

Practical Significance of Students' Physical Education in Educational Institutions

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Abstract

This article is aimed at educating the students and students studying in the Republic of Uzbekistan on the role and importance of Physical Culture in the education system, and through its training a person not only physically, but also comprehensively. Physical education and mass sports work carried out in educational institutions are also important in the productive use of student-students' free time, their healthy development. President Sh Mirziyoev Location In the decrees and decrees of the implementation of fundamental and practical research aimed at attracting talented children to sports for physical training and sports, as well as the development and implementation of modern methods of their sorting is a vital necessity.

Keywords: Physical Culture, Training, Education, Science, Teaching, person, harmonious, youth, developed, Generation, Citizen, Vatan, sport.

By the decree of the President of Uzbekistan dated February 7, 2017, approving the Strategy of Actions on the five priority areas of Uzbekistan's development in 2017-2021, and improving the state policy on youth to make them physically healthy, mentally and intellectually developed, independent-thinking, with a firm outlook on life, to the Motherland education of faithful young people, deepening of democratic reforms and development of civil society, increasing their social activity, supporting and realizing the creative and intellectual potential of the young generation, forming a healthy lifestyle among children and young people, widely involving them in physical education and sports.

On the initiative of the President of the Republic of Uzbekistan Sh.M. Mirziyoev, 2021 was declared the year of "Supporting youth and strengthening public health". In the decrees and decrees of President Sh.M. Mirziyoev, it is a vital necessity to carry out fundamental and practical research aimed at attracting children capable of sports to physical training and sports, as well as developing and implementing modern methods of their selection.

Physical education and mass sports activities conducted in educational institutions are of great importance in the effective use of free time of students and in their healthy development. In Uzbekistan, a national program of education has been developed to improve the continuous education system and train personnel in accordance with world standards.

1. Health.
2. Educate to become a mature person in every way.
3. Preparation for homeland defense and work.

Based on the purpose of physical education, the main tasks of physical education are determined for the health, fitness, physical development, and formation of movement skills and abilities of pupils and students:

Giving special knowledge about physical exercises and sports, physical exercise is understood as a variety of voluntary movement activities that meet the requirements of the laws of physical education and are performed consciously.

Such movement activities were historically systematized as gymnastics, games, sports, and tourism exercises. They were taught hygienic knowledge and skills. This task is to provide pupils and students with the necessary knowledge about the benefits of physical training, hygienic rules, and the rules for correct performance of all physical exercises provided for in the program. All of these are directly related to health promotion, their knowledge and adherence to hygiene rules, which is achieved by the joint action of the school, family, community and children themselves.

Exercise and sports are taught in physical education classes, daily activities, and club activities. As a result, physical development is ensured. Also, pupils and students are interested in sports and are attracted to sports.

Strengthening health, helping students to develop and exercise properly. Under the influence of natural factors, water, sun, air, students' health will be strengthened, trained, and the body will be more resistant to diseases. Carrying out physical education activities in fresh air as much as possible or organizing sports halls with fresh air. Lead pupils and students in water treatments, swimming and bathing activities and sunbathing activities. These activities are carried out in walks, excursions and tourism activities. This task is the most important of all physical culture and sports activities in the educational institution. It should be the center of attention of every teacher, team of pedagogues. Therefore, pupils and students should have a normal physical development.

It is necessary to approach pupils and students according to their gender, age and physical fitness as well as personal abilities in the formation of movement skills and abilities. Improvement of physical qualities. Speed, strength, agility and endurance and flexibility are qualities that everyone needs. They are closely related to the formation of movement skills in pupils and students. Carrying out physical exercises for a short or long time at different speeds and with different complications helps to develop the above qualities. It consists in the development of physical qualities in accordance with each other, the organization of training according to the personal abilities of the participants, and the involvement of students in sports.

It consists in accustoming pupils and students to systematic physical exercises not only in educational institutions, but also at home. In order to fulfill this important task, it is necessary to make all activities conducted with pupils and students lively, to make the content and form of the studied material interesting and exciting, to conduct them under the sincere treatment of the leader of the activity, and to create conditions for the participants to have friendly cooperation with each other.

To attract pupils and students to engage in sports according to their personal interests and physical abilities. Also, it is necessary to carry out general physical training and sports activities in the places of residence, in sports clubs. Education of organization in pupils and students, preparation of physical culture activities, successful conduct of mass physical culture and sports activities of the educational institution, physical culture lessons and trainings, the constant support of the physical culture activities of pupils and students is necessary for the teacher.

Organizers of physical culture, team captains, group leaders in sports clubs are elected among pupils and students. They are selected from among active participants. They closely support the physical culture team in the organization and management of physical education and sports events. Also, it is important to attract pupils and students to sports and increase their interest in physical education. Physical development is the emergence, change and improvement of biological forms and functions in the body under the influence of education. This process is subject to the laws of decay, change, quantity and quality of the organism and its living environment. Strengthening the human body from a physical point of view necessarily occurs in accordance with the physical loads given to the body and as a result of proper training.

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