

UO'K 5(075.3)

KBK 2ya71

T 13

Tuzuvchilar:

K.T. Suyarov, Z.Y. Tillayeva, Z.B. Sangirova, M.K. Yuldashyeva,
M.M. Avezov, M.X. Baymuratova, D.S. Azamatova, M.T. Umaraliyeva,
U.E. Alimuhamedova, S.G'. Hasanova, D.T. Xasanova, D.Q. Turdiyeva,
N.V. Yusupova, G.A. Pahramova, Sh.M. Ganiyeva

Xalqaro ekspert

Philippa Gardom Hulme

Taqrizchilar:

K. Saparov – Nizomiy nomidagi TDPU Tabiiy fanlar fakulteti dekani, biologiya fanlari doktori, professor;

Sh. Sharipov – Mirzo Ulug'bek nomidagi O'zMU Geografiya va tabiiy resurslar fakulteti dekani, geografiya fanlari nomzodi, dotsent;

U. Xalilov – O'zR FA Ion-plazma va lazer texnologiyalari instituti yetakchi ilmiy xodimi, fizika-matematika fanlari doktori (DSc);

E. Xujanov – Nizomiy nomidagi TDPU Fizika va astronomiya o'qitish metodikasi kafedrasida dotsenti, pedagogika fanlari bo'yicha falsafa doktori (PhD);

I. Abdurahmonova – TPTI qoshidagi akademik litseyning oliy toifali biologiya fani o'qituvchisi.

Tabiiy fanlar [Matn]: mashq daftari 1-sinf uchun / K. Suyarov [va boshq.]. – Toshkent: Respublika ta'lim markazi, 2021. – 72 b.

«Respublika maqsadli kitob jamg'armasi» mablag'lari hisobidan chop etildi.

*UNICEFning O'zbekistondagi vakolatxonasi
bilan hamkorlikda tayyorlandi.*

*Original maket va dizayn konsepsiyasi
Respublika ta'lim markazi tomonidan ishlandi.*

ISBN 978-9943-7114-5-7

© Respublika ta'lim markazi, 2021

Aziz bolajon!

Atrofimizni o'rab turgan borliq bu – tabiat.

Tabiatni tabiiy fanlar o'rganadi. Tabiatni sinchkovlik bilan o'rganish muhim.

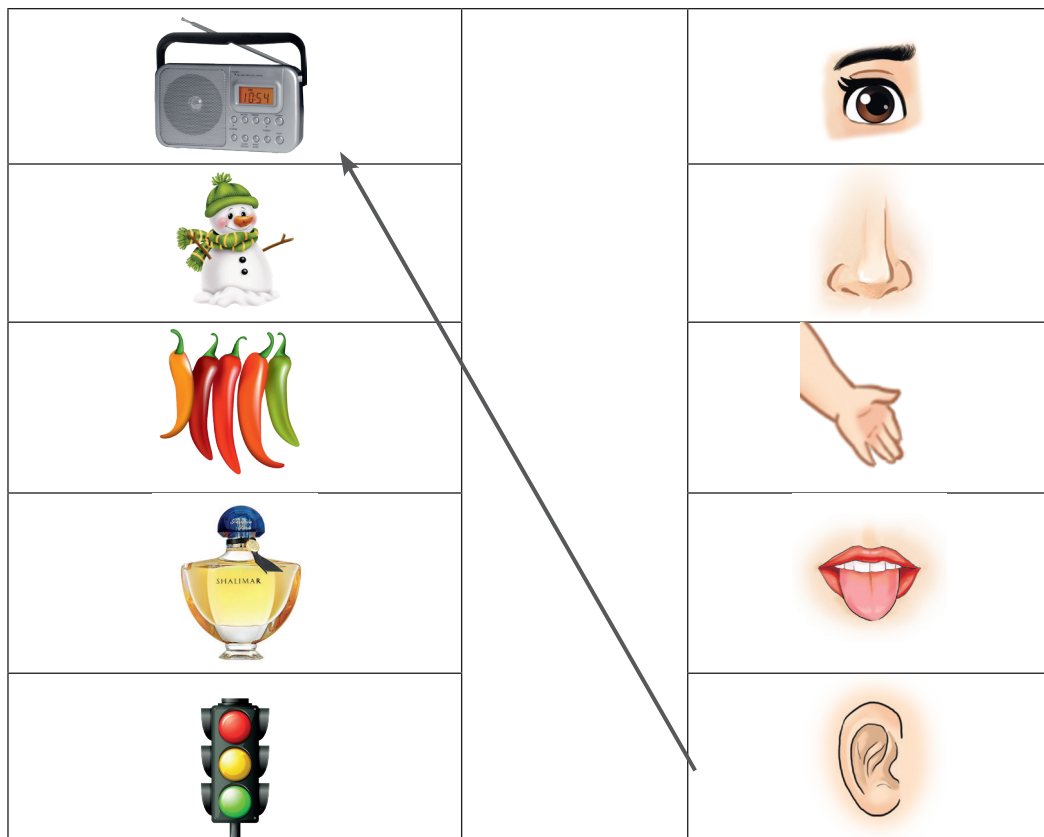
Biz siz bilan kuzatish, tajribalar o'tkazish orqali tabiatni o'rganamiz! Mashqlarni, loyihalarni to'g'ri bajarish, tahlil qilish, hikoya tuzish orqali tabiiy fanlarning mo'jizakor ekanini bilib olasiz.

O'qing, o'rganing va bilimlaringizni amaliyotga tatbiq eting!

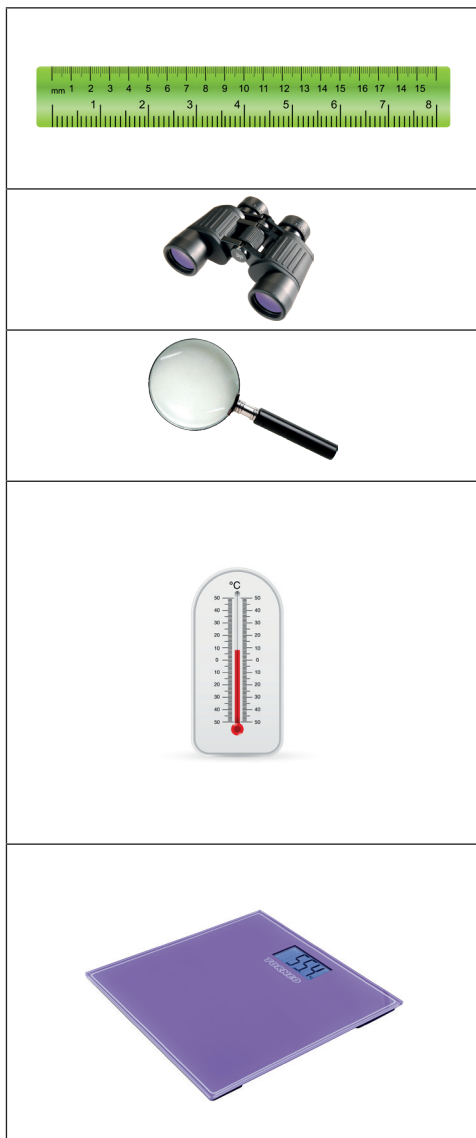
1-mavzu

MEN IZLANUVCHIMAN!

1-topshiriq. Rasmdagilarni qaysi sezgi a'zolaringiz bilan sezasiz? Ularni sezgi a'zolari bilan chiziq orqali tutashtiring.



2-topshiriq. Berilgan jihozlar yordamida nimalarni o'rganamiz?



3-topshiriq. Qog'ozdan ko'z modelini yasang.
Darslikning 7-betidagi multimedia ilovasidan foydalaning.

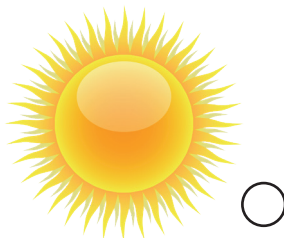
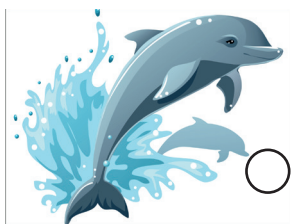
AMALIY MASHG'ULOT

2-mavzu

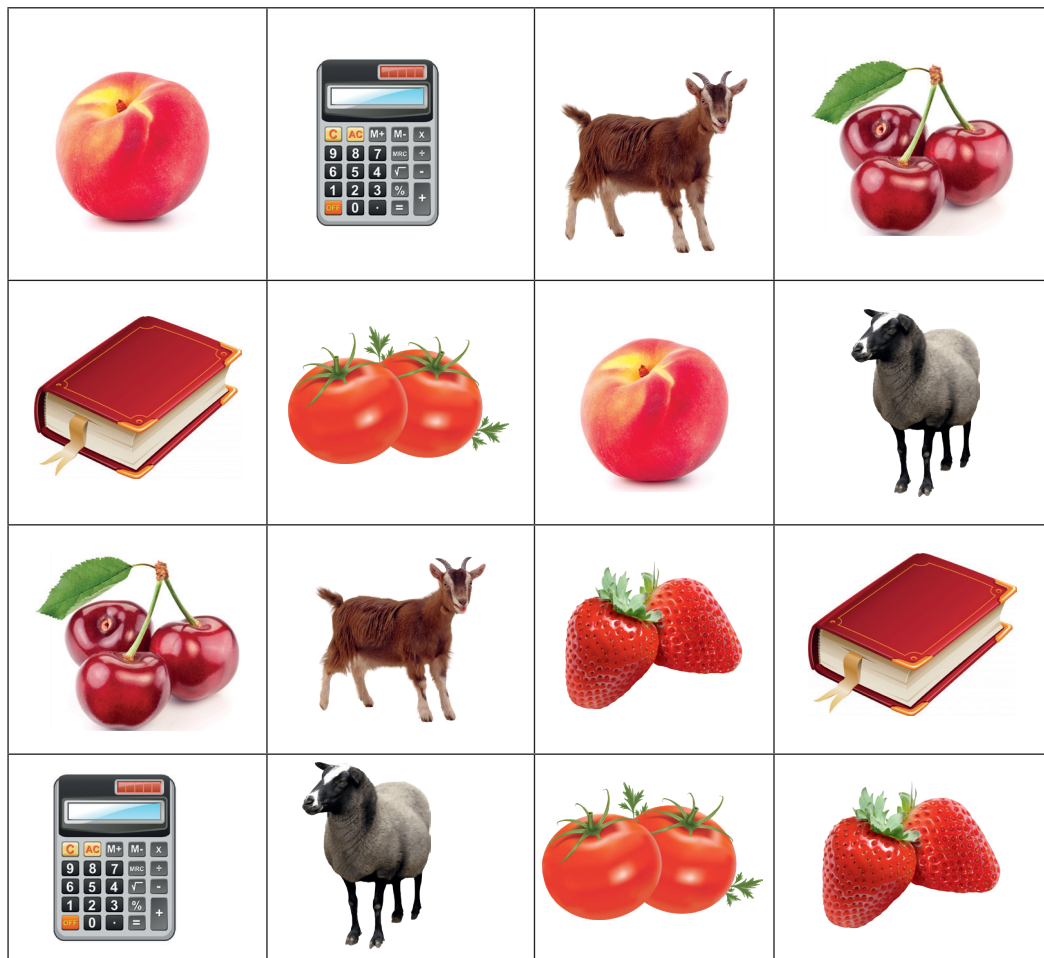
JONLI VA JONSIZ TABIATNI O'RGANAMIZ

1-topshiriq. Jonli va jonsiz tabiatga tegishli ikkitadan rasm chizing.

2-topshiriq. Rasmlarga qarang. Tirik organizmlarga tegishli doirachalarni bo'yang.



3-topshiriq. Bir xil rasmlarni toping.



Tirik organizmlar va jonsiz buyumlar sonini aniqlang.

Jonsiz buyum _____

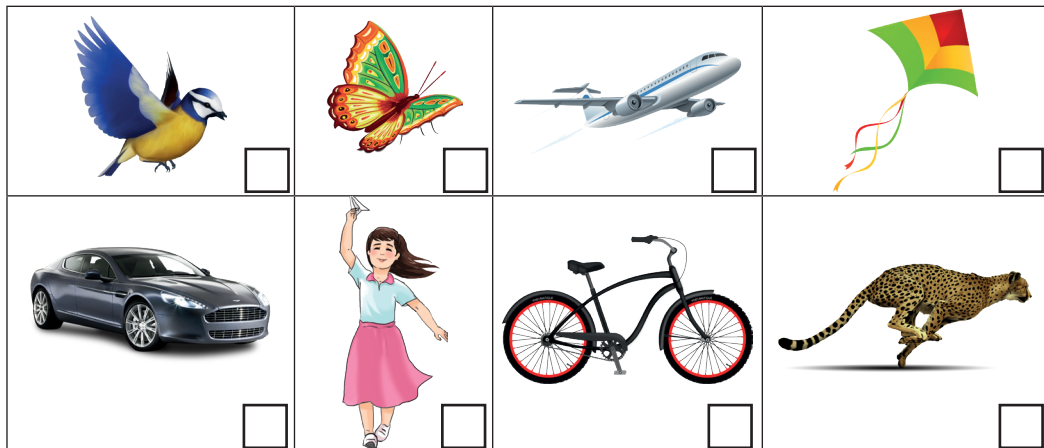
O'simlik _____

Hayvon _____

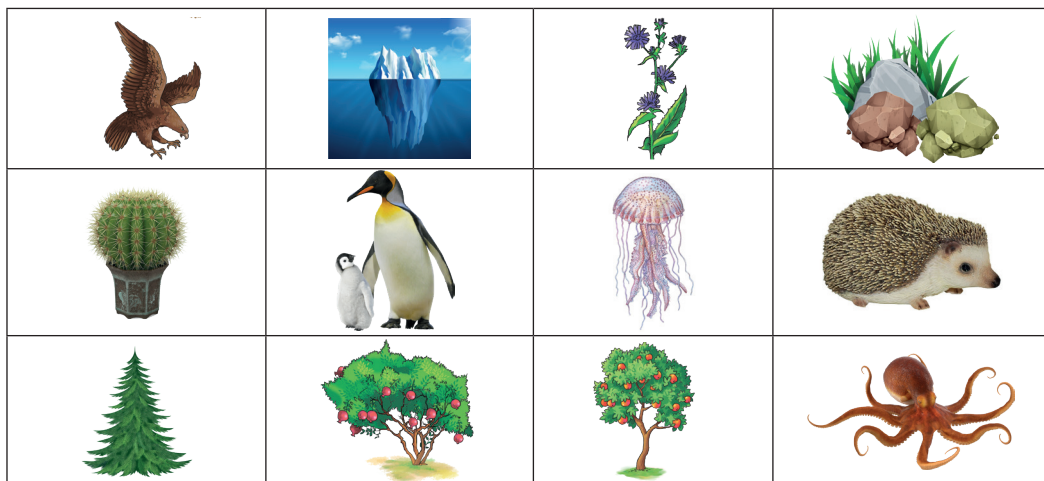
3-mavzu

TIRIK ORGANIZMLAR

1-topshiriq. Har bir qatordan tirik organizmlar va jonsiz jismlarni aniqlang. Katakchalarni mos ravishda bo'yang. Tirik organizmlar uchun – yashil, jonsiz jismlar uchun – sariq rangdan foydalaning.



