

**“JISMONIY MADANIYAT VA SPORT:  
TA’LIM DASTURLARINI TAKOMILLASHTIRISH,  
MUAMMOLAR VA YECHIMLAR”**

**ФИЗИЧЕСКАЯ КУЛЬТУРА И СПОРТ:  
СОВЕРШЕНСТВОВАНИЕ ОБРАЗОВАТЕЛЬНЫХ  
ПРОГРАММ, ПРОБЛЕМЫ И РЕШЕНИЯ**

**PHYSICAL CULTURE AND SPORT:  
IMPROVING EDUCATIONAL PROGRAMS,  
PROBLEMS AND SOLUTIONS**

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## **ACTUAL PROBLEMS OF TEACHING PHYSICAL EDUCATION AT SCHOOL**

**Annotation:**The article is devoted to identifying urgent problems of modern sports and physical health of schoolchildren. This article reflects the causes and global problems of sports in students. She dispels myths that sport is not for everyone and is involved in attracting the attention of adolescents and students to physical activity. The article also speaks of the role of physical culture for the young younger generation.

**Keywords:**modern, sports, physical education, health of school children.

Today, society, and especially the school, is faced with a very important task -not only to prepare a child for an independent life, to educate him morally and physically healthy, but also to teach him to be healthy, to contribute to the formation of a conscious need for health, as the guarantee of future well-being and success in life. This is one of the most important areas of the introduced new state. In the last decade in modern society, the main idea is to preserve the health of the younger generation, as a fundamental factor in the future well-being of the state. Analysis of the state of health of the children's population indicates an increase in the incidence of children. Such a dynamics of health status is the result of a long impact of adverse socio-economic and environmental factors. In a comprehensive school, physical education is a basic field of education. This is confirmed by the analysis of the curriculum of domestic and foreign schools, where physical education has one of the priority places. This position of this area of culture is due to the fact that it lays the foundations of physical and spiritual health, on the basis of which only the most versatile development of the personality is possible. This manifests the value of physical culture for the individual and society, its educational, educational and general cultural significance. The most important element of physical culture is a motor culture that includes the main methods of moving in space, overcoming obstacles, performing motor actions with objects. No less important is the totality of funds developed in society to promote the development of motor abilities and educate the individual as a whole. The teaching of physical culture at the school is organically included in the general system of education and education and is valid according to the laws of education and education. At the same time, this is the only subject that forms a competent attitude towards himself, to his body, promotes the education of new strong-willed and moral qualities, the need to strengthen health and self-improvement. In accordance with the socio-economic needs of society and on the basis of the essence of general and secondary education, it is clear that the purpose of the subject “Physical Culture” is to promote the formation of a versatile personality. The means of achieving this goal for the teacher is the mastery of schoolchildren of the foundations of physical education. In general, this means a set of needs, motives, knowledge.

optimal level of health and development of motor abilities, normal physical development, the ability to carry out motor, physical health and sports activities. When conducting physical education lessons, I rely on modern psychological, pedagogical and physiological and pedagogical theories of teaching, education and development of personality, use active methods of teaching and education, taking into account the personal characteristics of each child. The principles of activity and personal approaches are that the student masters the methods of using the wealth accumulated by mankind in the field of bodily and spiritual perfection. Democratization and humanization of the educational process are possible on the basis of the idea of joint developing activities of children and adults, during which they are connected by mutual understanding and penetration into each other's spiritual world, a joint desire to achieve high results in training and education. The education of a culture of health, a healthy lifestyle, teaching students to techniques for mobilization and relaxation, bodily and spiritual self-improvement led to the need to revise the current content of physical education in educational institutions. In the light of what was said, the subject "Physical Culture" in a comprehensive school is understood as the unity of two components -orienting children and adolescents in the field of physical education and creatively active. The first component is designed to create a holistic idea of physical culture and health culture as elements of general culture in children. The second component directs the process of physical education to the creative assimilation of the methods of actually the actual, as well as not the ability to use them in solving health, educational and educational problems. Changes in the system of general secondary education lead to the development of a new concept of physical education. For this, it is necessary, in addition to the complex of pedagogical, biomedical, psychological and sociological studies in the field of physical culture, to clearly define and legitimize the role and place of physical education in the educational process, its relationship and interaction with other educational disciplines, while maintaining the integrity of the learning process, and Which each item contributes to the harmonious development of the personality of the child. Currently, an extensive increase in the volume of the studied material in all disciplines is continuing, it is oversaturated with new, not always necessary, knowledge. This leads to the breakdown of intersubject relationships: each subject solves its problems on their own, and schoolchildren experience passivity and indifference to everything related to learning. Thus, a new concept for physical education is impossible without objective analysis and critical rethinking of the processes taking place in education as a whole. It is difficult for students to remember everything that is given to them in the lessons. The compilers of scientific concepts and training programs often "forget" about the psychophysiological capabilities of children to accept and process information, about the age-sexual characteristics of their development, and natural social needs. Intensive training loads on the fragile children's body adversely affect the health of schoolchildren. The lack of motor activity and excessive training loads often lead to a breakdown of basic biological functions. All this indicates that the education system in its current form has turned into a powerful pathogenic factor of various diseases of schoolchildren who violate the normal course of important psychophysiological processes (thinking, mental performance, attention, memory). Naturally, this state of affairs should disturb

