



**UNITY OF UPBRINGING AND DEVELOPMENT OF HARMONIOUSLY  
DEVELOPED GENERATION IN THE PROCESS OF PHYSICAL  
EDUCATION**

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**Abstract**

This article focuses on the rapid development of the physical and mental health of these segments of the population, which is the first priority in the field of sports to improve the culture and livelihoods of generations of the state and society. Physical education and sports stimulate the mental and spiritual well-being of children and adolescents, as well as the formation of feelings of patriotism and patriotism.

**Keywords:** Physical culture, exercise, cardiovascular system, adolescence, valeological analysis, healthy lifestyle, sports.

**Introduction**

Education is an integral part of an integrated pedagogical process aimed at the comprehensive (mental, moral, physical) formation of the individual. Movement training in physical education is carried out under the direct supervision of the educator and in the independent activities of children under his supervision. Teaching motor skills develops a child's cognitive, will, and emotional strength, as well as his or her practical motor skills [1]. Action training has a purposeful effect on a child's inner world, emotions, thinking, gradually forming worldview, moral qualities, and motor activities performed by children, which are beneficial for health and general physical development.



## **The Main Part**

The content of the training consists of physical exercises, including movement games selected according to the program. In the process of learning, adults provide children with a social experience of goal-directed activities. Its content also includes the experience of mastering movements that serve development and improvement [2]. When working with school-age children, it is important to take into account their age, some of the knowledge that helps the child in conscious movement activities, methods of activities that teach the child to move, activities and skills and abilities to implement them.

In the process of educating movement activities, adults (parents, educators) set new movement tasks for children, taking into account the psycho-physiological features of their development. Learning something new requires a certain physical and mental strength, overcoming difficulties [3,4]. The child's ability to solve new movement tasks during exercise, and the great opportunities that arise in connection with it, change the nature and quality of movements. Overcoming difficulties and solving new tasks creates a positive emotional mood in the child. This complex process should always be under the supervision of an educator. On the one hand, it is necessary to ensure that the child understands the task of the new movement, on the other hand, it is necessary to instil in the child independence, interest and enthusiasm [6,7].

Education requires the child to concentrate, imagine, think actively, develop memory: the learning process is emotional, demonstrating when a pattern of action is demonstrated by the educator and performed by the children, as well as verbal logic, the learning process should be free if the exercises are related to the practice by the children themselves.

It is related to the education of children, moral upbringing, the formation of the child's spiritual sense and consciousness, the development of moral and volitional qualities such as mutual assistance, goal-orientation, honesty, fairness. The beautiful movements that children gradually acquire, the clear refinement, the creative expressiveness of their age-appropriate game images, the poetic texts in the games, the beginnings of the games, the counters all serve the task of cultivating aesthetic taste in children. Organizing the learning process allows children to practice the cocktail movements they can. Movement training in physical education is carried out under the direct guidance of the educator and in



the independent activities of children under his supervision. In the teaching of motor activity, the child develops cognitive, volitional and emotional strength, as well as develops practical motor skills [8,9]. Action training influences a child's inner world feelings, thinking, gradually forming worldview, moral qualities in a purposeful way in the activities performed by children, which are beneficial for health and general physical development. The content of the training consists of physical exercises, including movement games selected according to the program. In the process of learning, adults provide children with a social experience of goal-directed activities. Its content also includes the experience of mastering actions that serve development and improvement. When working with preschool children, it is important to take into account their age, some of the knowledge that helps the child in conscious movement activities, methods of activities that teach the child to act, activities and skills and abilities to implement them. These qualities play a leading role in the overall structure of physical fitness. That's why we've tried to increase the size of the fast-power vehicles and plan them on training microcycles in order to achieve a big increase in the performance being tested. One of the best ways to handle this is to work out [10-12]. It allows you to bring the nature of the activity in the training exercises closer to the mode of operation typical of the competition 514 exercises, thereby creating a favourable environment for the transfer of training. In the process of educating movement activities, adults (parents, educators) set new movement tasks for children, taking into account the psychophysiological features of their development.

## **Conclusion**

The child's ability to solve new movement tasks during exercise, and the great opportunities that arise in connection with it, change the nature and quality of movements. The work of difficulties and the solution of new tasks create a positive emotional mood in the child. This complex process should always be under the supervision of an educator. On the one hand, it is necessary to ensure that the child understands the task of the new movement, on the other hand, it is necessary to awaken in the child independence, interest and enthusiasm. Education requires the child to concentrate, imagine, think actively, develop memory: the learning process is emotional, demonstrating when a pattern of action is demonstrated by the educator and performed by the children, as well as verbal logic, the learning



process should be free if the exercises are related to the performance by the children themselves.

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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