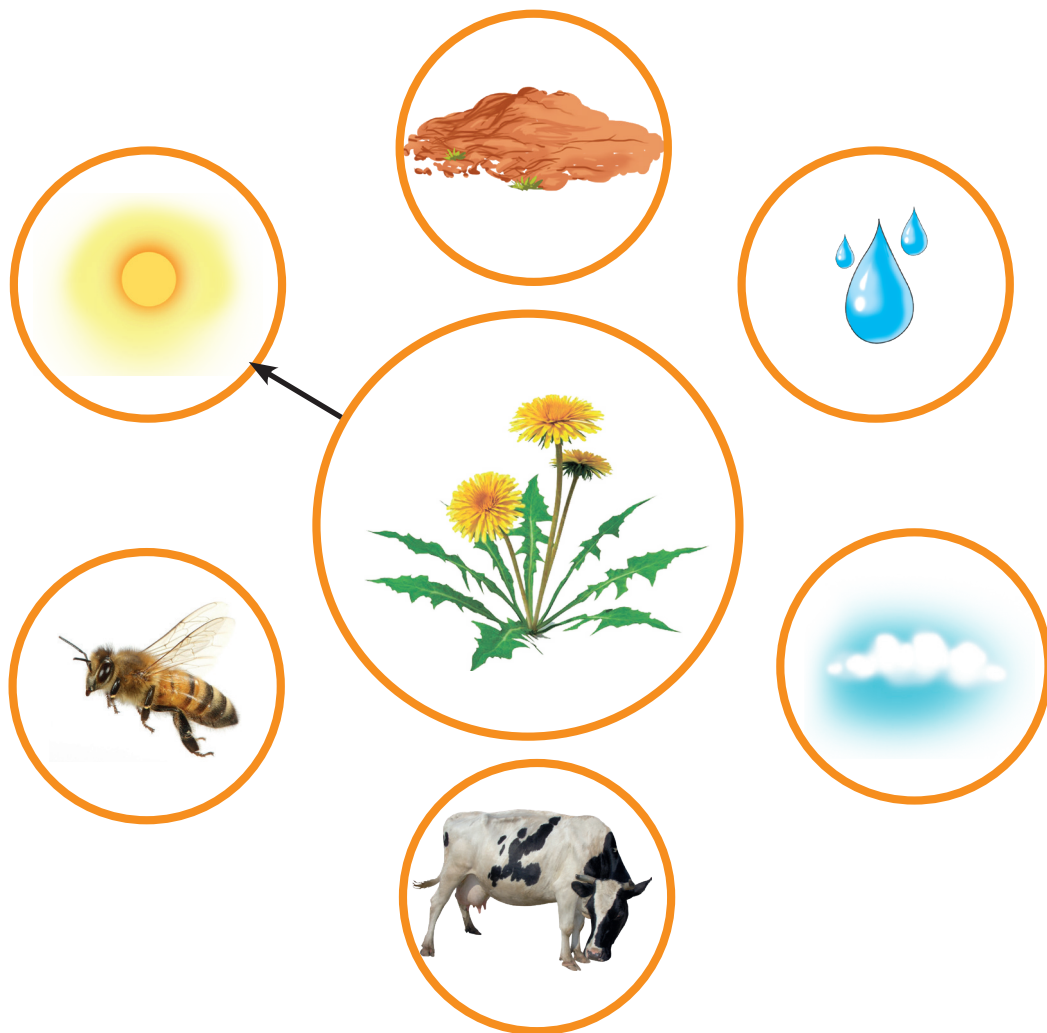
2-topshiriq. Har bir ustundan ortiqcha rasmni toping va o'chiring. Javobingizni do'stingiz bilan muhokama qiling.



3-topshiriq. Raqamlarda yashiringan hayvonlar nomini ayting.



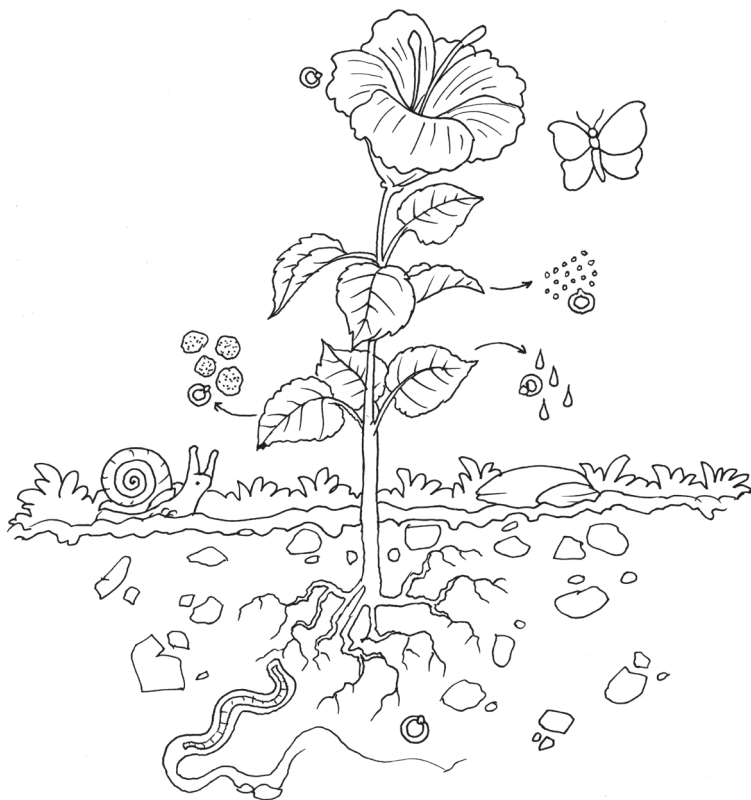
1-topshiriq. O'simlik va uning o'sishi uchun zarur omillarni chiziq bilan birlashtiring. Bu omillarning o'simlik uchun qanday ahamiyati bor?



2-topshiriq. O'simlikni qanday sug'orish zarur?
O'simlik to'g'ri sug'orilgan rasmni belgilang.



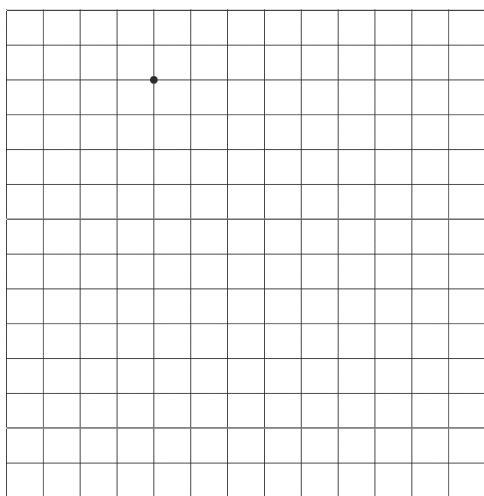
3-topshiriq. O'simlik rivojlanishi uchun nimalar zarur? Rasmni bo'yang.



1-topshiriq. Yashil, sariq, jigarrang qog'ozlarga kaftingizni chizib, kesib oling va daraxtga joylashtiring.

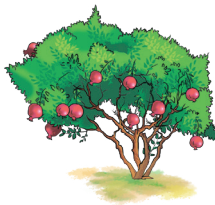
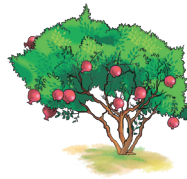
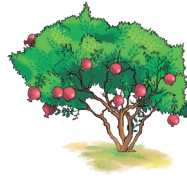
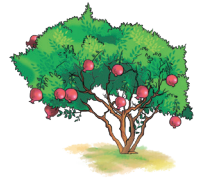
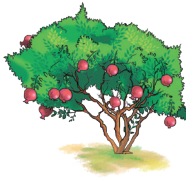
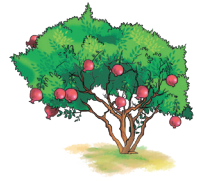
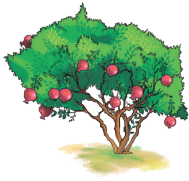


2-topshiriq. Grafik diktant. Har bir ustun bo'ylab yuqoridan pastga harakatlaning.



1 →	1 ←	1 ←	1 →
1 ↑	3 ↓	2 ↓	1 ↓
3 →	1 →	1 ←	1 →
1 ↓	1 ↑	2 ↑	3 ↑
1 →	1 →	1 ←	1 ←
3 ↓	2 ↓	1 ↑	1 ↑
1 ←	1 ←	1 ←	1 ←
1 ↓	1 ↓	2 ↑	3 ↑

3-topshiriq. O‘simliklar sonini mos kataklarga yozing.

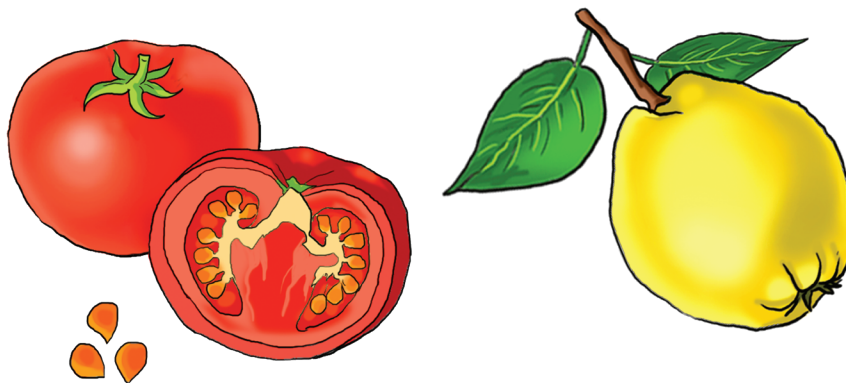


AMALIY MASHG'ULOT

6-mavzu

O'SIMLIKLARNING TUZILISHI

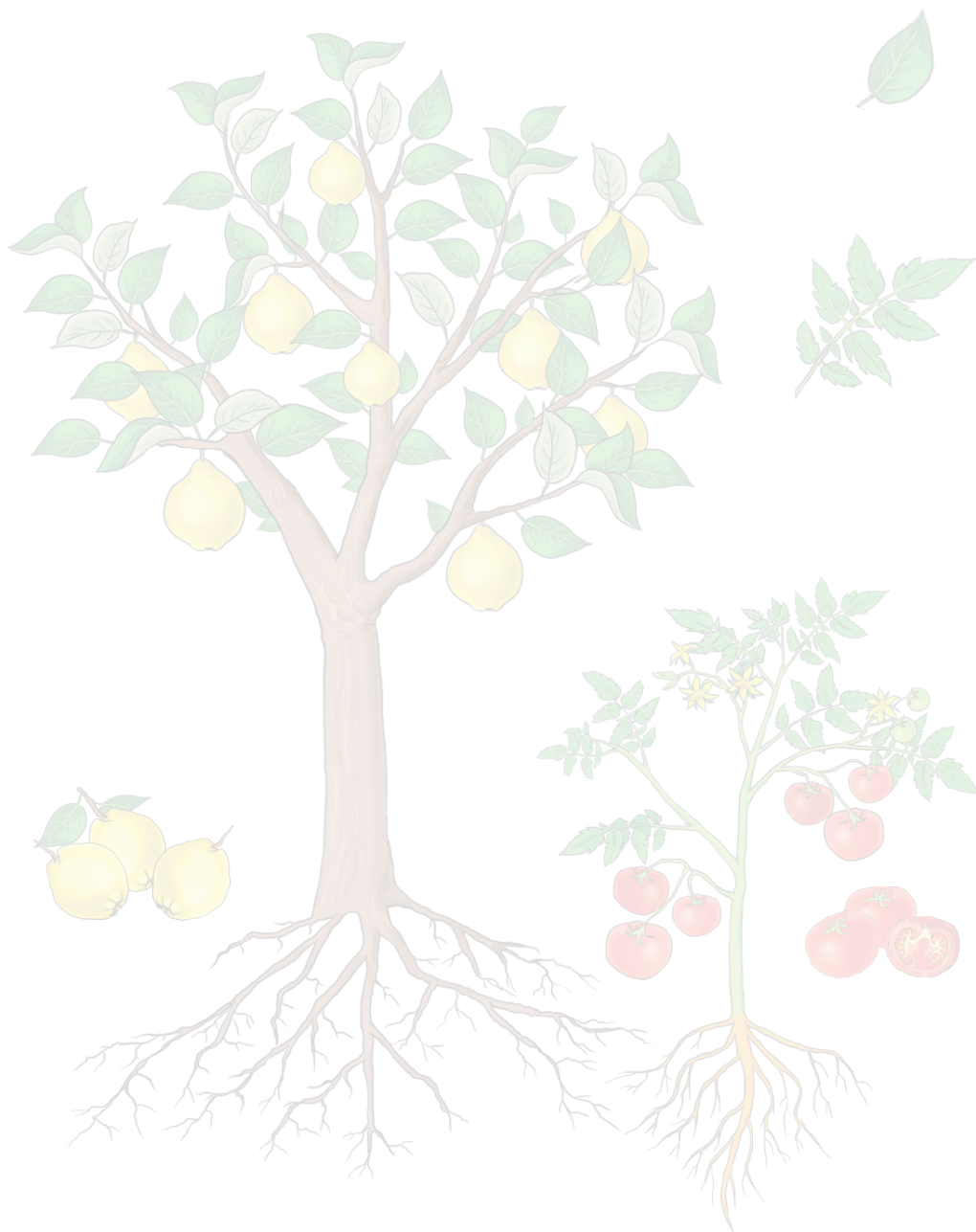
1-topshiriq. Behi va pomidorni taqqoslang.