those who are entrusted with the health of children, on whom the training of school graduates for adulthood depends. It is obvious that physical education is an effective means of solving many problems. However, as practice confirms, for 3 physical education lessons per week, all problems cannot be resolved enough. Moreover, as a result of scientific and technological progress, the motor activity of children has sharply decreased. Now the guys have television and computer games. The negative consequences of this on the face, because the growth, development and health of a person directly depends on its motor activity. Folk wisdom says: "Movement is health!" I.P. Pavlov and other outstanding scientists have shown that in a holistic organism the bone-muscular system is a leading system, all other systems and organs are "equal" to it. Therefore, optimal motor activity allows you to most fully implement a human hereditary program and plays an important role in preserving and strengthening his health. Currently, in the system of physical education, three main directions of the modern lesson in the subject "Physical Culture" are distinguished - wellness, training and educational. Not so long ago, the training direction of the lesson was considered leading. The lessons of health and educational orientation practically did not pay due attention. The purpose of these lessons is that the child acquires such special knowledge that he will be able to transfer to everyday life and use it with benefit in other activities. Such a lesson should solve the following problems:

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1. In elementary school -the formation of general ideas about physical culture, significance in human life; the development of mental processes of creativity, independent consciousness, tolerance; Education elementary methods of self-control over physical development and physical fitness.

2. In basic and high school -deepening the basics of knowledge about physical culture; the education of positive individual mental features and features in communication and collective interaction, tolerance; the creation of ideas about individual psychosomatic and psychosocial features, the adaptive properties of the body and ways to improve them in order to strengthen health; development of self-control skills, responsibility for their health; studying the cultural and historical foundations of physical culture.

The system of educational lessons from work experience gives a number of positive results, developing mental processes (thinking, memory, attention, self-control skills), having an educational effect in the formation of a healthy lifestyle among students. In our school, the "Sports is the key to health" in our school. The activities of teachers are aimed both at achieving the optimal level of training, the education of students, and to ensure the conditions for the preservation and development of health.

The most significant components in physical education are:

- Determination of loads in physical education lessons and their differentiation, taking into account physical development and the state of health of children;
- Filling of generally accepted sanitary and hygienic measures (ventilation, wet cleaning, compliance with thermal and light regime);
- Introduction to the educational plan of health lessons, preventive conversations, introduction to the working hours of the school of physical education during lessons;
- Use of a system of physical education and sports measures;
- Systematic conduct of educational measures in a healthy lifestyle, personal hygiene;
- Regulatory medical examination of students on the basis of the district clinic;
- Persion of monitoring physical fitness and level of health.

Of course, each educational institution independently draws up the structure of health blocks, depending on the material and technical capabilities, goals and objectives of students' improvement programs. Our school has a weak sports base, but students go with great pleasure to sports sections, extracurricular activities of a sports and fitness.

The question is very relevant -how to form a desire to engage in physical education in school children? The answer, in my opinion, includes four elements.

The first is a description of the goal that must be achieved.

The second is the motivation of the action.

You need to rely on a motive significant for the student.

The third is the practical implementation of the leading motive.

The fourth is the result that should be achieved after completing the training.

In the same way, you can form a positive attitude and interest in the implementation of almost any activity by the student.

Experts say that today it is a guarantee of victory in the sports arena that is not only a high level of technical skill of the athlete, but also the creation of an artistic image.

It is experimentally verified that in the educational process of a modern school it is possible to integrate knowledge, skills in different fields.

For example, physical education + music + dance. Integration is possible with mathematics, and with biology, and with physics.

Options can play a significant role in the development of the humane qualities of the personality of students.

The key structural element is music. Depending on the selected music, the image is created and the motor potential of the child is realized. Music determines the nature of the movement, its development, creates the emotional basis of action, thereby contributing to the implementation of health-saving technologies. Improvisation can be an effective tool.

For improvisation, children can be offered exercises that transmit animal movements, images of plants, and work. For the development of children's speech, it is advisable to supplement the exercises with rhymed texts or recitatives in physical education lessons. Dance movements, of course, are able to very much affect a person, his psychophysical healing. In addition to individual dance movements, you can use in lesson forms of dance and expression training.

You cannot ignore the effect of color on our life, on our health. Positive emotions are manifested with the sensitivity of the eye to the red-yellow part of the spectrum, and negative to blue-green colors. Knowledge of color effects on the human body can be used by choosing the color when painting the hall, choosing a sports form, sports equipment. So, the yellow color is considered a stimulant of the brain, it does not tire and has a stimulating effect on vision and nervous system, lilac color -has a calming effect, reduces anxiety, green -raises vitality, relieves stress, irritability. A comprehensive combination of music, art, dance in the system of physical education education of schoolchildren can be used in theatrical mass performances, in sports holidays, and at every lesson in the role-playing games.

