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# ВЕСТНИК НАУКИ И ОБРАЗОВАНИЯ

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**ВЕСТНИК НАУКИ  
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физическая сила, подвижность, ловкость, хорошие манеры, нравственность, нравственный имидж, отношение к противникам, отношение к обществу, бизнесу, окружающей среде и патриотизм.

Борьба - это не только средство для достижения цели, но и средство достижения физической и духовной зрелости. Великие предки называли борьбу школой обучения. Эта школа описывает своих учеников и тех, кто ее видел, следующим образом:

«Борцы не ругаются, но никогда не изменяют своим принципам».

«Борцы держатся подальше от грязи, прелюбодеяния, обмана, наркотиков и борются с таким злом».

«Борцы - люди волевые, и им все равно, что и о чём кто-то говорит».

«Борцы благородные, гуманные, выделяется на фоне остальных глубоким уважением к своему противнику».

Из приведенных выше объяснений борцам ясно, что философия борьбы, сформированная веками, воплощена в жизнь. Это есть:

- формирование независимого мировоззрения и свободного мышления;
- воспитание сильного духа, свободного от равнодушия и трусости, живущего с уверенностью в своих знаниях и силе;
- укрепление воли народа, особенно молодежи, создание духовной среды, служащей вере;
- самообладание, сохранение священных ценностей, развивать чувство сострадания;
- развитие таких качеств как вера, честность, щедрость, доброта, присущих благородным людям.

Можно с уверенностью сказать, что кураш вырабатывает волю, мотивирует человека стремиться к честности. Кураш, служащий формированию в сердце чувства уверенности, гордости, учит преодолевать трудности с выдержкой и настойчивостью, вносит неоценимый вклад в гармоничное развитие творческой молодежи, тем, кто может откликнуться на суровые испытания жизни. Итак, борьба - это способ достижения цели честным образом!»

Поскольку борьба требует от борцов таких высоких качеств, как храбрость, отвага, решительность, честность, порядочность, отвага и чистота, это, в свою очередь, налагает большую ответственность на компетенции тренеров по курашу. Ведь тем, кто принадлежит к этой категории, необходимо подавать пример другим, в первую очередь, улучшать свою личность физически и духовно, постоянно стремиться к зрелости и совершенству.

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## PHYSICAL EDUCATION AT SCHOOLS

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**Abstract:** *the significant impact of physical education and culture lessons on health, moral and volitional qualities at school is undeniable. And this article mainly refers to the methodology and principles of teaching physical education and physical culture. Moreover, a number of studies and experience of using the means and methods of physical culture and sports in the process of physical education in schools and other educational institutions prove their effectiveness in the formation of physical fitness.*

**Keywords:** *physical education, physical culture, lesson, school, organization, health, methodology, activity.*

## ФИЗИЧЕСКОЕ ОБРАЗОВАНИЕ В ШКОЛАХ

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**Аннотация:** *существенное влияние уроков физического воспитания и культуры на здоровье, нравственные и волевые качества в школе неоспоримо. И в данной статье в основном упоминаются методика и принципы обучения физкультуре и физической культуре. Более того, ряд исследований и опыт использования средств и методов физической культуры и спорта в процессе физического воспитания в школах и других учебных заведениях доказывают свою эффективность в формировании физической подготовленности.*

**Ключевые слова:** *физическое воспитание, физическая культура, урок, школа, организация, здоровье, методика, деятельность.*

Physical culture is an integral part of general education aimed at improving health and harmonious development of the human body. One of the indicators of the state of physical culture in society. Fixed assets: physical culture, physical culture, occupational and life hygiene. Physical culture combines mental, moral, labor and aesthetic education. For a long time, special attention was paid to physical culture.

Initially, it depicted a variety of rituals that existed in the form of exercises, various games, labor processes, hunting, competitions and tests similar to military actions. Later, teaching young people fencing, horse riding, archery and individual wrestling became one of the main tasks of society. Renaissance attention Physical education

Humanists tried to include Physical Education in the curriculum. Physical culture was considered an important part of family education and school pedagogical process in medieval Europe Physical culture. Rousseau in his pedagogical brochure "About Emile, or

about education" emphasized the importance of physical culture for the intellectual development of children and the education of labor.

The decree "On measures for the further development of physical culture and sports in Uzbekistan" created a legal basis for Physical Culture. A wide system of physical education includes the family and preschool period (from infancy to kindergarten), school age, specialized secondary and higher education, as well as adults (men and women).

According to the "State Standard of Physical Education for General Education Schools" in grades 1-9, 2 hours a week J. t. classes were introduced. In 1999, special tests were developed to popularize JT among students and improve their health. For those who successfully passed these tests, three-level badges "Alpomish" and "Barchina" were installed.