2-topshiriq. Uzib olingan qoqio'ni lupa yordamida kuzating.



3-topshiriq. 69-betdagi ilovadan foydalanib mozaikani yig'ing.



LOYIHA ISHI

7-mavzu

O'SIMLIKLARNI EKISH VA PARVARISHLASH

1-topshiriq. Xona o'simligini ekishda bajariladigan ishlarning ketma-ketligini aniqlang.



2-topshiriq. Tuvakka gul eking. Uni parvarishlab, kuzatib boring. Kuzatganlaringiz asosida jadvalni to'ldiring.

Oy	noyabr	dekabr	yanvar	fevral	mart	aprel
Barg soni, ta						
Uzunligi, cm						

3-topshiriq. Rasmda qaysi ertak tasvirlangan? Sholg'om yaxshi o'sishi uchun nimalar zarur? Rasmni rangli qalamlar bilan bo'yang.

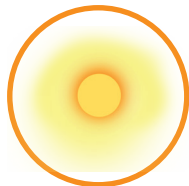


4-topshiriq. Plastilin, rangli qog'oz va qovoq urug'idan foydalanib, tuvakdagi gul modelini yasang. Darslikning 21-betidagi multimedia ilovasidan foydalaning.

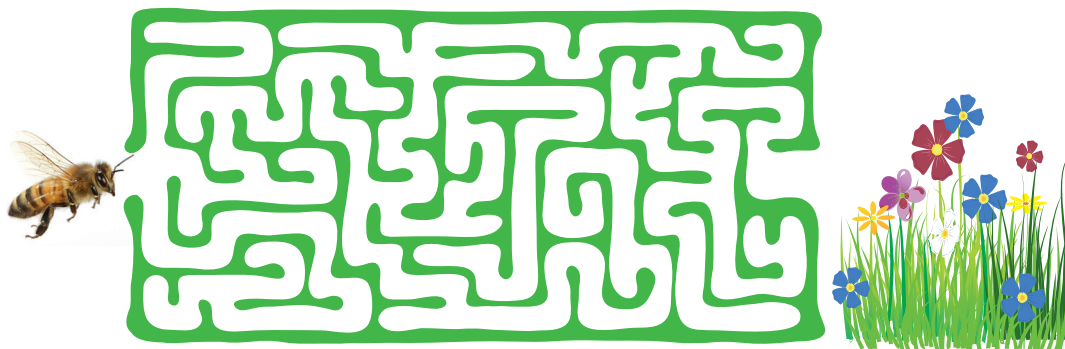
8-mavzu

HAYVONLARNING YASHASHI UCHUN NIMALAR ZARUR?

1-topshiriq. Kuchukcha va uning yashashi uchun zarur narsalarni chiziq bilan tutashtiring.



2-topshiriq. Asalari gulzorga yetib olishiga yordamlashing.



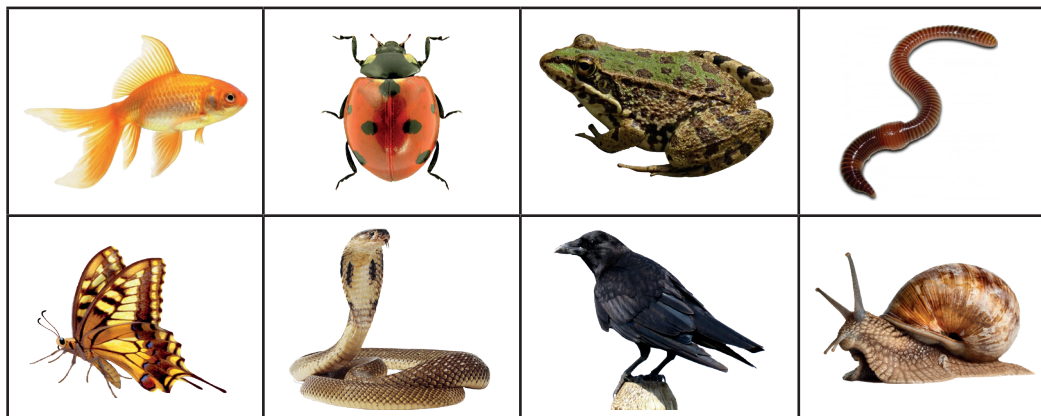
3-topshiriq. Hayvonlarning ozig'ini aniqlang va bo'sh doirachalarga tegishli raqamlarni yozing.



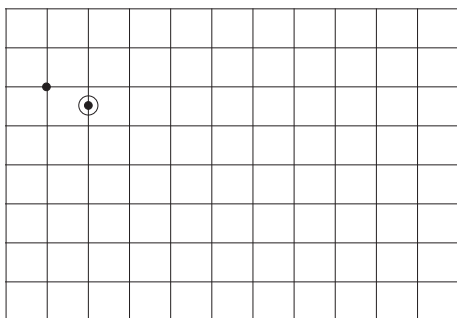
9-mavzu

HAYVONLARNING XILMAXILLIGI

1-topshiriq. Umurtqali (+) va umurtqasiz (-) hayvonlarni farqlang.

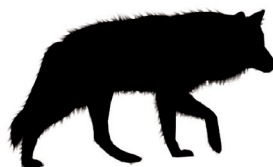


2-topshiriq. Grafik diktant. Har bir ustun bo'ylab yuqoridan pastga harakatlaning.



2 →	4 →	1 ←	1 ←
4 ↓	1 ↓	1 ↑	3 ↑
1 →	1 →	4 ←	1 ←
2 ↑	3 ↓	1 ↓	2 ↑
1 →	1 ←	1 ←	
1 ↑	1 ↓	1 ↑	

3-topshiriq. Hayvonlarning soyasini toping va chiziq yordamida tutashtiring.

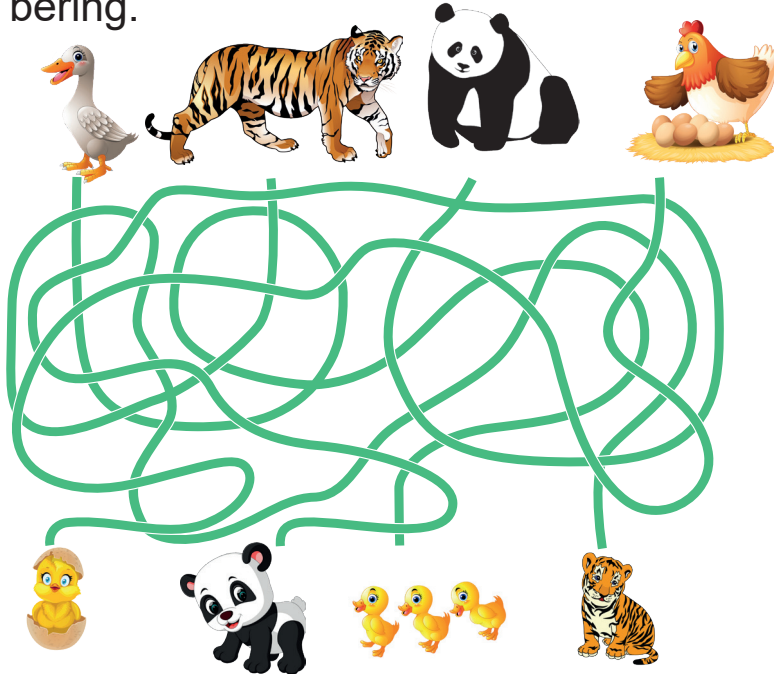


4-topshiriq. Qog'ozdan qush yasang. Darslikning 27-betidagi multimedia ilovasidan foydalaning.

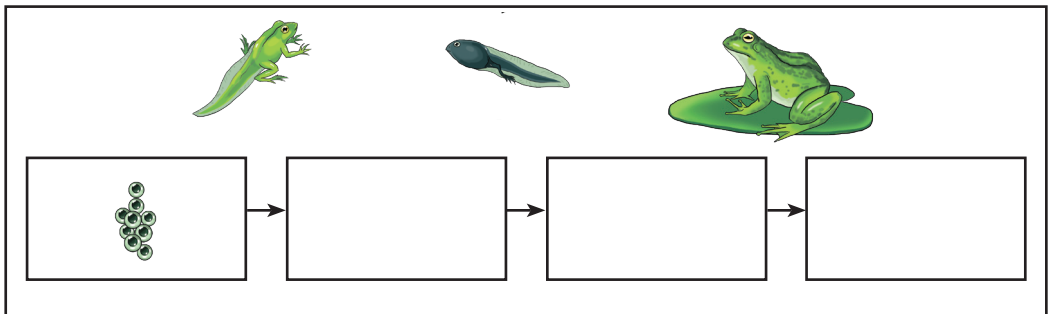
1-topshiriq. Hayvonlarni bolasi bilan chiziq yordamida tutashtiring. Ularning nomini ayting.



2-topshiriq. Hayvon bolalari o‘z onasini topishiga yordam bering.



3-topshiriq. Baqaning rivojlanish bosqichlarini to‘g‘ri ketma-ketlikda joylashtiring.

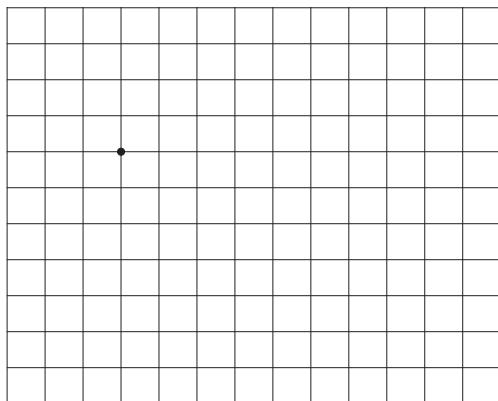


4-topshiriq. Rangli qog‘ozlardan baqa maketini tayyorlang. Darslikning 29-betidagi multimedia ilovasidan foydalaning.

1-topshiriq. Rasmdagi hayvonlarning qanday ahamiyati bor? Qisqacha hikoya tuzing.

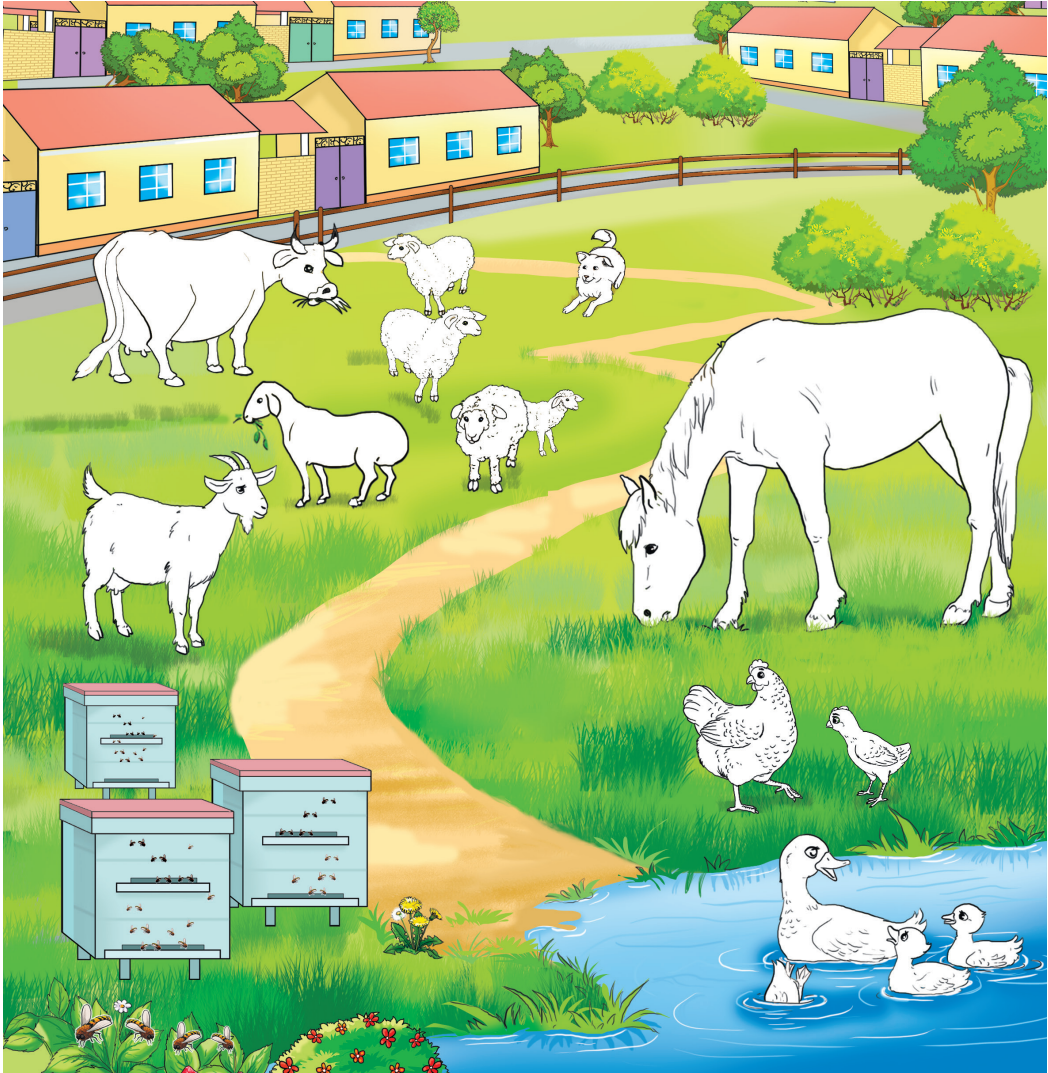


2-topshiriq. Grafik diktant. Har bir ustun bo'ylab yuqoridan pastga harakatlaning.



