts, D. I. Turdimurodov, A. M. Abdullaev [5, 6, 7, 8]; studies of T. V. Petrovskaya are devoted to differentiated physical education; A. G. Sukharev and D. R. Khaibulina devoted their studies to independent physical exercises of primary school students.

At the same time, in the lessons of physical education, the process of teaching the development of motor qualities and movements is not sufficiently coordinated with the education of volitional qualities of primary school students.

By means of physical education, it is possible to develop the inherent potential motor abilities of schoolchildren for the comprehensive development of the child's body, as well as to form the moral and volitional qualities that characterize a socially active personality, and thus ensure that each person is



prepared for fruitful work and the protection of the Motherland, self-realization in the process of life [9, 10].

Formation of personality through the development and education of the volitional qualities of the student is ensured through effective physical fitness, rational physical and intellectual development, education of moral and volitional qualities [11, 12].

Recall that the game method of organizing the motor activity of younger schoolchildren, its control and analysis make it possible to encourage primary school students to cultivate courage, perseverance, endurance and self-control, determination and initiative [13, 14]. In the process of preparing for competitions and participating in them, favorable conditions are created for the formation of friendly relations between students and teachers, which in turn enhances the possibility of influencing the upbringing of the moral and volitional qualities of students.

Modeling situations for the education of volitional qualities is recommended to be carried out according to the scheme:

1. Setting goals for the formation of specific volitional qualities;
2. The choice of correctly selected pedagogical tools and methodological techniques aimed at the formation of volitional qualities in schoolchildren in the process of fulfilling the tasks set, taking into account the individual characteristics of each student;
3. The choice of tasks aimed at self-control, self-esteem and self-mobilization of schoolchildren when performing the given physical exercises;
4. Constantly adjust the current actions of students in the process of performing personal tasks and physical exercises;
5. Summing up the results of the tasks.

In the process of educating and identifying the volitional qualities of primary school students and the features of their formation, the author developed methodological recommendations and sets of physical exercises that contribute to the formation of volitional qualities, the development of the abilities of schoolchildren in the process of personality formation. Ensuring a systematic increase in difficulties in the performance of physical exercises was carried out by selecting them, gradually increasing the intensity, complicating the conditions of performance and the amount of physical activity.

So, when developing students' perseverance, it is necessary to ensure:

1. Specification of tasks and students' awareness of the importance of the goals set in the process of physical training;
2. Carrying out mandatory control over the implementation of post assigned tasks on the part of the teacher;
3. Gradual complication of exercises and conditions for their implementation. At the same time, physical education lessons should mainly use exercises to overcome fatigue and endurance.

The main means of educating schoolchildren of self-control and endurance in the process of physical education are physical exercises of various directions and complexity, as well as complicated conditions for their implementation. In the process of modeling educational situations, special importance should



be attached to unexpected difficulties and factors planned and thought out by the teacher in advance that affect the behavior of students.

The formation of the quality of courage in junior schoolchildren is ensured by the selection of physical exercises associated with individual tasks and risks, which further complicate the implementation of exercises while achieving the optimal result.

The main means of developing the quality of determination is classes with repeated repetition of situations in which students made their own decisions.

## **Conclusion**

The main condition for cultivating the quality of initiative is the creation of situations from which students should find a way out by their own efforts. With this approach, as the results of the study show, it is necessary to set tasks for younger students that are accessible in terms of complexity, which should be considered as peculiar obstacles that create subjective and objective difficulties. Tasks that cease to be difficult lose their importance for the development of volitional qualities in students.

Thus, the author has identified and analyzed pedagogical recommendations for the formation of volitional qualities of primary school students in the process of physical education.

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