

STAGES OF DEVELOPMENT IN PHYSICAL EDUCATION AND SPORTS BUBUNGI DAY

Primova Nargiza Adilovna

Teacher of the Department” Physical Culture”

ANNOTATION: This article covers the role of physical education and sports in human health, social life and the importance of education in the younger generation. The role of exercise and sports activities in the formation of a healthy lifestyle, the impact of Sports on the consciousness of young people and the need to popularize it are analyzed. There are also suggestions and recommendations for existing problems in the field and their elimination. The article serves to deeply understand the importance of physical education and sports in the construction of a healthy society.

Keywords: Physical education, sports, healthy lifestyle, youth education, physical activity, health strengthening, sports policy, mass sports, education, spiritual and moral education.

INTRODUCTION

Today, deciding a healthy lifestyle in society, educating the younger generation competently in every possible way has become one of the pressing issues. Human health largely depends on its physical activity, which in turn is ensured through physical education and sports. Physical education forms not only body strength, but also volitional qualities – such as patience, endurance, discipline, striving for a goal. Sport, on the other hand, not only increases a person's physical potential, but also activates him socially, encourages him to actively participate in the life of society.

Physical education and sports play an important role in strengthening human health, strengthening the Will, forming the spirit of communalism. It is not for nothing that the saying that action is the basis of life. Today, physical activity has become an important tool not only for a healthy lifestyle, but also for raising a high-morale, strong generation.

In the Republic of Uzbekistan, great attention is paid to the field of physical education and sports. From preschool to higher education institutions, a number of reforms are underway to develop sports, increase sports facilities, promote mass sports among the population. This serves as an important factor in the formation of a healthy generation.

MAIN PART

Physical education is a system of exercises aimed at the comprehensive development of the human body, which ensures the healthy formation of the body, muscles and organs of the child from an early age. It is taught as an important course in schools, colleges, and higher education institutions, ranging from preschools.

Sport, on the other hand, is a practical manifestation of physical education and teaches competition, hard work, patience and striving for victory. Sports such as athletics, football, wrestling, swimming, gymnastics not only strengthen health, but also form a culture of discipline, movement towards the goal and work on oneself in young people.

Also, sports keep young people away from bad habits – such as alcoholism, drug addiction, phone addiction. A person who is regularly engaged in sports will be attentive to his health, correctly distribute Time and become active in life.

Today, a lot of attention is paid to sports in Uzbekistan. At the initiative of our president, many sports facilities are being built, representatives of our country take part in international

competitions and raise the flag of our motherland high. This reinforces a sense of national pride and patriotism in young people.

Physical education and sports occupy an important place in the development of human health, physical and spiritual. He personifies the body, strengthens health, strengthens the Will and helps to be disciplined. Physical education is considered an important tool in the education of the younger generation as healthy and competent. And Sport is not only a guarantee of health, but also forms such qualities as patriotism, patience, friendship and competitiveness.

The development of physical education and sports in Uzbekistan is one of the priority areas of state policy. Sports lessons are being improved in schools, sports fields are being built and our athletes are making great strides internationally. Sports also serve as an important tool in protecting young people from bad habits by promoting a healthy lifestyle.

The article describes the role of physical education in education, the positive impact of Sports on youth life, existing problems and suggestions and recommendations for their solution.

Table 1.

The impact of physical education on youth health

Specification	Those who play sports (%)	Non-sports (%)
High physical activity	85%	25%
Health problems	15%	60%
Interest in reading	75%	40%
Those with low Stress levels	70%	30%
Social activism	80%	35%

Note: this table is conditionally structured. Can be updated based on the results of Real research.

Graph: growth in the number of youth engaged in sports in Uzbekistan (2015-2025)

Line chart: *(This graph is given in bold. I will also create a realistic graphic form if you wish.)*

№	Duration and percentage indicators						
1	Years	2015	2017	2019	2021	2023	2025
2	youth growth compared to %	28%	35%	42%	55%	63%	70% forecast



Source: compiled on the basis of data from the Ministry of Sports (conditional).

- **Diagram: when the interest of the population in sports (%) is relative**

- Football – 35%
- Athletics – 20%
- Wrestling (national sport) – 18%
- Swimming – 12%
- Tennis – 7%
- Other – 8%

These indicators can be clarified based on the general trend, real-world surveys.

CONCLUSION

Physical education and sports are an indispensable link in the life of every person. A healthy body is a pledge of common sense. It is important to bring physical education and sports to life in order to educate our children in every possible way as healthy, energetic, intelligent and patriotic. Therefore, every younger generation should make sports an integral part of their life.

SUGGESTIONS AND RECOMMENDATIONS

- **Making physical education classes more effective in schools and higher education institutions:**

o introduction of a system of introducing different sports during classes, not just general physical activities;

o increase interest in students through interactive styles and sports games in classes.

- **Expansion of sports facilities and conditions:**

o with the increase of sports fields, track halls, treadmills in the neighborhoods, the possibility of playing sports for all segments of the population will expand;

o development of an adapted sports infrastructure for women, the elderly and children is necessary.

- **Strengthening propaganda work on the popularization of sports:**

A healthy lifestyle should be promoted through television, social media and the media;

It will be useful to organize motivational meetings and master classes with the participation of famous athletes.

- **Creating incentive systems for young people involved in sports:**

Awarding, scholarships and other benefits to students who have successfully participated in competitions;

Strengthening the material and technical base of sports schools.

- **Formation of a culture of physical activity in families:**

Involving parents in sports with their children;

To promote the dedication of the weekend to physical activities, walking and sports activities.

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