

PEDAGOGICAL SIGNIFICANCE OF ORGANIZING SPORT COMPETITIONS

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ABSTRACT

The article describes the pedagogical importance of organizing sports competitions in educational institutions and how they affect the general growth and well-being of students.

Keywords: sport, competition, development, innovation, education, society.

INTRODUCTION

In our country, the stage of revealing the potential possibilities of the process of imparting knowledge, based on the implementation of the modern education system, continues. At the same time, pedagogues are trying to increase the effectiveness and quality of education by introducing innovative technologies into the educational process. In our republic, we are experiencing a period of complete renewal in the field of education, a literal transition to a new process and adaptation to it. The Law of the Republic of Uzbekistan "On Education", the Decree of the President of the Republic of Uzbekistan dated November 6, 2020 "On additional measures to further improve the education system" Resolution No. 4884 opened wide opportunities for implementation of improved state educational standards, educational programs, state requirements, new textbooks in modern classrooms and educational institutions fully equipped to meet the requirements of the times. [1,2,3].

Sports competitions are of great importance in the all-round development of a person, especially in the field of education. The organization of sports competitions allows students to engage in physical education, to form important life skills, to work in a team and to develop sports skills.

Researchers who study the problem of physical education of schoolchildren say that physical education should occupy a proper place in their education and professional training [5]. In children's sports, both of the above-mentioned signs are expressed in such a way that the sports activities of students are considered extracurricular and are partially included in the curricula and programs of general education schools as a subject, and are of special importance in the form of extracurricular activities and activities in extracurricular institutions, will be launched on a voluntary basis with attention[6,7].

One of the main advantages of organizing sports competitions in schools is to stimulate the physical development of students. Taking part in sports helps to improve students' physical fitness, movement coordination and motor skills. By regularly participating in sports competitions, students can improve cardiovascular health, muscle strength and flexibility.

In addition, sports competitions give students the opportunity to set goals, push their limits, and challenge themselves physically. It not only improves their physical capabilities but also instills a sense of discipline and determination. By participating in sports, students learn the importance of regular exercise and a healthy lifestyle that will benefit them throughout their lives.

In addition to physical benefits, sports competitions also serve the mental development of students. Playing sports requires focus, concentration and strategic thinking, which improves cognitive skills such as problem solving and decision making. Sports competitions also give students the opportunity to manage stress, cope with pressure and overcome obstacles, which are valuable life skills that can be applied in many aspects of their lives.

Sports competitions promote mental strength and emotional well-being among students. Winning or losing a competition teaches students how to handle success and failure gracefully, develop a positive attitude toward adversity, and develop self-confidence. Through athletic competition, students learn to drive toward their goals, face challenges, and develop a growth mindset that promotes continuous improvement and personal growth.

Sports competitions play an important role in the social development of students. Participating in team sports inculcates feelings of friendship, cooperation and teamwork in the participants. Through athletic competition, students learn to communicate effectively, cooperate with others, and build strong interpersonal relationships. These social skills are essential for success in both academic and professional settings.

Sports competitions provide opportunities for students to develop leadership skills, empathy and respect for others. By working together toward a common goal, students learn to value diversity, appreciate teamwork, and demonstrate sportsmanship. Sports competitions also promote inclusivity and unity among people of different nationalities, creating a sense of community and belonging in the school environment.

The organization of sports competitions in educational institutions has a positive effect on the educational activity and general activity of students. Studies have shown that students who participate in athletics do better academically, improve attendance rates, and demonstrate higher motivation and focus in their studies. Sports competitions allow for a balanced approach to education by combining physical activity with academic education and promoting the well-rounded development of students. Sports competitions help to inculcate important values like discipline, dedication and endurance among the students. By setting goals, striving for improvement, and facing challenges, students learn valuable life lessons that contribute to their personal growth and character development. Sports competitions also teach students the importance of fair play, honesty and respect for the rules, which are important values that shape their moral behavior on and off the field.

In conclusion, it can be said that the organization of sports competitions in educational institutions plays a decisive role in the comprehensive development of students. Through physical activity, mental stimulation, social interaction, and educational impact, athletic competition contributes to the overall well-being and growth of individuals. By participating in sports, students develop important life skills such as teamwork, perseverance, leadership, and sportsmanship that prepare them for success in many areas of their lives. Therefore, it is necessary for educational institutions to realize the pedagogical importance of organizing sports competitions and to create an opportunity for students to engage in these valuable experiences.

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