

Goals and Objectives of Physical Education and Sports in Educational Institutions

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Abstract: *The article examines the goals and objectives of physical education and sports activities in educational institutions.*

Keywords: *physical education, event, goal, task, sport.*

INTRODUCTION

The purpose of the characteristics of education in the process of physical education and sports activities is to accustom students to the requirements of physical development of their bodies and a healthy lifestyle. At the same time, physical education sports and health activities greatly contribute to the positive mastering of specialized training. Physical education activities of students and students take the form of morning physical education, physical education lessons, sports club classes, sports and health competitions and holidays. Morning physical education activities are carried out in the form of mass in the student dormitory, independently in the living quarters and in the family. The scientific work is one of the first works being carried out today, in which the importance of physical education and sports and health activities of students and students in raising the younger generation as well-rounded individuals is analyzed. Forms of improving this process are studied.

LITERATURE ANALYSIS AND METHODOLOGY

This topic was described in detail by physical education pedagogues of our republic, such as T.S.Usmonkhodjaev, Yu.M.Yunusova, X.B. Tulenova, M.I.Masharipova and others, in their scientific works, textbooks and manuals. At the same time, we used the scientific works of Russian physical education pedagogues A.S. Vygotsky, A.V.Zaporozhes, A.N.Leont'ev, D.B.El'konin, V.K.Bal'sevich, Kozlova T.V. and other scientists.

RESULTS

Physical education activities in educational institutions consist of physical development, health improvement and preparation of pupils and students for life activities. Physical education processes are organized at all stages. The pedagogical team of the educational institution, physical education teachers and sports coaches, play a great role in the organization of physical education. Physical education activities in educational institutions include morning physical education, physical education classes, sports clubs, sports competitions and tourism activities held on holidays and weekends. In physical education activities, students perform vital movements such as walking, running, jumping, throwing, climbing, and performing exercises, thereby forming movement skills and abilities.

Physical exercises, which are considered to be means of physical education, and the health-improving powers of nature and hygienic means, positively change and the body becomes healthy. The Law of the Republic of Uzbekistan "On Public Education" and "On Physical Education and Sports" state that citizens of the Republic of Uzbekistan must take care of their physical fitness in order to improve and strengthen their health. This law fully applies to physical education work in educational institutions.

Physical education of pupils and students is an organized pedagogical process of their physical activity. Physical education work in an educational institution is distinguished by a wide variety of forms that require enthusiasm, initiative, and organization from pupils and students. They help to develop organizational skills, activity, and resourcefulness in pupils and students.

The purpose of physical education of pupils in an educational institution is:

1. Improving health.
2. Raising a fully mature person.
3. Preparing for the defense of the Motherland and labor.

Based on the purpose of physical education, the main tasks of physical education are determined in terms of improving the health, strengthening, physical development, and forming motor skills and abilities of students:

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

Such motor activities have historically been systematized, collected, and systematically supplemented as gymnastics, games, sports, and tourism exercises. Instilling hygienic knowledge and skills in them. This task is to provide students with the necessary knowledge about the benefits of physical exercises, compliance with hygienic rules, and the rules for the correct performance of all physical exercises provided for in the program.

All this is directly related to improving health, their knowledge and adherence to hygiene rules, and this is achieved through the joint efforts of the school, family, community and children themselves. Physical exercises and sports exercises are taught in physical education classes, daily activities and club activities. As a result, physical development is ensured. Also, students and pupils are interested in sports and are involved in sports.

Improving health, helping students to develop and improve their physical fitness. Strengthening and improving the health of students and increasing their resistance to diseases under the influence of natural factors such as water, sun and air. Conducting physical education classes in the fresh air as much as possible or organizing the provision of gyms with fresh air. 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 considered the most important of all physical culture and sports activities in an educational institution. It should be the focus of attention of each teacher, a team of teachers. Therefore, the normal physical development of students and pupils is necessary.

Formation and improvement of movement, skills and abilities, teaching new types of movement and movement activities. The content of the physical culture program for students and pupils is designed in such a way that students, regularly engaged in physical culture classes, at home, in physical culture circles and sports circles, systematically master such vital movement skills as walking, running, throwing, climbing, maintaining balance. All of the above activities contribute to their comprehensive physical development, preparing them for labor. In forming movement skills and abilities in students and pupils, it is necessary to approach them depending on their gender, age, physical fitness and personal abilities. Improving physical qualities. Speed, strength, agility and endurance, as well as flexibility, are qualities necessary for every person.

They are inextricably linked with the formation of movement skills in pupils and students. Carrying out 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.

Develop physical qualities in harmony with each other. Organize classes in accordance with the personal abilities of participants and involve students in sports.