1,588,298 students successfully passed these tests (2002). In addition, Umid Nihollari for schoolchildren, Barkamol Avlod for high school and college students and the Universiade for students are held every two years. In folklore and mass sports, the Alpomish Games Festival and the Tomaris Games are held every two years.

Physical education lesson assignments and requirements for it can be widely introduced in these lines, as they are essential on teaching PE at schools. The results of the pedagogical process in physical education depends on the quality of educational work. This is accomplished by solving a series of tasks that underlie each lesson. Physical education is a physical education process such as teaching, training, and greeting. Based on the general objectives of the course, for each lesson there are clear "Introduction", "Assimilation", "Strengthening". This is the formulation and solution of specific tasks, such as "nationalization".

Study assignments are designed to help children complete the exercises recommended in the physical education program. To strengthen and improve exercises, as well as to develop skills and competencies will focus on teaching exercises that have been learned to be put into practice in different contexts. In accordance with educational objectives. This leads to a consistent and thorough study of all teaching materials in the physical education program.

A relatively long time or a series of lessons are necessary tasks for solving some learning problems and one lesson is enough to solve another. For example, climbing a rope in a certain way and the sequence of actions in this case can be technically worked out in one lesson.

This is a common task and requires a series of lessons to complete. In the meantime, move the tenant coordination, physical fitness, the ability to absorb (receive), similar to the mastered movements also a reserve of movement. You can climb the rope with your feet in one lesson. This is a small private task. which is one of the specific objectives of this course. Educational tasks, from the above extracurricular physical education and sports, tax support, physical exercise and exercise will be solved by enhancing their theoretical knowledge.

Organization of physical education lessons and implementation basics are also important at schools. The effect of a physical education lesson is often to make sure the teacher's plan is alive and well. Required stuffs: equipment and sports inventory, technical equipment, methods and techniques chosen for the organization of activities; effective use of equipment, sports facilities, temperature, climatic conditions, preparedness of students, their age, taking into account their individual characteristics.

Lesson organization theory includes:

- 1) creation and observance of medical and hygienic conditions;
- 2) material and technical support;
- 3) effective solution of the task at the expense of the correct choice of methods for organizing student activities.

Physical exercise is the creation of medical and hygienic conditions for classes. The action of a greeting is understood as a whole complex of events taking place in the process.

Therefore, it is important that the training site meets the established medical and hygienic standards. Air temperature for the gym (preferably) 14-16 degrees; keeping the level, open areas during breaks is very important.

Special attention will be paid to splashing water, opening and ventilating windows in gyms. One's air exchange rate at high intensity can be from 4 to 6 degrees per minute, depending on the exercise performed (running, sports), and the intake of air into the body can exceed 10 or in more levels. So to do some exercises fresh air must be provided. Especially the cleanliness of furniture, appliances, mattresses (carpets) in the hall requires constant attention and care. After class, the floor of the hall is covered with a damp cloth, wipe furniture and mattresses with a damp cloth, dust. So after the training, the training area will need to be cleaned again. Because if it doesn't get cleaned in time, the gym is detrimental to the health of the students by contaminating his body.

The logistics of the course means the ability to provide the optimal intensity of the course, providing adequate training to ensure complete solution of complex problems; equipment, tools and a dedicated training location.

In recent years, gyms have been opened in many schools and sports areas -having non-standard equipment, structures that most students can deal with at once equipped with exercise stuffs. The use of such equipment has a much stronger effect on the density of lessons. The emergence of an organizational form, which ultimately leads to an increase in the effectiveness of training is taken into consideration as well.

To mention how a Physical education lesson content is described, we should mention following stages. The content of a physical education lesson consists of four main components that determine the quality of the lesson, expressed in general. These elements are interconnected and are called characteristic components of the lesson:

a) Exercises included in the lesson. This is the biggest characteristic of the course content.

But such a concept is one-sided and serves as the subject of education. Exercises are a generalized topic of the lesson.

In other words, content is only one aspect of course content.

b) Student activity in the classroom associated with the performance of the recommended exercises.

One of the following major content components. This component makes the practitioner or a student look different, intellectually.

While physical activity also plays an important role, which includes: listening to the teacher, observing the exercise closely,

c) The teacher's activity is the next component of the lesson content, which manifests itself in the following cases:

- who will assign homework and explain it, be able to describe the specific task of the lesson and explains it;

- organization, constant monitoring of participants, analysis of their activities, as well as directing the activities of the participants in the right direction, focusing on the relationship between them;

- principles that play a positive role in the educational process, such as conduct and leadership, direction, control of activities.

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