2 →	3 →	2 ←
1 ↑	1 ↑	1 ↓
1 →	1 →	2 ←
1 ↑	5 ↓	4 ↑
1 →	2 ←	2 ←
4 ↓	1 ↑	2 ↑

3-topshiriq. Rasmdagi hayvonlarni bo'yang. Ular haqida gap tuzing.



4-topshiriq. Darslikning 31-betidagi multimedia ilovasidan foydalanib, buzoq maketini yasang.

1-topshiriq. Rasmda berilgan ob-havo holatlarini chiziqlar yordamida mos keluvchi izohlarga tutash-tiring.



Tongda biroz salqin bo'ldi.



Keyin quyosh chiqib, tushga yaqin havo isidi.



Tushdan keyin osmonni bulut qopladi va yomg'ir yog'di.



Kechga yaqin havo ochildi.



Tunda havo salqin bo'ldi.

2-topshiriq. Jadval asosida ob-havo haqida gap tuzing va yozing.

Bugun:	Bulut	Shamol	Yog'in
tongda	✗	✓	✗
ertalab	✓	✓	✗
tush paytida	✓	✗	✓
kechga yaqin	✗	✗	✗

3-topshiriq. Kun davomida ob-havoni kuzating va natijalarni jadvalga belgilang.

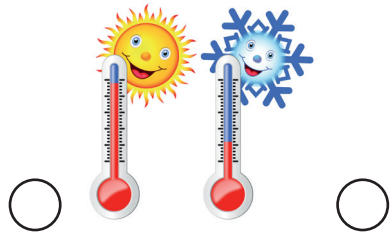
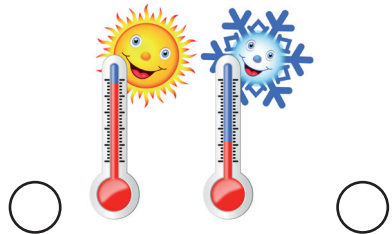
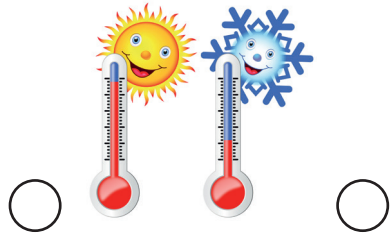
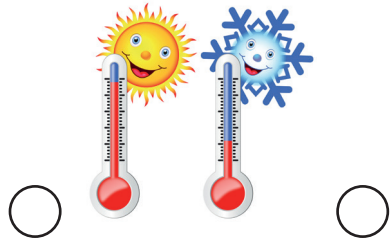
Bugun:	Bulut	Shamol	Yog'in
tongda			
ertalab			
tush paytida			
kechga yaqin			

AMALIY MASHG'ULOT

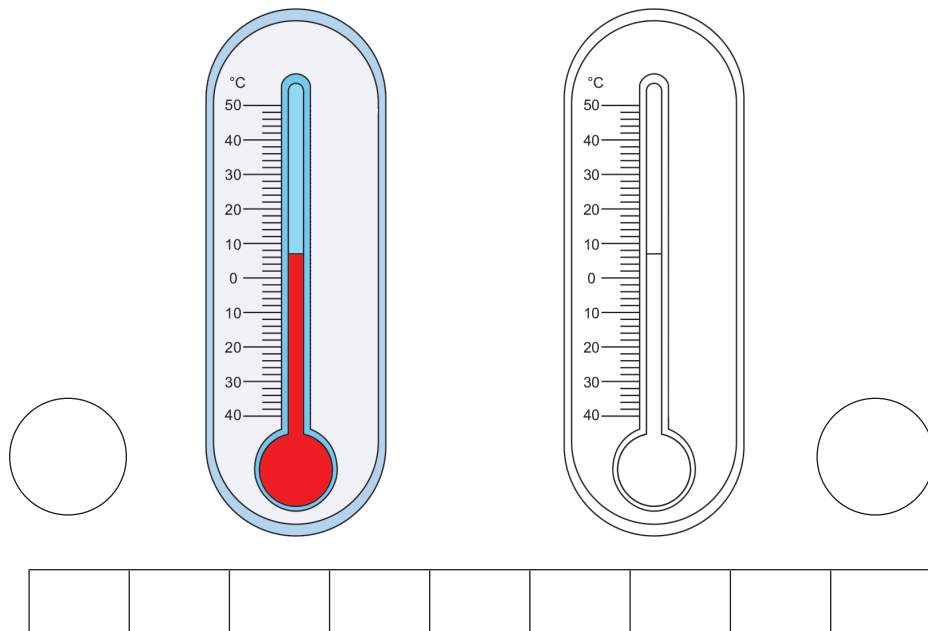
13-mavzu

HAVO HARORATINI O'LGHASH

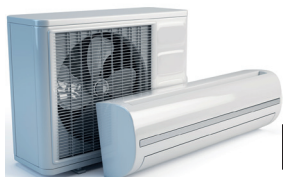
1-topshiriq. Rasmda berilgan narsalarga mos haroratni toping va tegishli termometr doirachasini bo'yang.



2-topshiriq. Rasmda nima tasvirlangan? Javobingizni katakchalarga yozing va mos harorat ko'rsatkichini doiracha ichiga yozing.



3-topshiriq. Quyidagilardan qaysi biri ob-havoni o'zgartiradi? To'g'ri javob berilgan katakchalarni yashil rangga bo'yang.



1-topshiriq. Rasmlar orasidan yog'in turlarini ajrating va tegishli aylanalarni bo'yang. Rasm tagiga nomlarini yozing.









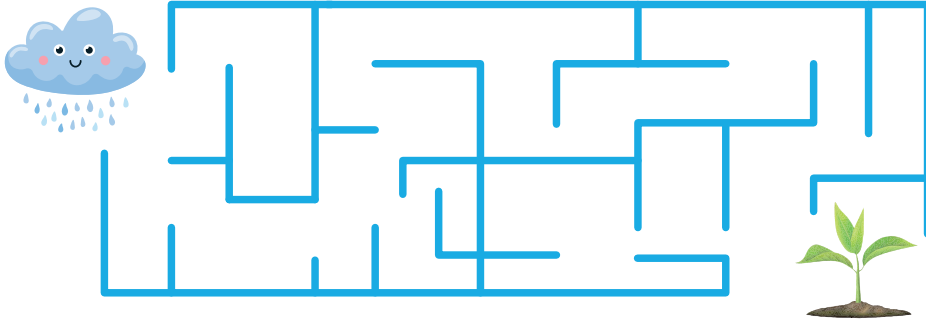




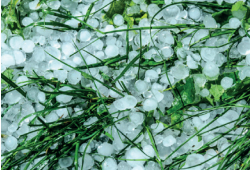




2-topshiriq. O'simlik o'sishi uchun suv juda zarur. Yomg'irvoy do'sti Niholga suv olib bormoqchi. Unga to'g'ri yo'lni ko'rsating.



3-topshiriq. Rasmlarni chiziq yordamida mos gaplar bilan tutashtiring.



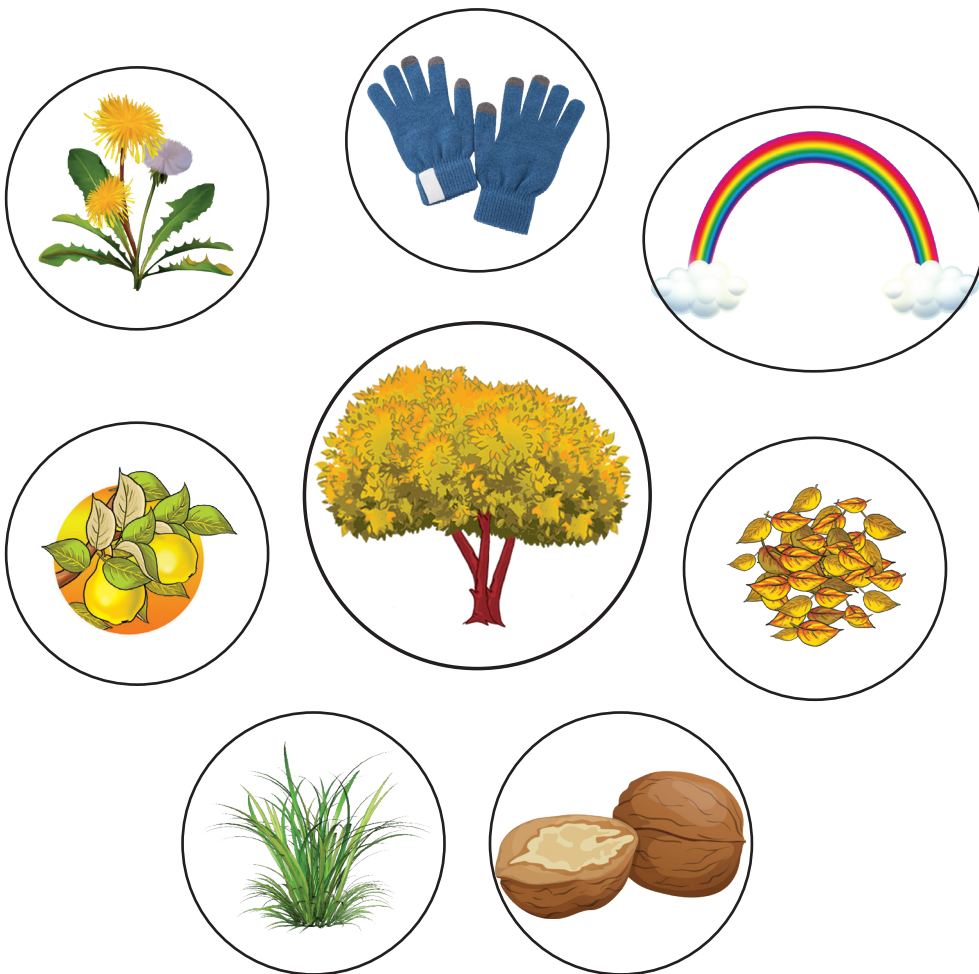
Yomg'ir yog'ayotgan vaqtda havo birdaniga sovib ketsa, do'l hosil bo'ladi.

Agar yomg'ir shiddat bilan qisqa muddat yog'sa, bu – jala.

Bulutlardan tomchi ko'rinishida tushadigan suv – yomg'ir.

Havo juda sovuq bo'lgan vaqtda qor yog'adi.

1-topshiriq. Kuz fasli bilan bog'liq rasmlarni markazdagi daraxtga chiziq yordamida tutashtiring.



2-topshiriq. Kuz manzarasini bo'yang va rasmni nomlang.



3-topshiriq. Kuz bilan bog'liq rasmlarni chiziq yordamida mos jummalarga tutashtiring.



Kuzda behi va yong'oq pishadi.



Dalalardan hosil yig'ib olinadi.



Kuzda daraxt barglari sarg'ayib, to'kiladi.



Kuz salqin va seryog'in bo'ladi.

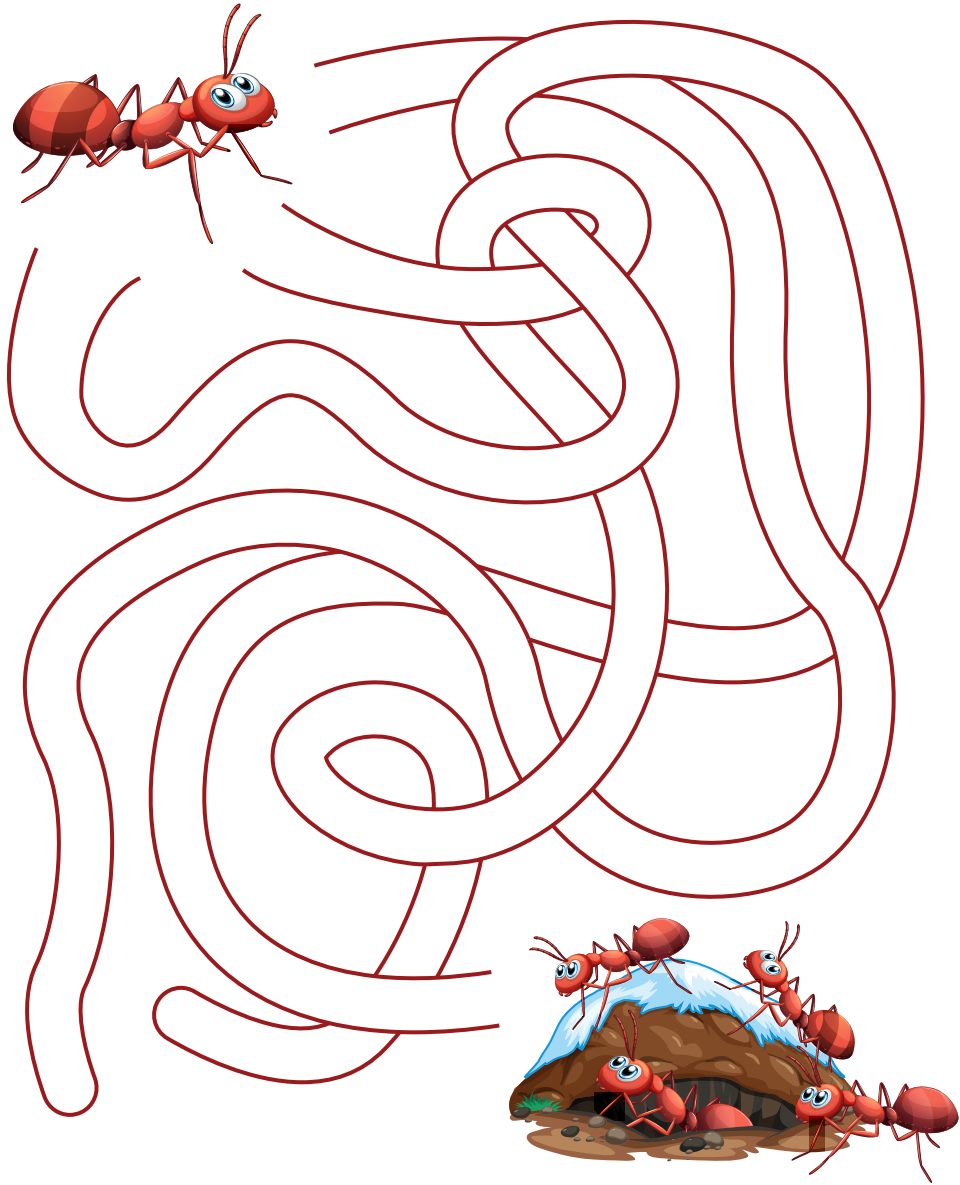
1-topshiriq. Qish fasliga tegishli oylarni aniqlang va “+” bilan belgilang.