Cultivate mental and aesthetic qualities. Cultivate courage, determination, discipline, a sense of community, friendship and camaraderie, cultural behavioral skills, attitude to labor and social property. The entire process of physical education helps to cultivate such valuable moral and volitional qualities. Many physical exercises, game movements help to cultivate the feelings of courage and friendship. Also, the formation and education of love for the Motherland, patriotism, feelings. Formation of the correct posture. Formation of the skills of correct posture when standing and walking. Correct posture formation is a complex and long-term process. Therefore, in order to achieve positive results in this area, it is necessary to maintain correct posture when standing and walking; physical exercises should be widely used; the content of physical culture lessons should include exercises to improve posture, gymnastics before classes, physical culture times, physical education, and students should work on themselves with constant physical and mental exercises and be given homework. It is envisaged to achieve results on this basis by checking the assigned tasks in a timely manner and testing them in practice. Educating students in a broad range of intellectual and moral aspects is one of the most important tasks, because the minds of students are in the process of development. Only by directing education in a positive direction can the desired results be achieved.

Involvement in physical education and sports activities. It is to accustom students to systematically perform physical exercises not only in educational institutions, but also at home. To implement this important task, it is necessary to make all classes with students lively, the content and form of the material being studied interesting, exciting, held under the sincere treatment of the instructor, and create conditions for friendly cooperation between the participants. Involve students and students in sports activities according to their personal interests and physical abilities. It is also necessary to carry out general physical training and sports activities in places of residence, sports clubs. To educate students and students in organizational skills, prepare them for physical culture activities.

For the successful implementation of mass physical culture and sports work in an educational institution, the constant support of students and students in the physical culture activities of the teacher is necessary. Physical culture organizers, team captains, 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 to sports and increasing their interest in physical education. Physical development is the emergence, 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 structure, change, and quantity and quality of the organism and its living environment. Physical strengthening of the human body occurs as a result of the normalization of physical loads on the body and the correct conduct of training.

The process of teaching physical movements. Its task is to ensure the formation of a skill, from performing a movement and improving it. This stage is a complete process of repeated repetition. Each repetition may seem the same from the outside, but the content of each one is new.

It takes on something different from the previous one. Figuratively speaking, it seems to be repeated "without repetition", "exercise-without exercise". It is precisely in this that the criterion, the foundation for the formation of new movement activity is hidden.

It is necessary to form the spiritual qualities of the participants and connect them with life, society, needs and labor activity, the process of physical education should encourage participants to actively participate

in the struggle for building a new society. In order to educate participants in the spirit of the idea of national independence, physical education specialists should fully know how they live, what they think about, with whom they are friends, how they work in production, how they study at school, how they behave in the family, in public places, how they spend their free time, and so on. Physical education specialists need to know the level of development of physical abilities of the participants, study individual differences in personal character traits, intelligence, perception, emotional will, moral qualities and static needs. In the process of independent training, pupils and students develop an attitude towards physical education and sports, and their skills in independently engaging in physical exercises, movements and sports increase. In independent training, along with the teaching of vital movements, physical qualities such as strength, endurance, flexibility, speed, agility are improved.

As a result of the development of each physical quality, changes occur in the body. The human body is strengthened and the circulatory system develops as a result of improved blood circulation.

DISCUSSION

All employees of the educational institution must correctly understand the goals, objectives, content and forms of organizing physical education of pupils and students, participate in practical work based on their activities, and actively promote physical culture and sports among pupils and parents.

Physical education teachers must perform the following tasks:

- ensure the high level of teaching and full implementation of the relevant class physical education program;
- conduct medical examinations of pupils in a timely manner together with the doctor and take into account the results of medical examinations in their work;
- ensure that the premises where the lessons are held are maintained in proper sanitary and hygienic conditions;
- ensure that all pupils and students are engaged in physical exercises in comfortable clothes;
- participate in organizing and conducting extracurricular activities on physical education and widely involve pupils and students in it;
- conducting explanatory work among parents about the importance of physical education of pupils and students;
- regularly increasing the knowledge of pupils and students in the field of physical education;
- Inducing pupils and students to be interested in physical culture and forming habits of regular physical exercise in them.

Teachers exchange experience to improve their skills, organize analysis of each other's lessons. The main tasks in organizing physical education and sports events in educational institutions are carried out by the physical education team. Physical education teachers conduct physical education lessons and daily physical education events. Active students and youth athletes and members and leaders of the youth society closely assist physical education teachers in organizing physical education events and sports competitions, holidays, excursions, excursions and tourism, tourist trips. At the same time, student athletes play an important role in attracting other students to sports and increasing their interest in physical education.

CONCLUSION

In our scientific research and pedagogical practice work on organizing physical education, sports and health activities with students in educational institutions, we have drawn a number of necessary and clear conclusions.

1. The importance of natural factors in the processes of physical education and health of students plays an important role.
2. General physical exercises serve as a necessary tool for invigorating the body of students and preparing them for physical loads.
3. Special physical exercises greatly help students and students master and improve the technique of physical movements in sports.
4. Auxiliary physical exercises serve as a unique tool for forming special exercises in sports.
5. It is advisable to effectively use the forms of physical education, sports and recreation in physical education, sports and recreation activities of pupils and students.
6. The physical development and recreation effect of physical education, sports and recreation activities held in the lap of nature is of great importance.

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