

**PHYSICAL EDUCATION AND SPORT PLAY AN IMPORTANT SOCIAL
ROLE IN THE EDUCATIONAL SYSTEM**

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Annotation: This article is about physical education and sport play an important social role in the educational system. This article discusses the features of maintaining human health through physical education. The important role of physical culture in human life is noted. The main types of exercise to maintain health are listed, such as running, pulling up, swimming, and stretching exercises.

Key words: Physical education, includes, strength, society, the main, activity measurement tools, control tools, monitoring, implementation, control, complex, methodology.

РОЛЬ РЕГУЛЯРНЫХ СПОРТА В ЖИЗНИ ЧЕЛОВЕКА

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Аннотация: В данной статье описаны вопросы гармонии физического и психического воспитания в воспитании молодого поколения, формирования здоровой личности посредством физического воспитания и спорта.

Ключевые слова: образование, физическое воспитание, всесторонняя личность, спорт, здоровый образ жизни, физическая культура.

Introduction

Physical education creates well-rounded people. This includes developing muscle strength, endurance, flexibility and agility. Sport permeates all levels of modern society, exerting a wide impact on the main areas of society. In support of this thesis, one can cite the words of the famous athlete Alexander Volkov: "... sport today is the main social factor that can resist the invasion of cheap culture and stupid habits. This is the best" rattle "that can distract people from current social problems. This is perhaps the only" glue "that can glue the whole nation together, which neither religion succeeds, more thread than politicians [1.p 1- 5] It affects national relations, business life, social status, shapes fashion, ethical values, and people's lifestyle. Physical culture and sport are an integral part of the culture of society and of each person individually.[2. P 193] At present, it is impossible to find a single sphere of human activity that would not be associated with sports and physical culture.

Physical culture began to develop since ancient times and it is an integral part of the life of each of us. It develops the body and maintains health for many years. Physical culture is also a part of the culture of man and society as a whole, it allows achieving harmonious development of the physical and intellectual abilities of man. To be healthy, to feel confident, and, as a result, to live happily ever after without suffering from many diseases, a person must pay great attention to himself and his health. Proper nutrition and sport are the basis of beauty, strength, health and longevity. Regular workouts improve metabolism, debug the work of the cardiovascular system. A person becomes more resilient and strong. It is also scientifically proven that sports contribute to an increase in intelligence. This is due to the fact that during training the blood supply to the brain improves, which in turn stimulates mental activity. A person involved in sports takes a completely different look at life, otherwise perceives himself in society, feels more confident and strong, forgetting about health problems, likes himself more, as he takes on ideal forms. He begins to truly enjoy life and enjoy it. Sport is a perfect way of entertainment, it is one of the main ways of expressing talent, it is an activity that cannot be separated from our daily lives, and sometimes it is the most effective way to reduce stress and tension.

Currently, there are positive changes in the field of physical education and sports. Improving the health of schoolchildren and optimizing physical development are the priority goals of the system of physical education and sports training. Regular physical activity promotes growth and development and has multiple benefits for physical, mental, and psycho social health that undoubtedly contribute to learning.[3.p.385]. For the formation of the personality of primary school students, certain favorable conditions are necessary. The success of physical education of students to a greater extent depends on the correct combination of various forms of classes and the selection of such tools and methods that meet the requirements of the mental and physical

development of a younger student and are an integral part of the entire system of educational work of the school, solving educational, upbringing, educational and therapeutic — health problems, taking into account the requirements for the body of children at this age.

The leading method of physical education formation at primary school age is outdoor games. “The game is important in the life of a child, which an adult has an activity, work, service. What a child is in the game, that is how much he will be at work when he grows up. Therefore, the education of the future leader takes place primarily in the game”[4.p.6] An outstanding contribution to the theory and practice of the game method of teaching was made by the outstanding teacher A.S. Makarenko. A.S. Makarenko wrote: “the cultural education of the child begins very early, when he is still far from literacy, when he only learns to see, hear and something talk. Developing a harmony of movements, it would be wrong to reduce the role of a mobile game only to physical development” [5.p.368].

Komensky was the first to define the game as an independent method learning, because through the game the child quickly and easily learns knowledge. The deep meaning of the outdoor game — in its full role in physical and spiritual life of the people, which exists in the history and culture of each country. [6.p.1]The game process activates creative thinking

finding new solutions that enrich the game with aesthetic and intellectual content. The game method develops all physical qualities in a complex. Using specially selected running games, students can successfully develop speed; jumping games develop speed-strength qualities. But the games must be varied and cover different muscle groups.[7.p.1] Based on the main motives of the gaming activity and the relationship of the players playing upon reaching goals before the game, we divided them into three groups:

- non-team games: this group of games is characterized by the fact that there are no common goals for the players in them. In these games, children are subject to certain rules that provide for the personal interests of the player and reflect the interests of other participants;

- transitional to command: they are characterized by the fact that in them. There is no permanent common goal for the players, and there is no need to act in the interests of others. In these games, the player, at will, can pursue his personal goals, as well as help others.

