

**FOREIGN EXPERIENCES IN FORMING THE PHYSICAL ABILITIES OF GENERAL  
SCHOOL STUDENTS**

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**Annotation.** In the article general education school of the students physical abilities in formation abroad take going practical affairs on this matter special literature study this shows that the school in students physical abilities and him her develop methods this showed that in children physical abilities to form from youth formation own proof found. Physical adjectives formation problem and him/her develop methods school students between very less studied. We are at school. in students to age related endurance to the characteristics related no how research we did not find. Purposeful endurance their training start the optimal age for determination for information no. Students-young people social in life adaptation, profession owner become in maturity physical upbringing of lessons separately place and importance that there is foreign in the countries take going affairs study and analysis to do through also witness we will be the world developed countries, in particular America, Japan, China, South In Korea physical upbringing their training design, its efficiency to increase aimed at instructive affairs done is being increased. Also, students to endurance based training process design various appearance and in views own expression found . Sports some Types: baseball, karate, sumo, jiu-jitsu, table tennis tennis to the undokai based on various in a way approach our vision possible.

**Key words:** student, school, physical quality, ability, physical load, training, experience.

S last in years school their students sports activity to the types teaching, also, high qualified athletes preparation main from problems one this in them movement skills, especially endurance development.

Physical abilities, daily in life both in sports also the most important physical from adjectives one is, all physical activity for is necessary. Endurance physical of exercises some in types (walking, short at distances running, long to distances running, cycling drive, long to distances bicycle driving and on skis flying (sports) the results determines; other in certain cases one high level tactical actions to perform (boxing, wrestling, sports) games) possible gives; thirdly, heavy in exercises and from exercises then fast recovery to provide (race, heavy) athletics, jumping, fencing) help gives.

Physical upbringing training their training organization in the process of in students physical adjectives to develop separately attention Today's on the day students healthy, well-rounded become in growth physical upbringing of lessons place incomparable is considered. So yes, general education in schools take going physical upbringing lessons innovative approaches based on design important importance profession will reach.

Students-young people social in life adaptation, profession owner become in maturity physical upbringing of lessons separately place and importance that there is foreign in the countries take going affairs study and analysis to do through also witness we will be the world developed countries, in particular America, Japan, China, South In Korea physical upbringing their training design, its efficiency to increase aimed at instructive affairs done is being increased. Also, students to endurance based training process design various appearance and in views own

expression found. Sports some Types: baseball, karate, sumo, jiu-jitsu, table tennis tennis to the undokai based on various in a way approached.

Sports are national in the United States from ideas one, schools and national teams for is a reserve. Therefore for this on the ground physical upbringing training not only lesson in the form of, maybe almost all students participation enough whole in the system organized.

Of the session game of style efficiency denial without, many experts additional unemployed football to play modern player for necessary was physical adjectives every one-sided development provide They think that they can't. Games and game exercises athlete's physical adjectives universal tool for increasing not. Competition during high qualified school in students power and speed adjectives behind stay ND Graevskaya in athletes physical adjectives every one-sided develop for necessary was labor to the detriment of game based on training share increase explains. H. Studner, W. Wolff young of the players needs satisfactory game from the method used without training transfer the necessity they emphasize, but this with together, their in my opinion, in training all main physical quality and skills every one-sided develop principle priority to be This idea is necessary. N. M.'s experimental research with Lyukshinov, his in my opinion, endurance to teach for additional without tools school in students separately changes not observed.

Heart and blood vein system and breath to take individual parameters of functions study MR Elvakad school of students aerobic ability results with sports not engaged school to their students than high that However, this indicators from representatives of cycling sports noticeable low level. School of students in training applicable various of exercises pulse Features of MR Elvakad school of students training load still enough not, said to the conclusion came.

Verkhoshansky Yu.V. general physical preparation opportunity until early start considers it necessary. Early at a young age, especially puberty at the age of football to play physiological in functions certain deviations with related unpleasant to the consequences take arrival possible. Therefore for this in stages young athletes of the body functional opportunities reinforcement especially important. Germany's leader from their coaches one According to Jonat L. , 14-16 year olds athletes readiness diverse to be need. Its main goal - long term planning based on puberty at the age of the most high level of sportsmanship L. Xinzen 's in my opinion, if young athlete every one-sided physical preparation based on to high sports results If he achieves, the sport he chooses according to b to success confident that it will achieve with guess to do possible. If you are 15-16 years old athlete's training only specialty with limited if , then puberty at the age of stagnation danger appearance to be possible. German expert So is X. Feige. in opinion. This point of view look confirmatory many examples They exist. all complex preparation using specialization done increaseable solid foundation created, the athlete is 18-20 years old until high to the results to achieve from providing evidence gives. Comprehensive physical improvement based on done increaseable specialization reserves preparation for necessary was time shortens, even to the technique high requirements also high in sports that put level athletes faster preparation opportunity gives.

