

PROMOTION OF MASS SPORTS ACTIVITIES AMONG YOUNG PEOPLE

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ANNOTATION

This article discusses the development of a healthy lifestyle in our society, the creation of conditions that meet modern requirements for regular physical education and mass sports participation by the population, particularly the younger generation, and measures to further the development of physical education and mass sports participation.

Keywords: physical qualities, strength, endurance, elasticity and agility.

INTRODCUTION

Creation of conditions suitable to the modern requirements of the population, particularly the younger generation, for regular physical education and mass sports, strengthening confidence in their will, strength and opportunities in young people through sports competitions, perfection of courage and patriotism, feelings of loyalty to the native land, and so on. Young people are working on a big scale to systematically arrange the selection of gifted athletes, as well as to expand physical education and mass sports.

It is especially reliable that our country's representatives achieve high results in Olympic Games, World Championships, Asian Games and championships, and international competitions; Uzbekistan's international prestige and sporting potential are growing; magnificent sports facilities comparable to world leaders are being restored in our Republic's regions; and sports games are becoming popular among students and students.

Simultaneously, the importance of mass sports in human and family life is promoted and promoted in all regions of our country as the foundation of physical and spiritual health, the preservation of harmful habits of young people entering life with great hope, the creation of necessary conditions for them to realize their abilities and talents, and the selection of athletes. The president of the Republic of Uzbekistan issued a decree "on measures for the widespread application of a healthy lifestyle and the growth of mass sports," which stated:

- Continued development of physical education and mass sports in the Republic of Uzbekistan's regions, including participation of all segments of the population, particularly youth, in regular physical education and sports, and increasing the effectiveness of the conditions created in this regard in our country;
- Further improvement of legislation aimed at the development of the system of organization and management of physical education and sports;
- Strengthening the material and technical base of the physical education and sports sphere, building modern sports facilities, equipping them with modern sports equipment and equipment, developing the private sector in this area;
- Students and students of educational institutions, health promotion among the broad strata of the population, Organization of physical education, mass sports, organization of sports competitions, selection and purposeful training of personnel in the field of physical education

and sports, scientific-methodical support of institutions for their retraining and professional development, provision of sports schools with highly qualified trainers and medical personnel;

- Students and students of educational institutions, health promotion among the broad strata of the population, Organization of physical education, mass sports, organization of sports competitions,
- Ensure that the project-estimate documentation for the construction, reconstruction, and refurbishment of sports facilities is conducted by a state expert in accordance with the established procedure, making extensive use of the mass media and the internet to provide extensive information and explanations on the promotion of a healthy lifestyle among the population, the essence of the program, and the process of its implementation;
- Ensure that the project-estimate documentation for the construction, reconstruction, and refurbishment of sports facilities is conducted by a state expert in accordance with the established procedure;
- It is written about in-depth study and methodical monitoring of competition outcomes in order to ensure effective participation of athletes from Uzbekistan's national teams in training camps, World Championships, Asian Games and championships, and international events.

It includes classes for physical development of students, classes in physical education, morning Physical Education, games in motion in the break. These classes will be aimed at teaching students physical exercises as well as the formation of skills and competences of vital activity. Classes in sports circles, as well as sports tournaments and holidays, are examples of sports events. Students can specialize in sports by joining sports groups. Children will receive general training in sports clubs, which will include technical, tactical, and physical training in sports, as well as general training in theory, morals, and spirituality. They are used for technical and tactical sports movement instruction. Physical traits such as strength, endurance, suppleness, and agility are improved at the same time.

Students' physical development, technical-tactical, and physical preparation are monitored throughout sports contests and vacations. Their moral characteristics, spiritual upbringing, and mental formation levels are also assessed. It is possible to consider the students' health activities, which are primarily related to nature, tourism walks, and tourism activities. The impact of water, sun, and air on natural components will energize the kids during these exercises. With the help of continuous and final practical controls, the students' activities in physical education activities, movement skills and capacities, and opportunities to do physical exercises are evaluated and analyzed. Physical education and sports, as well as mass tourism activities, are examples of health-improving activity in educational institutions. These activities can include physical education classes, sports circles lessons, sports tournaments and sports vacations. Physical education activities include sports training classes in children's and teenagers' sports clubs, as well as physical education activities in living areas, neighborhoods, and families, in addition to educational institutions.

The task of preparing highly qualified athletes in sports is solved by training in sports circles. Physical education activities will be organized at the residence and in the family with the goal

of preparing children for physical development, spiritual and moral development, and labor activity training.

A round table was created in educational institutions under the supervision of physical education teachers and class leaders. This involved the development of physical attributes, which were tempered with the help of natural causes, as well as the formation of student qualifications and skills, as well as physical movement. Sports classes and competitions, as well as competitions in national folk dances, are held at the house. Morning physical education, physical and athletic exercises, travels to the bosom of family nature, reception of sun, air, and water therapies for tempering, creative, useful labor beautifying, field work, and cattle rearing can all be done independently in the family.

Coaches, parents, students, and teachers will participate in discussions, meetings, and questionnaires about physical education and sports. The tests are well-organized. Pupils and students are excluded from processes including personality traits, viewpoint, physical education and sports, moral values, spiritual and educational upbringing, and moral qualities. Students who actively participate in physical education and sports, as well as health improvement programs conducted by the educational institution, get positive outcomes in the acquisition of theoretical knowledge in the topics, according to the findings of our scientific research. Physical development of the organism takes place in them at the same time, as does the improvement of the functioning of the organism's systems. Physical education, sports, health-improving activities create a great base for students to grow up as well as people who are spiritually mature, morally pure, patriotic and have a mature profession of professionalism.

CONCLUSION

We might say that the people's national culture - such as national action games, dances, and colorful sports - has an endless supply of winding up knowledge and experience. As a result, the study of national action games, their promotion among the general public, particularly among young people, the study of socio-psychological elements of this activity, and their widespread and active inclusion in the physical culture of students all fall under the same umbrella. The organization and administration of national sports games have distinct socio-psychological characteristics. As a result, it's critical to understand the nuances, quirks, and technology used to construct these games.

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