- team games: first of all, these games are characterized by joint activities aimed at achieving some common goal, the complete subordination of personal interests playing the goals of their team. These games significantly enhance the health of children, have a beneficial effect on the development of psycho physical qualities.

Benefits of physical education in schools are:

Builds healthy bones; Improves strength and endurance; Reduces stress and anxiety; Helps control weight/reduces the risk of obesity; Improves blood pressure and cholesterol levels; Reduces feelings of depression; Boosts self-esteem Promotes psychological well-being. Mass health, fitness and extra curriculum sports events walks, sport games, swimming, backpacking tours, Spartakiada games, cross-country running, sports competitions etc. will help for students to be active in their social life. Outdoor play keeps students active and provides a means to increase their physical stamina and fitness, strengthen their muscles and bones, build immunity, lower the risk of many diseases like diabetes, heart problems, obesity and promote overall better health.

Speaking about the importance of using elements of outdoor games as tool to combat physical inactivity,

S.D. Neverkovich argued that the use of competition in natural forms of movement would facilitate the use of outdoor games in preparation for sports[8.p 130] The role of physical activity in bone health: a new hypothesis to reduce risk of vertebral fracture.[9.p958-608]

The use of various combinations of movements in outdoor games not only activates the creative activities of children, but also promotes the use of outdoor games as a means of solving communication tasks and the main factor of their expressiveness. It is important that the children in the game strive to enjoy physical exercises that can give intense speech effort. In every outdoor game, communication is a must. Even in the absence of special pedagogical guidance for the development of communication activities, it is spontaneously and spontaneously always present and develops in the game.

In the lessons and in extracurricular activities, we play various outdoor games with the children. They can be individual “game of tag”, “Trap”, “Hunger games” “Who will throw further”, “Wolf in the ditch”, etc., in which stubbornness, character, a healthy desire to be better are developed, leadership develops quality; and group (“Shootout”, “Ball to the captain”, “Race of balls”, “Protection of the fortress”, “Hares in the garden”, “Hunters and ducks”, etc.), which teach cohesion, partnership, mutual assistance. I recommend these games:

Outdoor game 1. “Vegetables and fruits”. Pupils move in a column one at a time on skis. The host calls various vegetables and fruits. If the word refers to vegetables, everyone goes in a squat, hands on their knees; if to fruit — on toes, hands behind the head. The mistaken ones stand at the end of the column.

Outdoor game 2. “Take the place of”. The players ski 1.5 – 2 m one after another a vicious circle. The driver follows the circle in the opposite direction, gives the command “Stop!” He touches the stick of one of the skiers and continues to quickly move in a circle. At the signal, everyone stops, and the player, who is settled by the

driver, quickly runs in a circle in the same direction. Everyone seeks to take a free place. Not having time to take free the place becomes driving, the game continues.

Outdoor game 3. Shark Attack:

The game is held on a limited platform. From among the strongest participants, a “shark” (driver) is selected. All other participants (fish) remove the sticks, put them in the center of the site and scatter. At the signal, the “shark” begins to catch “fish”. The one whom the “shark” inflicts becomes a “shark”. He takes his sticks and also begins to catch “fish”. The game ends when they catch the last “fish”. Players can only be pushed by hand.

So, physical culture should be considered as a special kind of cultural activity, the results of which are useful for society and the individual. In sports, a person seeks to expand the boundaries of his capabilities, this is a huge world of emotions generated by successes and failures, the most popular sight, an effective means of educating and self- education of a person, and it contains the most complicated process of anti human relations. Sport is actually a competitive activity and special preparation for it. It lives by certain rules and standards of behavior. It clearly shows the desire for victory, achieving high results, requiring the mobilization of the physical, mental and moral qualities of a person. Therefore, they often talk about the athletic nature of people who successfully prove themselves in competitions. Satisfying many human needs, sports become a physical and spiritual necessity. The value and role of physical culture and sport in the life of every person is of great importance.

Thus, we can conclude that physical education is a process of certain educational and educational tasks for the development of personality, which is characterized by a pedagogical character. A distinctive feature of physical education is that it provides a systematic formation of motor skills, abilities and knowledge, directed development of a person’s physical qualities, the totality of which determines his physical capacity as a whole.

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