



PRACTICAL IMPORTANCE OF POPULARIZATION OF PHYSICAL EDUCATION AND SPORTS IN THE EDUCATION SYSTEM

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ANNOTATION: This article describes the role of physical culture and sports in the continuous education system, the main tasks of physical education in the education of the young generation, the physical education system and its main features.

In addition, considerations regarding the correct selection of physical education tools and adherence to the general laws of the physical education system in the proper organization of physical education classes are presented.

Key words: physical culture, educational system, well-rounded person, education, spiritual heritage, healthy lifestyle, legality, sport, exercise, physical education system, physical development, health.

АННОТАЦИЯ: В данной статье описывается роль физической культуры и спорта в системе непрерывного образования, основные задачи физического воспитания в воспитании подрастающего поколения, система физического воспитания и ее основные особенности.

Также приводятся соображения относительно правильного выбора средств физического воспитания и соблюдения общих закономерностей системы физического воспитания при правильной организации занятий по физическому воспитанию.

Ключевые слова: физическая культура, система образования, всесторонняя личность, воспитание, духовное наследие, здоровый образ жизни, законность, спорт, физические упражнения, система физического воспитания, физическое развитие, оздоровление.

As is known, in the history of human society, the issue of education and upbringing has been considered the most pressing issue, and today this issue is still one of the main issues of concern to society. Because the development of society as a result of education and upbringing plays an important role in the life of every country. As one of the educational parts of this system, the sphere of physical education and sports is a process of great importance in the internal and foreign policy of the country, as well as in the life of society. It is precisely the fact that the continuous educational system of physical education and sports has a positive content in all its parts that serves the well-being, health and development of society and its power. Therefore, in recent years, consistent measures have been taken in our country to popularize physical education and sports, further strengthen its organizational and legal foundations, create the necessary conditions for promoting a healthy lifestyle among the population, especially young people, and improve the mechanisms of social protection for athletes.

As our President Sh.M. Mirziyoyev emphasized, "Today we are implementing large-scale reforms and rapid changes in our country, and in this regard, raising a physically healthy and harmonious generation is our priority, and we are mobilizing all our strength and resources for this" [1]. These thoughts show that the development of physical education and sports is well established in

all parts of the education system of our country today, and this is showing effective results in the life of society.

The education system in Uzbekistan serves as one of the important social, economic, and political tasks in the successful implementation of education and upbringing and the development of society. Based on these goals and tasks, in order to properly organize a healthy lifestyle in our lives and raise the younger generation to be physically healthy, physical education and sports have become an important means of educating a well-rounded person, based on the systematic and consistent implementation of physical education and sports at the levels of preschool education, primary education, general secondary education, vocational education, higher education and further education, based on national values, and the reflection of national games and other sports in the programs and instructions of the sports education system.

Each stage of education fulfills specific goals and tasks of the physical culture and sports system. The purpose of physical education is to form a person's physical maturity, strengthen his health, and increase his ability to work, starting from childhood. In the study of the objectives of physical culture in the educational system, the experiences of preschool and elementary school physical education, which is the initial stage of the educational system of some countries, were studied, including: in the Russian Federation, physical education of preschool and elementary schools fulfills the following objectives, that is, the main focus on the physical education of children of preschool and junior school age aspects include:

- to form a positive and active attitude of children to physical exercises and a healthy lifestyle;
- to form a conscious interest in physical culture and a positive attitude to a healthy lifestyle;
- to develop basic motor skills, coordination of movements, correct posture, the desire to participate in various sports games and competitions, to be their organizer and to follow the established rules.
- to form basic concepts of observing safety rules during physical exercises and various games. Thus, in recent years, the compatibility of the physical culture and sports system with the education system in our country has been enriched and improved, both directly based on our spiritual heritage and advanced foreign experience. This is due to the fact that the interest of the population of the country, especially the younger generation, in sports and its regular participation in it are gaining positive significance in the life of society.

The formation and upbringing of a healthy generation through physical education and sports is a task of the entire society, and first of all, parents in the family, along with raising physical education and sports to a habit, respect for them as a value, leads to the continuous engagement of society in physical education and sports [2]. The physical education system is a pedagogical process aimed at forming physical and volitional qualities in students, preparing them mentally and physically for labor and defense of the Motherland, and is one of the important components of the social education system.

As we all know, the physical development and physical fitness of the people affect the growth of production productivity and the well-being of the people. Therefore, taking into account the importance of physical education for every person, all necessary conditions are being created in our country for engaging in sports. In particular, in order to popularize and develop physical education and sports in the system of continuous education, standards of physical development and physical fitness indicators are being developed for each age group in programs and regulatory documents, and the requirements for physical education equipment and products are increasing from year to year. Therefore, the implementation of physical education in state institutions, public organizations and in the family is improving. The correct organization and conduct of physical education classes in educational institutions directly depends on the activities of teachers and trainers, the methodological support of physical culture and sports classes, and the principles of organizing classes [3].

In educational institutions, physical education is considered a mandatory element of the all-round development of the individual. In public organizations, physical education and sports are carried out on a voluntary basis. Based on these laws, each teacher can organize physical education classes on the basis of the all-round physical development of the younger generation, accustoming them to adverse environmental conditions. When conducting physical exercises, along with the specific tasks of physical education, the holistic integrity of the person is formed (health promotion, formation of motor skills, development of motor qualities, etc.), and at the same time mental processes, thinking, generalization, moral qualities are developed, and labor education is carried out.

In accordance with the law of physical education aimed at improving health, teachers are responsible

for maintaining and strengthening the health of their students. The process of physical education should be organized in such a way that it has a positive effect on the health of the student. This can be achieved only with the correct selection of means and effective methods of their application, as well as with the establishment of supervision by a medical professional. In addition, compliance with the rule of connection of physical education with labor and military training is the most important in physical education classes, since it determines the goals of physical education in our country [4]. According to the principle of comprehensive development of the individual, one of the important tasks of our independent society is the formation of comprehensively developed capable people. If care is shown about the health of those involved in physical education when implementing physical education, the first two principles can be applied. Therefore, we can say that if every teacher-coach conducts training based on these principles, they will correctly organize physical education classes to help young athletes develop as well-rounded individuals.

In conclusion, in raising a well-rounded generation, it is advisable to pay great attention to and widely use sports clubs and events held outside of class, not limited to physical education classes held in educational institutions. Only in this way can the goal of education be achieved by treating physical culture and sports as a separate discipline at all levels of the education system and ensuring its coherence.

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