

IN SCHOOL-AGE CHILDREN DYNAMICS OF STRENGTH ABILITIES
DEVELOPMENT

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Annotation: Middle school age (10-15 years old) is characterized by intensive growth and an increase in body size.

Keywords: muscle, strength, ability, exercise, school.

According to a number of authors, the most favorable period of strength development for boys is from 13-14 to 17-18 years, and for girls from 11-12 to 15-16 years. At this age, the muscular system develops rapidly. From the age of 13, the total muscle mass increases sharply, which is mainly caused by the thickening of muscle fibers. Muscle mass grows intensively, especially in boys at the age of 13-14, and in girls at the age of 11-12. However, some muscles are significantly delayed compared to other muscles. This condition can cause curvature of the spine, because at this age it is still very flexible. Therefore, one of their important tasks is to prevent the violation of posture and correction during exercise. In order to solve this problem, it is necessary to increase the load on the muscles that are behind in development. One of their important tasks is to prevent the violation of posture and correction during exercise. To solve this problem, it is necessary to increase the load on the muscles that are lagging behind in development.

In addition, an important aspect of physical education at school is to increase the level of physical development and physical fitness of children of different ages, including middle school students. Based on the above, special attention should be paid to physical qualities, especially strength. It should be noted that along with strength (power ability) other physical qualities are also developed.

Strength refers to the ability to overcome or resist external resistance due to muscle tension.

The purpose of this work is to study the dynamics of strength development in children of high school age from 13-14 to 14-15 years old.

To determine the dynamics of strength development, we rely on the results of control exercises (tests): in girls - lifting and lowering the body while lying on the back on the gym mat for 1 minute, in boys - in the position of resting on the floor with hands, bending the arms to write. The research was conducted among the 8th grade students of "Secondary School No. 5 in the city of Bukhara" in the 2022-2023 academic year (September and April). 15 students were examined. Among them: 7 girls and 8 boys.

The obtained results were subjected to standard statistical processing. In these, (x) is the arithmetic mean, (s) is the mean square deviation, and (V) is the coefficient of variation.

Content. As a result of the research, the development indicators of strength skills were determined in boys and girls aged 13-14 to 14-15 years (table).

Schedule:

Indicators of development of strength skills in children of secondary school age from 13-14 to 14-15 years old

Control exercises (test)	Statistical parameters					
Raise and lower the body for 1 minute while lying on the back on the gymnastic mat	Girls Boys (September)			Girls Boys (April)		
	x	Σ	V	x	σ	V
	45	9,8	21,8	48	15,5	32,3
Writing with folded hands while resting on the floor	Girls Boys (September)			Girls Boys (April)		
	x	Σ	V	x	σ	V
	31	12,5	40,3	36	9,8	27,2

As can be seen from the table, there is a positive dynamic in the development of strength skills in control exercises of boys and girls.

Summary. Thus, the conducted research made it possible to determine the dynamics of strength development in children of high school age. Thus, boys and girls have a positive development of strength during the school year.

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