

Importance Of Physical Education And Sports

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Abstract: The role and importance of physical education and sports in the formation of the young generation is studied in the article. Also, physical education and sports are considered as one of the main factors in raising a mature generation.

Key words: physical culture, physical education and sports, mature generation, health, agility, initiative, activity, development, education.

Today, one of the main goals of our state is to raise young people, who are the foundation of the future, into a legal, spiritual, cultural, political, economic, social, and morally mature generation of independent thinkers. Forming a healthy lifestyle in our society, creating conditions for the population, especially the young generation, to regularly engage in physical education and mass sports, strengthening the confidence of young people in their will, strength and capabilities through sports competitions, large-scale work is being carried out aimed at developing the feelings of bravery and patriotism, loyalty to the motherland, as well as systematic organization of selection of talented athletes from among young people, and further development of physical education and mass sports.

At the same time, in all regions of our country, it is important to promote the importance of mass sports in human and family life, that it is the basis of physical and spiritual health, to protect young people who enter life with great hope from harmful habits, to teach them their own abilities. and there are important and urgent tasks to create the necessary conditions for them to realize their talents, to select talented athletes from among them, and to improve the targeted training system.

Physical education and sports are an integral part of the national culture, the basis for ensuring the physical and moral perfection of every citizen of the country. Spiritual and moral upbringing of the young generation based on the national idea, without a doubt, envisages the strengthening and protection of physical and mental health, as well as the formation of the foundations of a healthy lifestyle. The use of physical culture and sports uniforms, methods and tools should be one of the main priority factors in the process of raising the ideals of an active life position, morality, goodness and humanity in students.

Extensive reforms are being implemented in the field of sports in our country. In particular, great attention is paid to children's sports, a number of events and changes are implemented, sports facilities are built in all regions of the country in accordance with modern requirements, and they are equipped with modern sports equipment. The conditions created on the basis of such actions lead to a change in children's attitude towards support. Now they are getting used to playing sports not only in their free time, but also regularly practicing sports, realizing that sports are the basis of health and beauty. The formation of a new social consciousness in accordance with the priorities of

a developed democratic state and civil society takes place under the influence of two main factors: through direct social practice and a targeted educational process.

Every person is formed as a person only through the education system, social upbringing and development, acquisition of professional skills. Socialization of a person occurs when a person acquires the ability to perform important collective tasks, when he begins to master social roles, when he creatively realizes his purpose and responsibility, when he begins to interact independently with other members of society. As everyone knows, there will be no development and growth in the economy, social and spiritual spheres, state and society without a professionally trained, educated, spiritually and morally rich, physically healthy person. Therefore, the priority goal of the national personnel training program is to educate a well-rounded person by using the potential of the continuous education system, the interaction of social institutions, as well as the rich opportunity of targeted pedagogical physical education and sports.

The principle of continuity in the educational system is based on the accumulation of knowledge and skills with a consistent gradual transition from subject to subject, from subject to subject, to preserve the core of knowledge, to enrich and develop it, and to pass on fundamental concepts and ideas. based on mastering, general educational skills, ability to think rationally, methods of educational activities and separation of certain stages in this educational process. During the pedagogical experience, it is considered the implementation of integrative relations based on the passed material, in which the continuity is the establishment of relations, the implementation, the interaction of old and innovative knowledge, the disclosure of the content and main ideas of various subjects. used the knowledge, skills and abilities available to adolescent boys. In order to successfully implement this principle, various methods of physical training and pre-draft military training were used to ensure active use of memory, thinking and interest types. Only their unity ensured the successful solution of the assigned tasks, the choice of the content of the educational material, methods and forms of integrative education.

Achievements in the formation of a person in the process of physical education are determined according to the extent to which the special tasks of physical education are successfully implemented, and according to the extent to which the opportunities for the development of the individual are used in this process. Teachers and group leaders, teachers of vocational colleges and academic lyceums, teachers of higher education institutions and every other educator should have the methodology of such educational work. Therefore, approaching physical education and sports as one of the main factors is important for the further development of young people's interest in sports.

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