



PRACTICAL IMPORTANCE OF PHYSICAL EDUCATION OF STUDENTS 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.

Introduction

The Decree of the President of Uzbekistan dated February 7, 2017, approved the Strategy of Actions in five priority areas of development of Uzbekistan for 2017-2021 and set out the measures to improve the state policy on youth, including raising physically healthy, spiritually and intellectually developed, independent-thinking, with a firm life outlook, loyal to the Motherland, increasing their social activity in the process of deepening democratic reforms and developing civil society, supporting and realizing the creative and intellectual potential of the younger generation, forming a healthy lifestyle among children and youth, and widely involving them in physical education and sports.



On the initiative of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev, 2021 was declared the Year of “Supporting Youth and Strengthening Population Health”. In the decrees and orders of President Sh.M. Mirziyoyev, it is a vital necessity to conduct fundamental and applied research aimed at attracting children with sports abilities to physical education and sports, as well as developing and implementing modern methods of their selection.

Physical education and mass sports activities carried out in educational institutions are also of great importance in the productive use of students' free time and their healthy development. A national education program has been developed in Uzbekistan to improve the independent education system and train personnel in accordance with world standards.

1. Improving health.
2. Raising a fully-fledged person.
3. Preparing for the defense of the homeland and labor.

Based on the purpose of physical education, the main tasks of physical education are determined: to improve the health, fitness, physical development of pupils and students, to form motor skills and abilities:

Providing special knowledge about physical exercises and sports. Physical exercise is understood as a variety of consciously performed voluntary motor activities that meet the requirements of the laws of physical education.

Such motor activities have been historically systematized, collected and stylistically supplemented as gymnastics, games, sports, and tourism exercises. To instill in them hygienic knowledge and skills. This task is to provide students and pupils with the necessary knowledge about the benefits of physical exercises, about observing hygienic rules, the rules for the correct performance of all physical exercises provided for in the program. All this is directly related to strengthening health, their knowledge of hygiene rules and their implementation, which is achieved through the joint efforts of the school, family, society and the children themselves.

Physical exercises and sports exercises are taught in physical education lessons, daily activities and club activities. As a result, physical development is ensured. Also, interest in sports is formed in students and students, and they are attracted to sports.



Strengthening health, helping students to develop and improve their physical fitness. Strengthening and strengthening the health of students under the influence of natural factors - water, sun, air, and increasing the body's resistance to diseases. Conducting physical education classes in the fresh air as much as possible or organizing the provision of fresh air to gyms. Conducting water procedures, swimming and bathing classes for students and managing sunbathing activities. These activities are carried out during walks, excursions and tourism activities. This task is the most important of all physical culture and sports activities in an educational institution. It should be the focus of attention of each teacher and teaching staff. Therefore, students and students should develop normally in terms of physical development. When forming motor skills and abilities in students, it is necessary to approach them based on their gender, age, physical fitness and personal abilities. Improving physical qualities. Speed, strength, agility, endurance, and flexibility are qualities that are necessary for every person. They are intrinsically linked to the formation of motor skills in students. Performing physical exercises for a short or long period of time at different speeds and with different levels of complexity helps to develop the above qualities. Developing physical qualities in harmony with each other. Organizing exercises in accordance with the personal abilities of those involved and involving students in sports.

It consists in accustoming students and students to systematically perform physical exercises not only in educational institutions, but also at home. To achieve this important task, it is necessary to make all exercises with students and students lively, the content and form of the material studied interesting and exciting, to conduct them under the sincere treatment of the instructor, and to create conditions for friendly cooperation between the participants.

To involve students and students in sports according to their personal interests and physical abilities. It is also necessary to carry out general physical training and sports exercises in residential areas, sports clubs. To cultivate organizational skills in students, prepare for physical culture activities. For the successful implementation of mass physical culture and sports activities in an educational institution, and for the full-fledged conduct of physical culture lessons and exercises, constant assistance of students and students to the physical culture teacher is necessary.



Physical culture organizers, team leaders, and group leaders are elected among students in sports clubs. They are selected from among active participants. They closely assist the physical culture team in organizing and managing physical education and sports events. They are also of great importance in attracting students and students to sports and increasing their interest in physical education. Physical development is the formation, change, and improvement of biological forms and functions in the body under the influence of education. This process is subject to the laws of the formation, change, and quantity and quality of the organism and its living environment. Physical strengthening of the human body, of course, occurs as a result of the norm of physical loads given to the body and the correct conduct of exercises.

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