- | | | |
|---------------------------------|-----------------------------------|---------------------------------|
| <input type="checkbox"/> Aprel | <input type="checkbox"/> Fevral | <input type="checkbox"/> Yanvar |
| <input type="checkbox"/> Dekabr | <input type="checkbox"/> Avgust | <input type="checkbox"/> Mart |
| <input type="checkbox"/> May | <input type="checkbox"/> Sentyabr | <input type="checkbox"/> Noyabr |

2-topshiriq. Bolalar qishda nimalar bilan shug‘ullanishmoqda? Rasmni bo‘yang. Qish fasli bilan bog‘liq uchta so‘z yozing.



3-topshiriq. Chumolivoyga uyiga yetib olishiga yordamlashing.



1-topshiriq. Rasmlarga qarab bo'sh kataklarni to'ldiring.



	o				t
--	---	--	--	--	---



	a	a			k
--	---	---	--	--	---

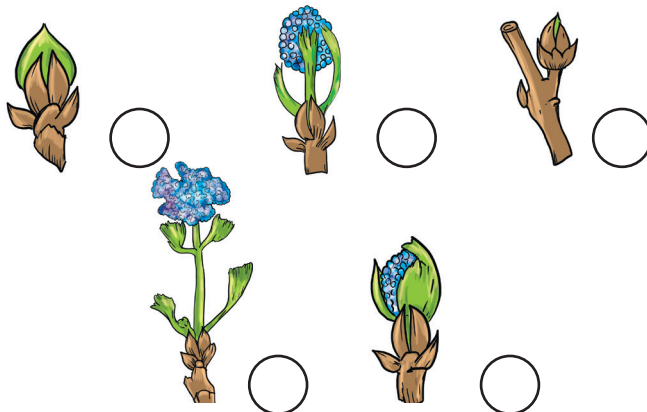


	a			r		ch
--	---	--	--	---	--	----

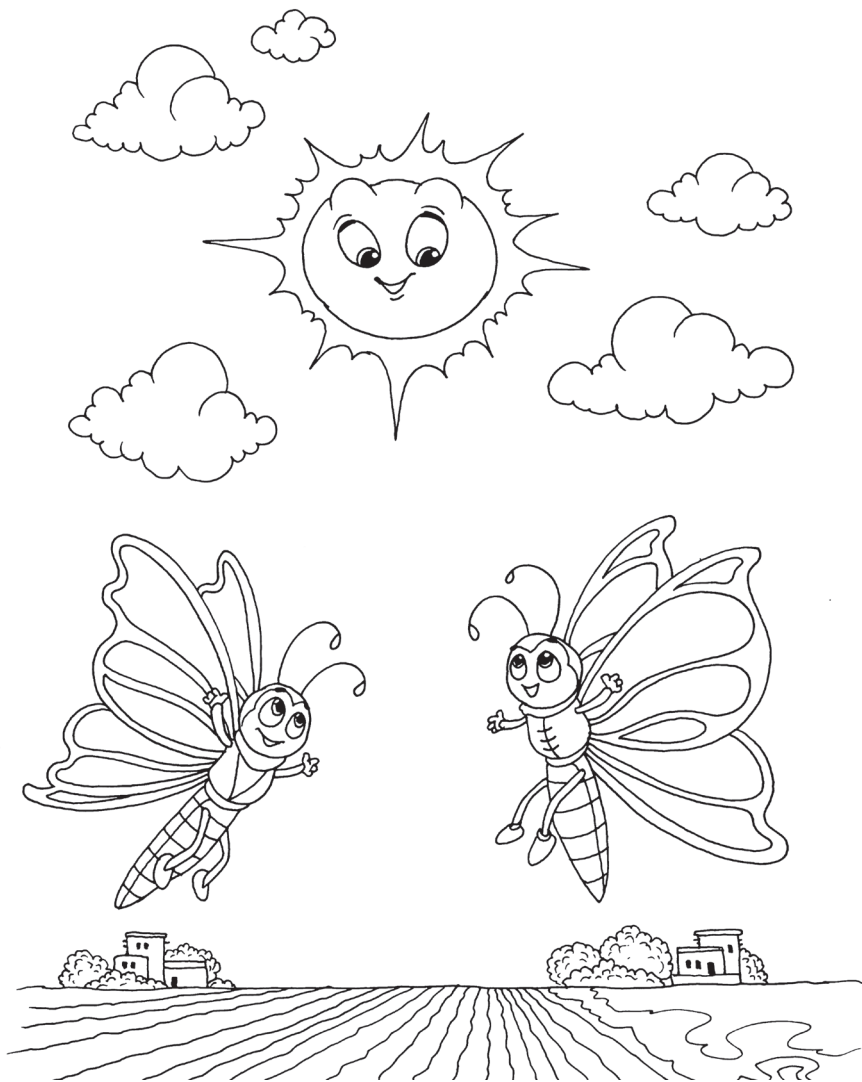


v					k
---	--	--	--	--	---

2-topshiriq. Bahorda kurtakning rivojlanish holatini raqamlar bilan ketma-ket ko'rsating.



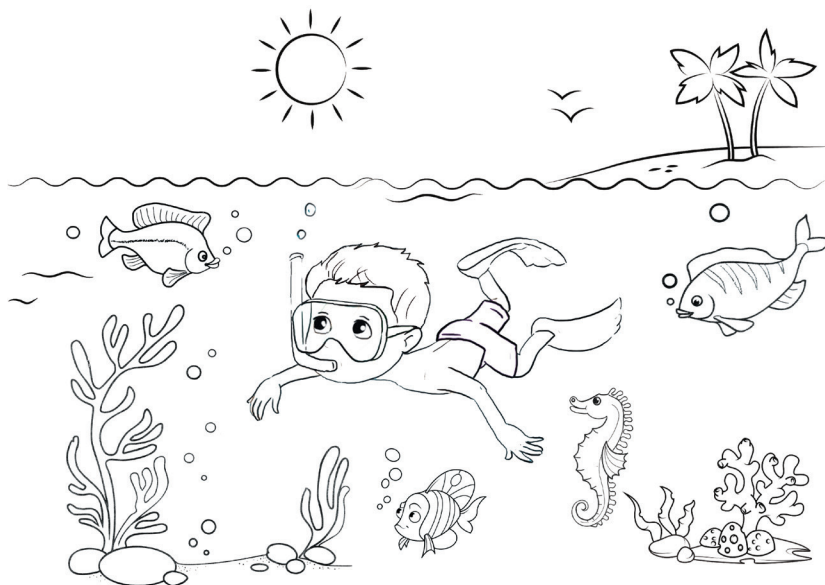
3-topshiriq. Bahor manzarasini bo'yang va rasmni nomlang.



1-topshiriq. Yoz fasli bilan bog'liq rasmlarni aniqlang va "+" bilan belgilang.



2-topshiriq. Rasmni bo'yang va unga nom bering.



3-topshiriq. O'rdakchaga onasi bilan birgalikda suzishi uchun to'g'ri yo'lni ko'rsating.



AMALIY MASHG'ULOT

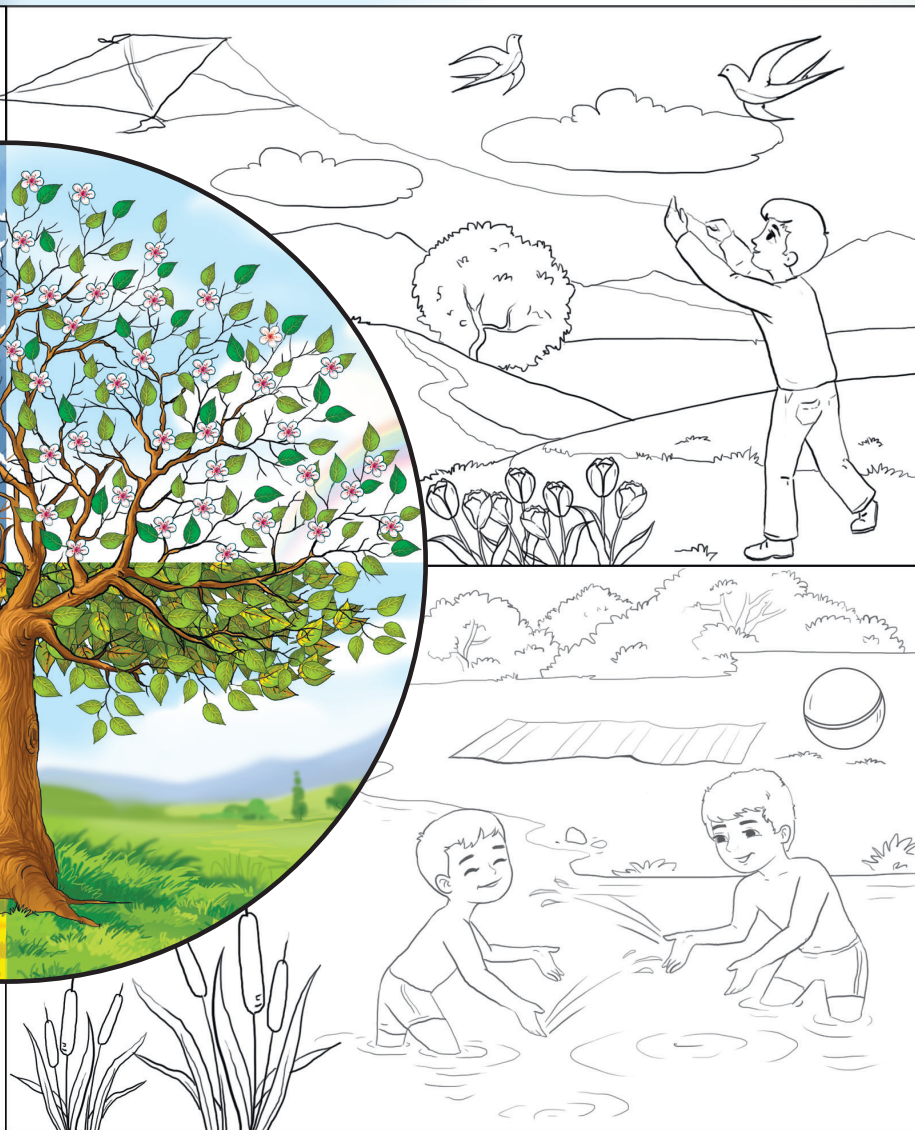
19-mavzu

YIL FASLLARINI FARQLASH VA O'ZGARISHLARNI TASVIRLASH

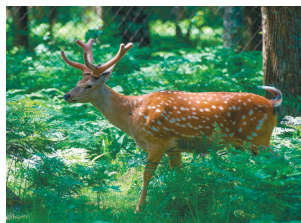
1-topshiriq. Berilgan rasmni yil fasllariga moslab bo'yang.



2-topshiriq. Fasllarga tegishli rasmlarning doira-
chalarini mos ranglarga bo'yang (bahor – yashil,
yoz – qizil, kuz – sariq, qish – ko'k).



1-topshiriq. O‘rmonni toping va unga tegishli doirachani bo‘yang. Rasm asosida hikoya tuzing.



2-topshiriq. Gaplarni o‘qing va “ha” yoki “yo‘q” ustuniga “+” belgisini qo‘ying.

Gaplar	Ha	Yo‘q
O‘rmon – qalin o‘t-o‘simliklar, butalar va daraxtlardan iborat joy.		
Yer yuzida o‘rmonlar juda ko‘p.		
O‘simliklar qalin o‘sganligi sababli o‘rmonning ayrim joylariga quyosh nurlari kam tushadi.		
O‘rmonlarda hayvonlar, qushlar ko‘p emas.		

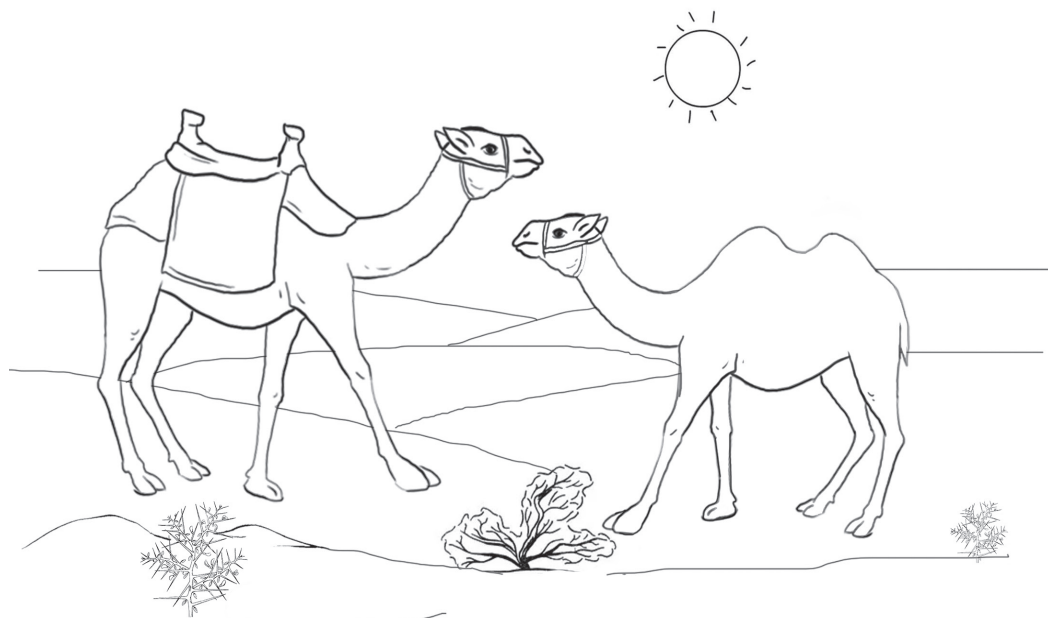
3-topshiriq. Rasmni bo‘yang. Unda qaysi multfilm qahramonlari tasvirlangan?