Athletic endurance every kind kind of physical from preparation use through the most good develops, they endurance to develop straight away not focused on It seems like. So do it , do it high in intensity far time stable the situation save stay for body almost all members and systems activity mobilized to do need this with together their functional of possibilities growth other kind of work in execution faster and more at the level happened will be - speed and power

This exercises individual body parts and to systems different, sometimes and much big requirements puts and that's why for body functional opportunities to increase help to give possible, usual endurance exercises with this process slower and worse will be.

Some authors physical qualities, mainly endurance every one-sided develop for turnover exercise to do method offer they do. So by L. Jonat scheme according to training various kind options try saw (experience 19 years old students in the group They every one of 12 people consisting of 2 experimental group created, experience 6 weeks continue A group of mesh failures swimming and turnover training own inside received if, the second group training only to swim own inside As a result, experimental of the group results (swimming, other) control exercises - pull-ups, bench press press) noticeable at the level high It happened. So do it, don't turn around teaching method swimmers in preparation successful application possible. With this together, round of training structural from parts one as the weight lift endurance, speed and of power to grow positive impact showed.

L. Jonathan and T. Nett light athletes preparation for 15 year old son to children applied "circuit" "training" method described by. This method with exercises slowly at a pace execution necessary, otherwise without very many oxygen hunger harvest it will be, this and endurance work for Unwanted. Exercises pace so to be they should between at intervals blood rotation enough in quantity oxygen with However, from reading break to do recommendation not available.

J. Adamson turnover training from the method light athletes and basketball players main to training additional as used. Experimental groups children and from adults consists of The training lasted 7 months. Author own sports sections at work with those who are engaged for intended exemplary complexes presented Every such the complex lesson main rest in the part for break with input offer The author is 15 years old. starting complete program complex with training to start recommendation does.

Lyukshinov NM school under the circumstances schematic from training use experience analysis does. The author In my opinion, in grades 4-7, the complex on work time 7-8 minutes, high in the classrooms and 12-15 minutes not to exceed This is necessary. method using training number two session with 3-4 times a month not to exceed This is a complex . for a month every one use in class possible, then for 1 month break 3. Ran scheme 5 types of method describing gave, this on the ground strength, speed and general endurance develop between "stations" for complete unplanned vacation with work offer is being done. And on the contrary, speed, speed , rapidity develop for - from pauses use with. D. Haynes, D. Gambрил, E. Newland, D. Flagan in my opinion, turnover training essentially swimmers for all physical preparation basis is considered.

Latest in years post-Soviet researchers also study sports training in the process scheme from the method to use interest reported: I. I. Shmelkov - light athletes among, A.P.Skorodumova - tennis players in the middle, I.Kovalyov - acrobats between, I.Kotabay and NANikolaishvili - volleyball players among, A. Tarasov - hockey players Among them. all turnover from training or this at the level using, for oneself typical and to oneself typical not been all physical qualities every one-sided develop for this of the method high efficiency record they will.

So so, on this issue special literature study this shows that the school in students endurance and him/her develop methods according to of research relevance despite this in the field affairs number very few. Their most only is theoretical. Endurance problem and him/her develop methods school students between very less studied. We are at school. in students to age related

endurance to the characteristics related no how research we did not find. Purposeful endurance their training start the optimal age for determination for information no.

S last in years school their students big to football from the entrance earlier and earlier, every one-sided physical upbringing necessity about words is increasing because athletes preparation initial in stages physical qualities and especially endurance enough at the level underdevelopment often next to high sports results achieve for serious barrier will be.

That's why for school in the students to age looking at endurance research to do especially important and It is necessary. Because endurance development to age related features without knowing standing, training process correct to compose and to endurance the amount of cargo falling determination possible not. With that together , this issue is scientific in literature enough at the level illuminated it's not;

Conclusion instead of from the above come came out without this research topic school in students various kind kind of endurance manifestation of being to age related changes study and him/her other qualities with together develop efficiency justification was. Special working issued to complexes according to, rotation in the form of teaching additional resources use school in students physical abilities to develop useful impact I think it shows we did.

#### **Literature list**

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