Thus, the main rule of using forms and methods of art in a physical education is not to be afraid to improvise, combining the motor component (physical culture) with spiritual (art), to show creativity and imagination, to teach children, because it is so necessary in modern life.

The pedagogical experience of using musical rhythmic outdoor games shows that in addition to physical, children, in addition to physical, develop aesthetic and moral qualities, mental and musical abilities, as well as speech, logical and imaginative thinking.

The merger of music and physical culture complementing each other contributes to the improvement of the educational process.

The role of the family (parents) in maintaining the health of children and their physical development is very high.

First you need to determine the main thing: to communicate more with your own children, to engage in physical culture as often as possible -to play and gambling fun, compete, push it to records, and thereby save children from diseases, stress, improper nutrition, smoking and alcohol [1].

Performing various physical exercises, you need to know that the child makes everyone smile, but not everyone to think.

The problems of the future of any family, and the future of the country, directly depend on the main thing -who will build. And the family and the country. People are free, beautiful and strong or uncertain, painful, illiterate and spineless.

It depends largely on parents, on how carefully, carefully, meaningfully and inventively they reveal the capabilities and talents of their children.

It is necessary to play sports with children, to be interested in their successes, to set a positive example.

All upbringing and all education are strung on one core -hard work. Everything else -curiosity, attention, memory, abilities -has everyone, though in different proportions. And from this it follows that with a child who is difficult to remember, it is necessary to work differently.

Unscrewing in all ways, you should try to support, educate self-esteem. Such a system of work would help to solve many children's problems. And family problems are also related to children and their free time.

To correct the situation with a "sick generation", the effective work of school specialists of physical education is needed, and the competent actions of the parents of schoolchildren should be the necessary help in their activities.

In my opinion, you need to start with the basis: develop regulatory requirements for the development of motor qualities for children entering the 1st class; introduce parents of future first-graders to regulatory requirements; test future students upon admission to school;

Organize seminars and consultations for parents to develop the motor qualities of children. Fully working television, propaganda, and the press should also make their contribution.

The lessons of physical culture from 1 to 11th grade should conduct specialists; Indeed, it is in elementary school that the main physical education, skills and skills are laid, most importantly, motivation for further physical self-improvement. It is well known that regular physical exercises give multifaceted positive effects, the physiological basis of which is used in medicine for the treatment, rehabilitation and prevention of various diseases.

The optimal motor activity, as it were, includes recovery mechanisms and holds them in working condition, which increases the body's resistance to various pathogenic factors and promotes rapid recovery in the disease.

The lack of movements creates the conditions for the manifestation of hereditary predisposition to diseases and, therefore, limits the suitability of some professions, overshadows the prospect of future motherhood and paternity.

The body seeks to maintain an individual norm of motor activity, which allows us to talk about the innate need for it.

Why did the problem of children's health come first? Yes, only because it continues to deteriorate, and the “physical culture” is the only subject in school that can effectively solve the problem of healing students -stubbornly pushes back to the “second roles”. It is gratifying to note that at present the government of our country is given great attention to the development of physical education and sports.

Confirmation of this is the introduction of the third hour of physical education into the curriculum. What can be done to optimize the healing, developing and educational components in the framework of a new, multifaceted role of physical culture?

The implementation of the healing component requires the development of specific requirements for the level of health of schoolchildren, as the unity of physical and intellectual factors. All this allows us to argue that the role of physical culture in the formation of the personality of students, their interests and creative abilities, in improving motor and psychophysiological qualities, in strengthening health and preventing diseases of schoolchildren is extremely important.

Therefore, in the structure of general secondary education, the subject should be applied in nature, take one of the leading places in the system of interdisciplinary relations and contribute to the solution of important general pedagogical tasks.

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#### THE COURSE OF THE UZBEK NATIONAL STRUGGLE DURING THE TIMURID PERIOD AND PRESENT TIME.

**Annotation:** This article contains information about the origin of kurash, what names it was called in antiquity. information about the role of wrestling in the Timurid era also took place.

**Аннотация:** Данная статья содержит информацию о происхождении кураш, какими именами его называли в древности. также имела место информация о роли борьбы в эпоху Тимуридов.

**Annotatsiya:** Ushbu maqolada kurashning kelib chiqishi, qadimgi davrda qanday nomlar bilan atalganligi haqida ma'lumotlar keltirilgan. Temuriylar davrida kurashning o'rmi va ahamiyati haqida ma'lumotlar berib o'tilgan.

**Keywords:** kurash, competition, honest, g'irrom, chala, Valor, strong will, honesty and respect for the opponent, kushti - wrestling, kushtigir-wrestling falling polwon, miyongirliq-waist hold, fighting.

**Ключевые слова:** кураш, состязание, честный, гирром, чала, храбрость, сильная воля,

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