4-topshiriq. Darslikning 54–55-betlarida tasvirlangan o‘rmon hayvonlarining nomini yozing.

_____ , _____ , _____ ,
_____ , _____ , _____ .

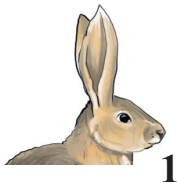
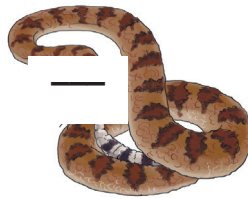
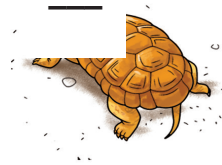
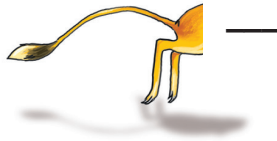
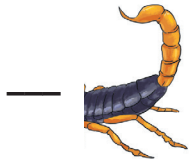
1-topshiriq. Rasmni bo'yang. Unda qaysi cho'l hayvoni tasvirlangan?



2-topshiriq. Darslikning 56–57-betlarida tasvirlangan cho'l o'simliklari va hayvonlarining nomini yozing.

_____,'	_____,'	_____,'
_____,'	_____,'	_____,'
_____,'	_____,'	_____,'
_____,'	_____,'	_____,'
_____,'	_____,'	_____,'

3-topshiriq. Rasmlarni o'z o'rniga raqami bilan to'g'ri joylashtiring.



1

2

3

4

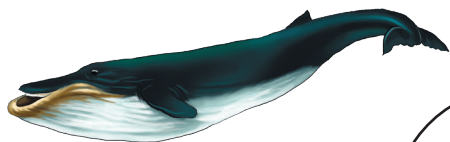
5

6

7

8

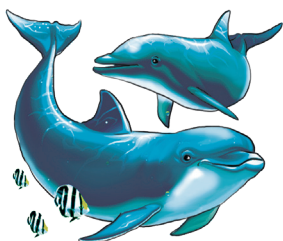
1-topshiriq. Rasmdagi hayvonlarni qayerda uchratishimiz mumkin? Rasmlarni mos kelishiga qarab “suv” yoki “quruqlik” soʻziga tutashtiring.



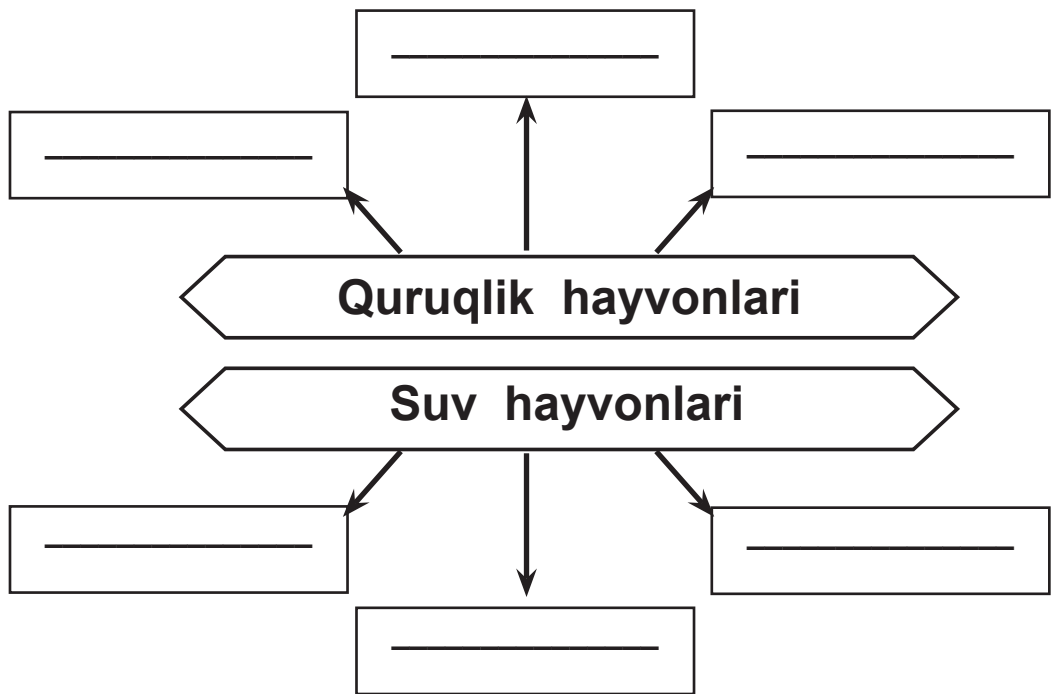
Suv



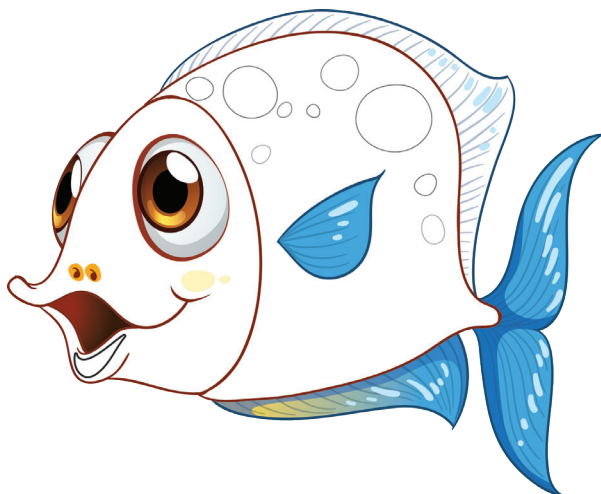
Quruqlik



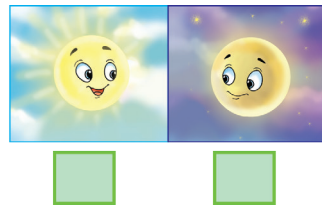
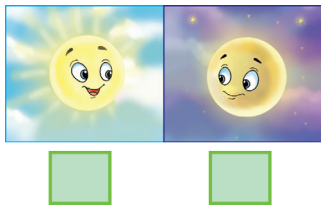
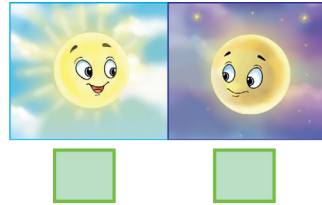
2-topshiriq. Bo'sh joylarga quruqlik va suvda yashovchi hayvon nomlarini yozing.



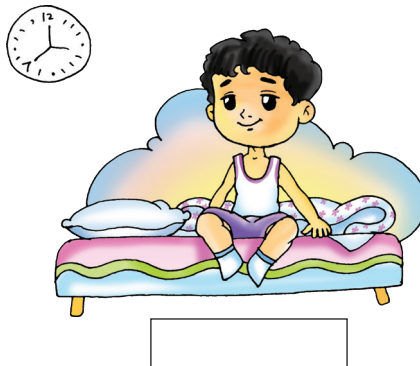
3-topshiriq. Rasmni bo'yashni davom ettiring.



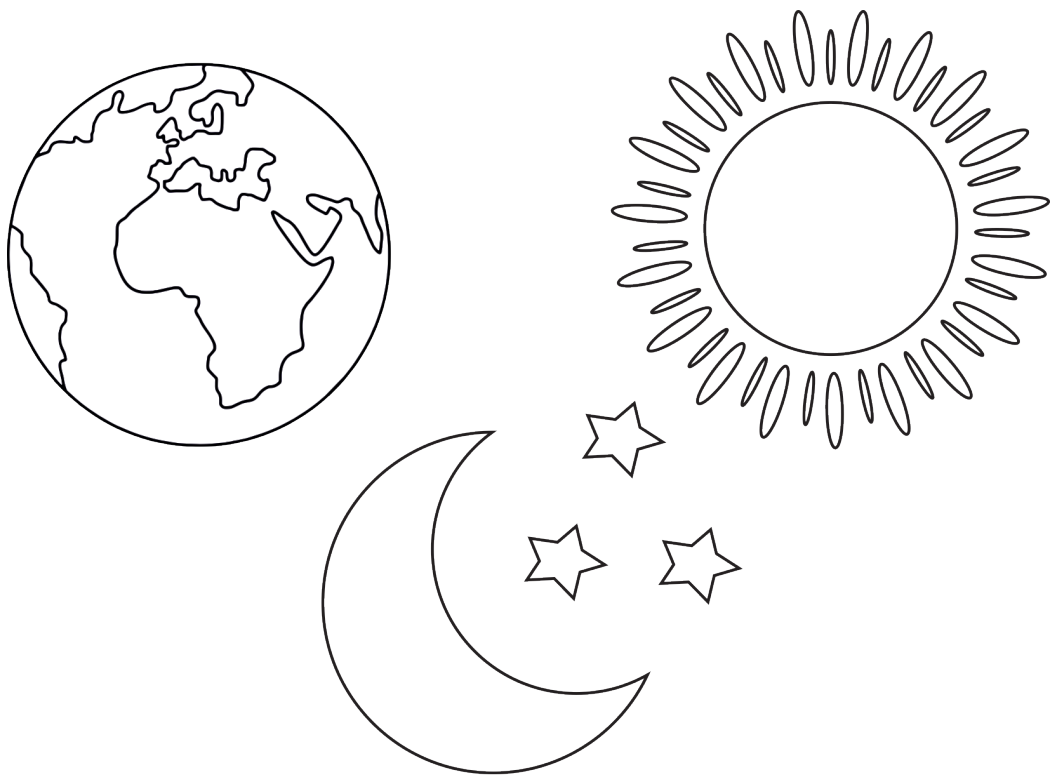
1-topshiriq. Soat ko'rsatkichi asosida kun va tunni aniqlang.



2-topshiriq. Kun va tunga xos holatlarni ko'rsating.
Bo'sh katakka "kun" yoki "tun" so'zini yozing.



1-topshiriq. Rasmlarni bo'yang.



2-topshiriq. Gaplarni mos so'zlar bilan to'ldiring.

O'simliklar _____ o'sadi.

Tunda _____ ko'rinadi.

Kunduzi _____ nur sochadi.

Odamlar _____ da yashaydi.

Osmonda _____ charaqlaydi.

3-topshiriq. Ortiqcha harflarni o'chiring va bo'sh katakka to'g'ri so'zni yozing.

O	Q	Sh	S	U	Y
----------	----------	-----------	----------	----------	----------

--	--	--	--	--

R	Y	A	E
----------	----------	----------	----------

--	--	--

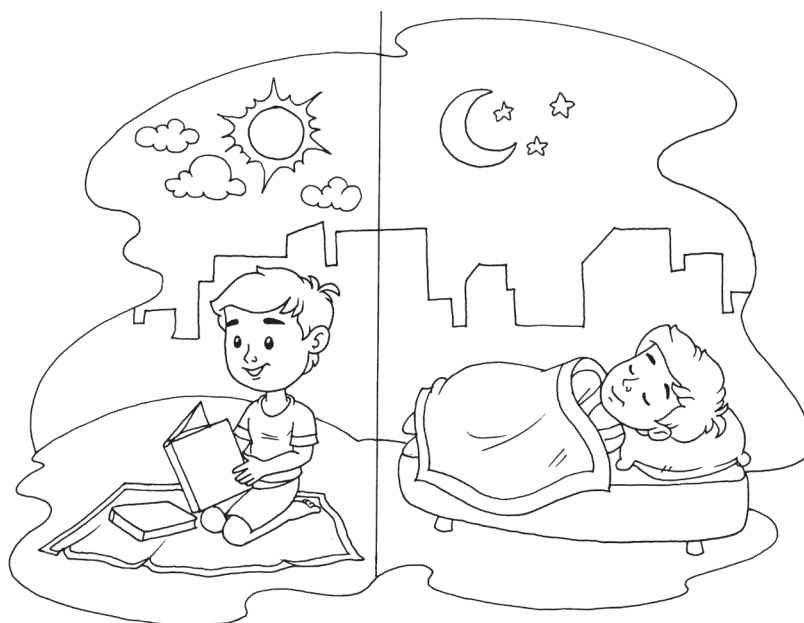
G	O	N	Y
----------	----------	----------	----------

--	--

1-topshiriq. Birinchi qatordan kunga, ikkinchi qatordan tunga tegishli bo'lmagan rasmlarni toping va ularning tagiga chizing.



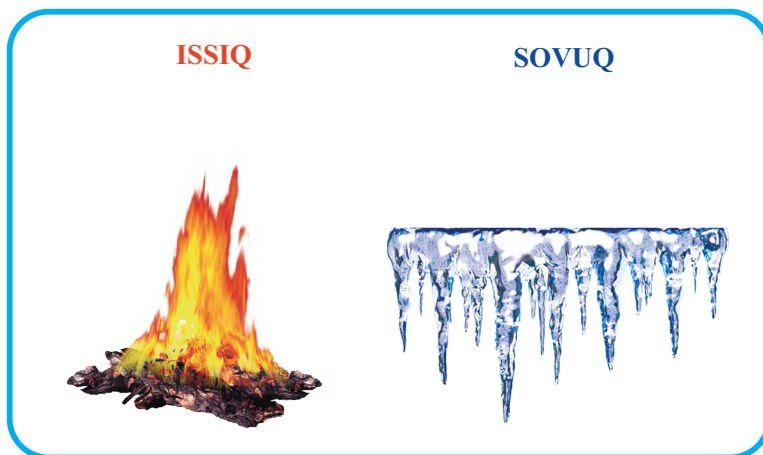
2-topshiriq. Rasmni kun va tunga moslab bo'yang.



