



THE ROLE AND IMPORTANCE OF PHYSICAL EDUCATION AND SPORTS IN THE HEALTH OF THE HARMONIOUSLY DEVELOPED GENERATION

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Abstract

In this article, physical education and sports promote mental and spiritual vitality in children and adolescents, as well as the formation of feelings of patriotism and patriotism.

Keywords: Patriotism, physical education, physical culture, training, physical education classes.

Introduction

In the item of improvement of the state youth policy of the Strategy of actions for further development of the Republic of Uzbekistan for 2017-2021 it is necessary to bring up physically healthy, mentally and intellectually developed, independent-minded, patriotic, harmoniously developed people with a firm outlook on life. caught in the act. "The future of our planet depends on how well our children grow up. Our main task is to create the necessary conditions for young people to show their potential" [1-3].

Therefore, the most important task today is to promote the formation of independent thinking and worldview of our youth, to help them learn their position and approach to life, to educate them consciously and knowledgeably, not to be indifferent to events, to live with a sense of belonging. We all know that on December 18, 2018, at the initiative of the President of the Republic of Uzbekistan Sh.M.Mirziyoev, the development of physical culture and sports, the formation of physical and mental health of the younger generation, a healthy lifestyle and In order to deepen the love



for sports, as well as to improve the organization and management of physical activity of the population, "On measures to prevent non-communicable diseases, support a healthy lifestyle and increase the level of physical activity of the population". The decision was made. "... in accordance with this resolution, the Concept of non-communicable diseases prevention in 2019-2022, support of a healthy lifestyle and increase of physical activity of the population and prevention of non-communicable diseases in 2019-2022, health of the population The Program of Measures to Support Lifestyle and Increase Physical Activity is being approved" [4-11].

The Main Part

Raising a healthy and harmoniously developed generation in our country is one of the priorities of state policy. development, creation of material and technical base of children's sports on the ground, construction of a network of modern children's sports complexes in residential areas and further intensification of the provision of sports equipment and facilities, and educational, spiritual and enlightenment work Along with the reforms, the development of children's sports, the construction of modern sports facilities not only in the centres but also in remote areas, "Increasing youth social activism in the development of a democratic and legal society: problems and solutions" 317 separate g. work on care and attention plays an important role.

All the reforms being carried out in our country, first of all, serve the interests of the people. As the head of our state noted, our young people, who have been friends with sports since their youth, are developing perseverance, courage and strong will through self-improvement, character development and participation in competitions.

"In 2005, 30 per cent of children and adolescents aged 6 to 15 in our country, including 29 per cent in rural areas, were involved in sports, while in 2016 these figures were 57.2 per cent and 56 per cent, respectively. At the same age, they participated in 43 sports in 2005, and now play 59 sports" [12-18].

In our republic, a lot of work is being done to improve the welfare of the population, improve health, attract minors to engage in physical culture and sports in their free time, popularize physical culture and sports among the population, and comprehensive harmonious education of the younger generation. We consider it



appropriate to include the following in the activities aimed at reducing the incidence of juvenile delinquency through physical education and sports:

- Further intensification of the work of the Department of Physical Culture and Sports on the promotion of healthy lifestyles through the central and regional media;
- Increasing the number of hours of physical education in schools, secondary special and higher education institutions, strengthening the requirements for students to perform lessons and tasks in accordance with the program standards.

Controlling the direct implementation of the above-mentioned measures in all regions of the country is one of the important factors in determining the development of our country, which is building a new society today.

Morning physical education in educational institutions is a continuation of the daily routine exercises that start at home and teach children to follow certain rules, discipline, and order in movement.

It is used in morning physical training, from simple cleansing and re-cleansing exercises to general developmental exercises and basic movement exercises. Elements of cancer, rhythmic gymnastics, and some aerobic exercises are widely used in the coordination of physical education.

Morning exercise is determined by the child's ability. General developmental exercises are performed in a certain anatomical order: first, the muscles and the shoulder girdle are moved (upwards with the arms, in different directions, the arms are bent at the elbows). This is followed by exercises that develop the muscles of the torso, chest, abdomen, arms and legs (bending, rotational movements of the body, sitting movements; standing, sitting, lying on your back, lying on your stomach, knees to the sides 'entry, etc.). In children, the basic and final actions of memory-strengthening exercises are performed by him. As you move from one state to another, you are taught to think quickly and adapt your behaviour to that situation.

Conclusion

The beautiful movements that children gradually acquire, the clear refinement, the creative expression of their age-appropriate playful images, the poetic texts in the games, the beginnings of the games, the counters all serve to nurture the aesthetic taste in the children. The organization of the educational process allows children to practice their best efforts.



Thus, in the process of learning to move, children developmental abilities, moral and aesthetic feelings, a conscious attitude to their activities, and in connection with this, the formation of goal-oriented, cohesive.

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