

INCREASING PHYSICAL CULTURE AND SPORTS SKILLS

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ANNOTATION

This article discusses the role of physical education and sports in shaping the spiritual and moral image of students. The impact of physical education and sports on the human psyche, spirituality and morality is analyzed.

Keywords: Physical education, sports, movement, healthy lifestyle, spirituality, aesthetics

INTRODUCTION

From ancient times the people have known that the basis of a healthy lifestyle is regular physical activity. People who have been active, diligent, and courageous throughout their lives have seen that they live longer and that disease has not overcome them. Therefore, from a long history to the present day, physical education and sports have become an integral part of people's lives.

Today in our country, more than ever, great attention and opportunities are paid to physical culture and sports. Efforts are being made to popularize physical culture and sports among all segments of the population, and a solid legal framework is being formed.

The Law of the Republic of Uzbekistan "On Physical Culture and Sports" defines physical education as follows: a set of values, norms and knowledge created and used by society for the purpose of improving motor activity, formation of healthy lifestyle skills, social adaptation ". From this definition, it can be said that physical education and sports serve to educate people spiritually, mentally and physically healthy. Regular physical activity and sports strengthen the will, fight, and strengthen self-confidence. These qualities are the basic qualities of any person who seeks a place in society.

Physical education is available in all educational institutions around the world and has already become an integral part of education. The main purpose of the subject "Physical Education and Sports" is to provide students with physical development, deep knowledge and practical skills, psychomotor health, agility and skills that lead to high-quality professional movement, training, professionalism necessary for a healthy lifestyle. and equipping them with knowledge that will guide them in solving problems that arise in the field of domestic life, gaining their own knowledge, and achieving physical maturity.

Physical education is an integral part of general education aimed at promoting good health and harmonious development of the human body. One of the indicators of the state of physical culture in society. Basic tools of physical education: physical training, physical training, work and life hygiene. Physical education is combined with mental, moral, labor and aesthetic education.

Physical education and sports, along with the opportunities for physical development of students, also serve as an important factor in the formation of moral and aesthetic qualities.

While physical education and sports meet the needs of adolescents for physical self-improvement, they also play an important role in shaping their aesthetic upbringing.

Like other forms of education, aesthetic education focuses on the individual and the social group. Aesthetic education also serves to determine universal and national values. Clearly, upbringing aims to influence a person's mind, emotions, imagination, beliefs, worldviews, behaviors, and attitudes. Aesthetic education, acting as an integral part of this common goal and task, is a historically and socially significant event. It should be noted that in the ancient world, the purpose of education in general was expressed on an aesthetic basis. In ancient Greece, for example, the goal of aesthetic education was to develop citizens in all respects, to determine the harmony of "spirit and body." The teachings of such great thinkers as Plato and Aristotle also had in common that the system of aesthetic education had different aspects, and that it served to determine a single aesthetic dream, to form a single moral character and civic character.

The aesthetic essence of physical education and sports also has a long history. In the early days of human history, physical activity emerged as a struggle for survival, but later competitions, tournaments, and games led to its development as a culture and sport. Modern sports based on ancient games, such as wrestling, boxing, weightlifting, javelin swimming, equestrian sports, football, etc., have been passed down from generation to generation for hundreds of years. Each of them can be considered as a combination of beauty and perfection of movement, an example of the general aesthetics of any sport. Gradually, sports equipment appeared: balls, balls, sticks, and so on. Sports facilities, special buildings were built. They were equipped with appropriate equipment. Championships, tournaments and competitions in various sports have become an integral part of the sport.

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