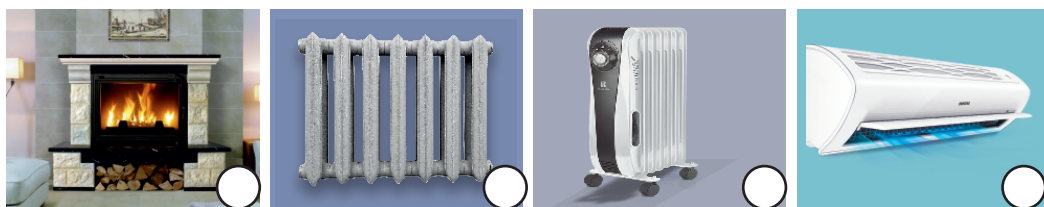
3-topshiriq. Quyoshni kuzatib, jadvalni to'ldiring.
Matn tuzing va yozing.

Hafta kunlari	Quyoshning chiqish vaqti	Quyoshning botish vaqti
Dushanba		
Seshanba		
Chorshanba		
Payshanba		
Juma		
Shanba		
Yakshanba		

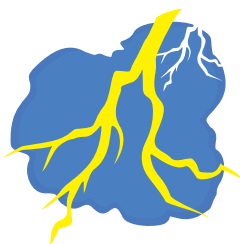
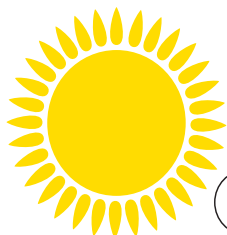
1-topshiriq. Mos rasmlarni “issiq” va “sovuq” soʻzlariga chiziqlar yordamida tutashtiring.



2-topshiriq. Qaysi manba koʻproq issiqlik chiqaradi? Tartib bilan raqamlang.



3-topshiriq. Uyingizda qanday issiqlik vositalaridan foydalanasiz? Kerakli issiqlik vositasi yonidagi doirachani qizil rangga bo'yang.



1-topshiriq. Yorug'likning tabiiy manbalarini yashil qalam bilan, sun'iy manbalarini qizil qalam bilan belgilang.



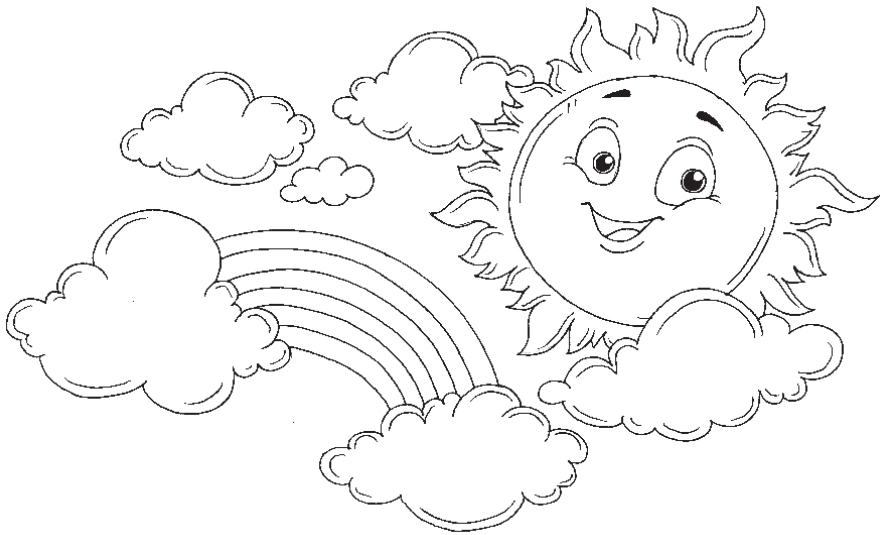
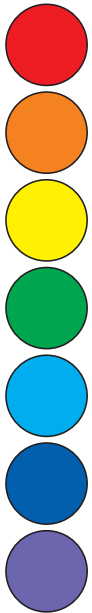
Qaysi biri eng kuchli yorug'lik beradi?

Eng kuchli yorug'lik manbai: _____

2-topshiriq. Uyda qanday yorug'lik manbalaridan foydalanamiz? Rasmlarini chizing va nomlarini yozing.



3-topshiriq. Mos ranglarni topib, rasmni bo'yang.
Nima hosil bo'ldi?





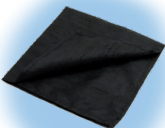
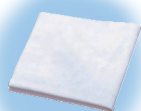
Javobingizni yozing: _____

AMALIY MASHG'ULOT

28-mavzu

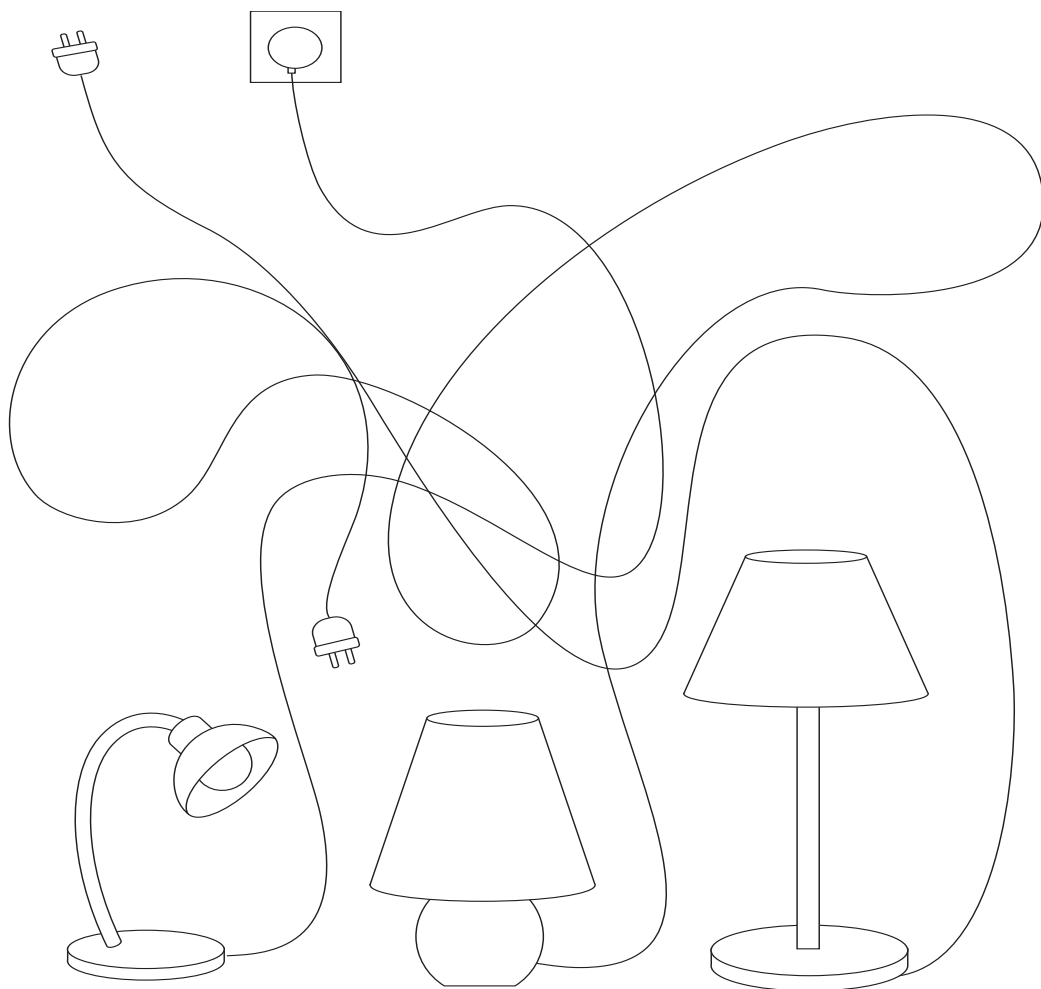
ISSIQLIK VA YORUG'LIK MANBALARINI FARQLASH

Bizga kerak:

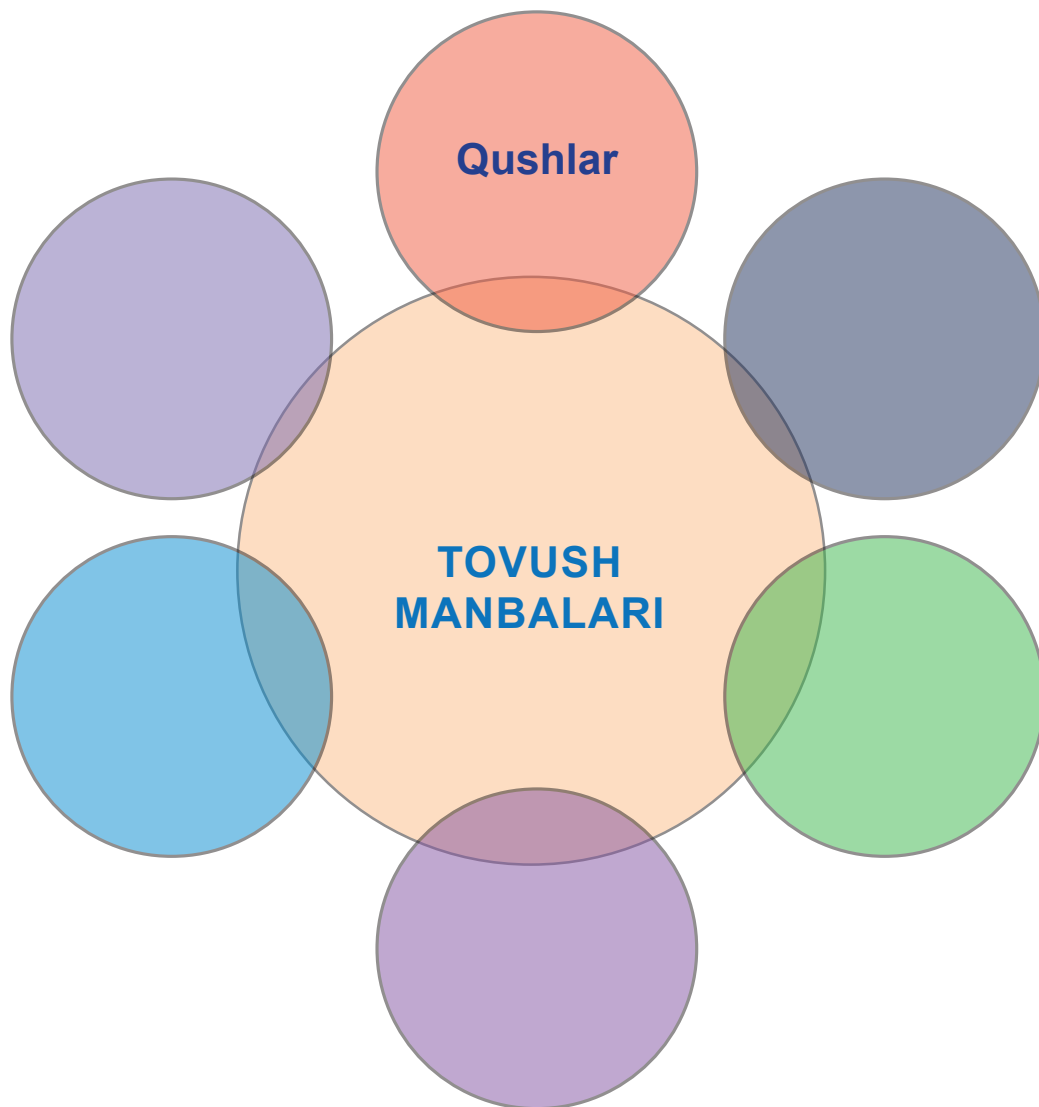
Xulosa qiling:

1-topshiriq. Chiroqlarni yorqin ranglarga bo‘yang va raqamlang. Ulardan qaysi biri yonadi?



Javobingizni yozing.

1-topshiriq. Bo'sh doiralarni to'ldiring.



2-topshiriq. Qutilarga “yoqimli tovushlar”ni qizil va “yoqimsiz tovushlar”ni ko’k chiziq bilan tutashtiring.



Yoqimli
tovushlar



Yoqimsiz
tovushlar



AMALIY MASHG'ULOT

30-mavzu

TOVUSHLARNI HOSIL QILISH

Bizga kerak:

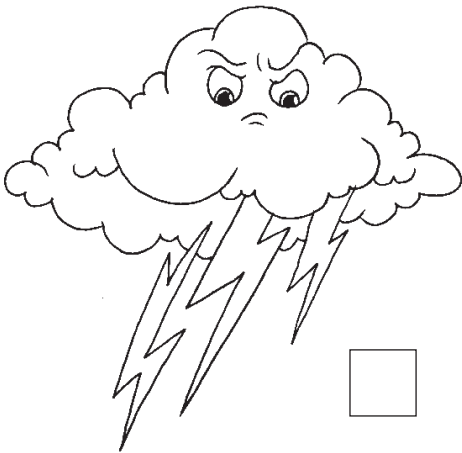
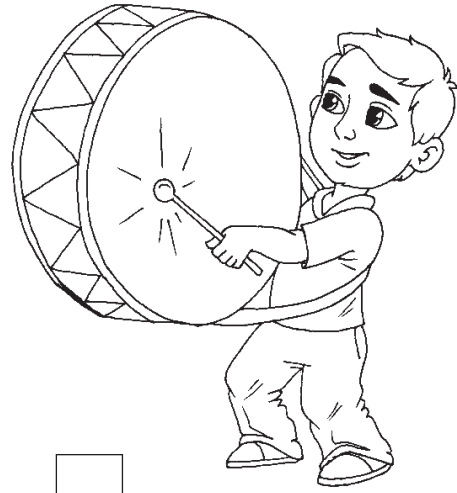


Xulosa qiling:

1-topshiriq. Rasmlarga qarang. Qanday tovushlar hosil bo'ladi?



2-topshiriq. Rasmlarni bo'yang. Tabiiy tovush manbalari yonidagi katakchalarni qizil, sun'iy manbalar yonidagi katakchalarni esa yashil rangga bo'yang.



1-topshiriq. Hayvonlar qanday harakatlanadi?
Harakatlanayotgan hayvonlar yoki qushlarning rasmini chizing.



Sakraydi



Sudraladi



Yuguradi



Suzadi

2-topshiriq. Rasmlarga qarab hikoya tuzing.
Harakat va harakatsiz holatni bildiruvchi soʻzlarni
ishlating.

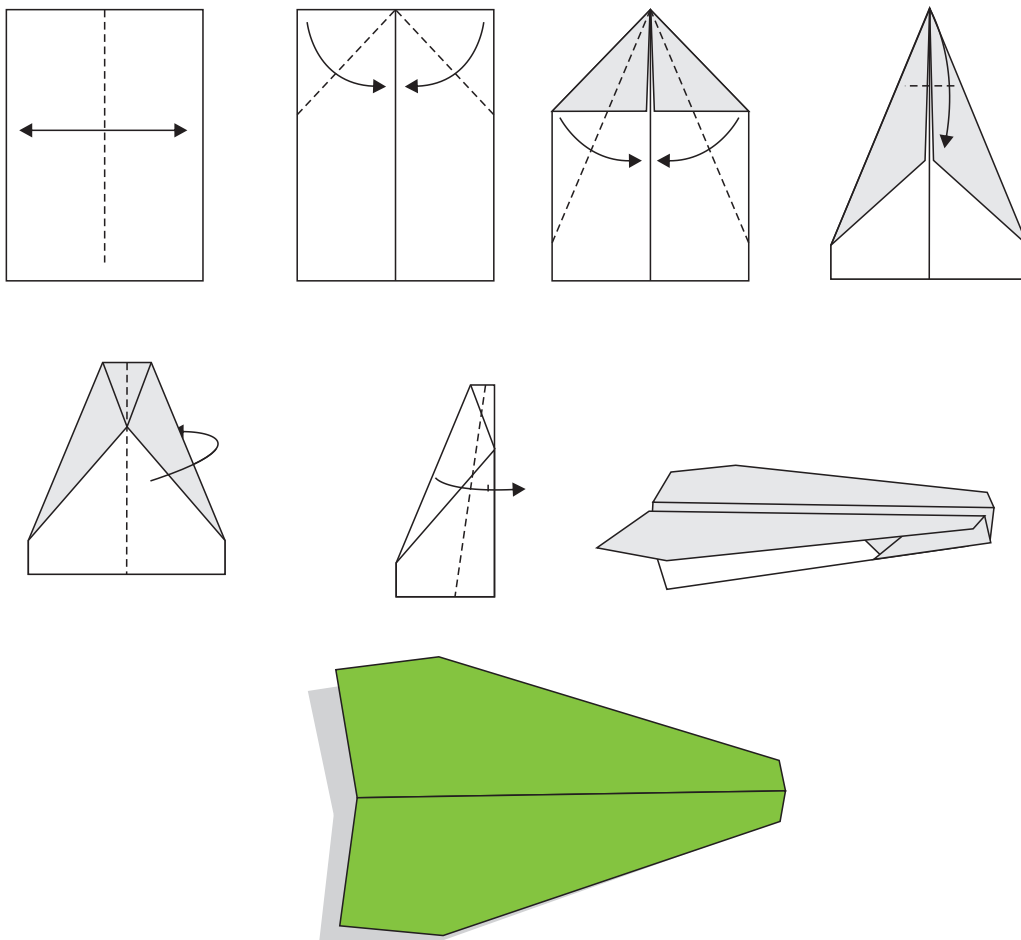


AMALIY MASHG'ULOT

32-mavzu

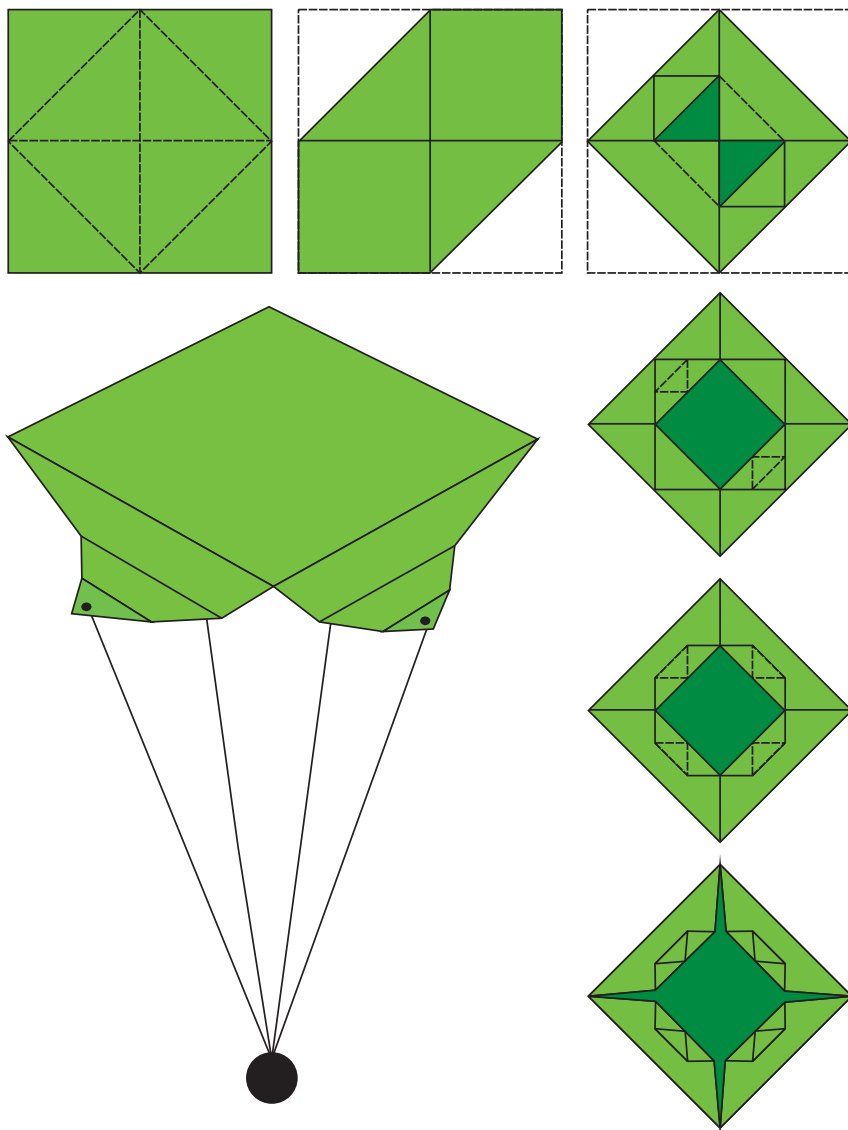
HARAKAT QANDAY YUZAGA KELADI?

1-tajriba: Qog'oz samolyot yasash.















Samolyotimiz uchishga tayyor!

2-tajriba. Qog'ozdan parashyut yasash. Darslikning 85-betidagi multimedia ilovasidan foydalaning.



Parashyutimiz tayyor!

Bo'sh kataklarga tegishli rasmlarni chizing.

So'zlarni o'z o'rniga qo'ying.

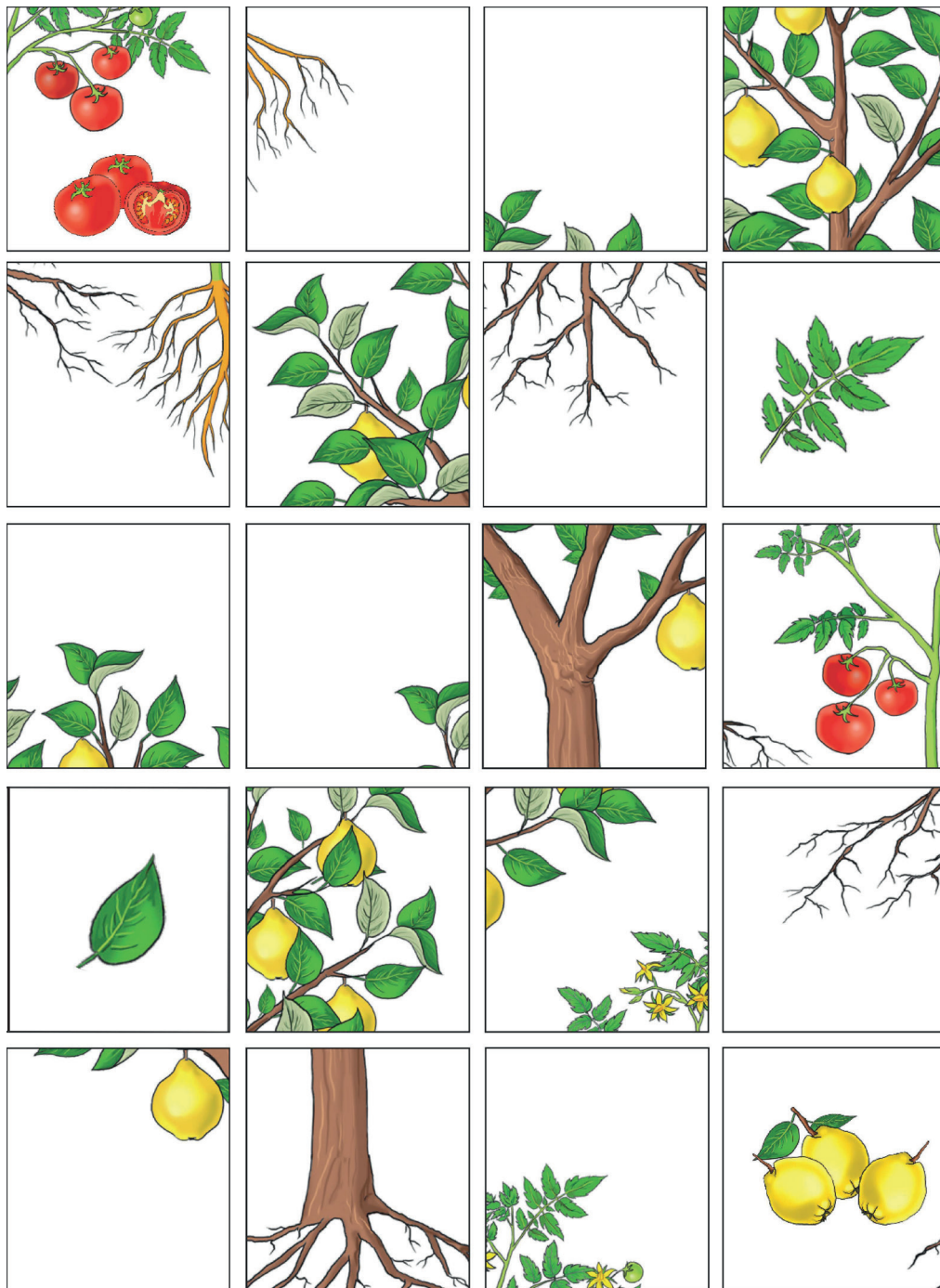
Quyosh _____ va _____ manbai.

Harakat _____ va _____ yo'nalgan bo'ladi.

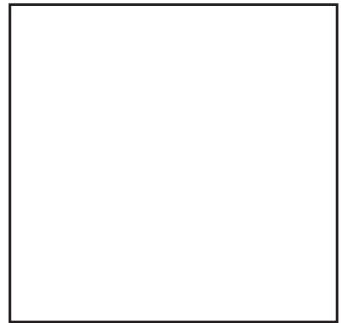
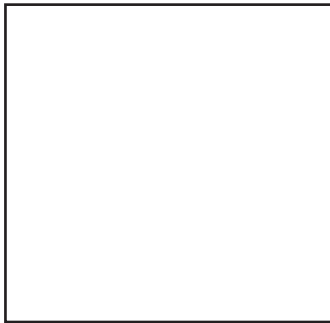
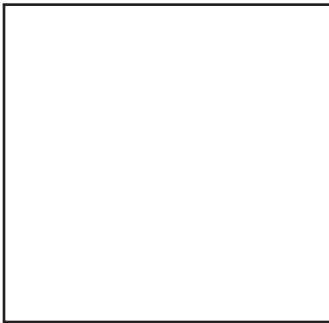
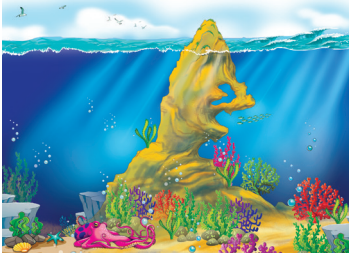
Tovushlar _____ va _____ bo'ladi.

yoqimli
o'ngga
issqlik
chapga
yoqimsiz
yorug'lik

15-betdagi 3-topshiriq ilovasi.



Topshiriq. Har bir hayvonning yashash joyini chiziq bilan ko'rsating.



Yuqoridagi rasmlarda ko'rsatilgan joylarda yashashi mumkin bo'lgan yana bitta hayvon nomini bo'sh kataklarga yozing yoki uni chizing.

O'quv nashri

TABIIY FANLAR

*Umumiy o'rta ta'lim maktablarining
1-sinfi uchun mashq daftari*

*Muharrir Orifjon Madvaliyev
Rassom Ixvoldin Salohitdinov
Texnik muharrir Akmal Sulaymonov
Badiiy muharrir Sarvar Farmonov
Dizayner Dilmurod Mulla-Axunov
Sahifalovchi Alimardon Aqilov
Musahhah Mohinur Ablahakimova*

Bosishga ruxsat etildi ——— Bichimi 70x90 $\frac{1}{16}$.
Arial garniturasini. Kegli 16 shponli. Ofset bosma.
Shartli bosma tabog'i —. Nashriyot-hisob tabog'i —.
Adadi ——— nusxa. Buyurtma № ____.