

Significance of Physical Education Today

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ABSTRACT

This article is dedicated to the science of "Physical education theory and methodology" and its importance and development in the Republic of Uzbekistan. In the article, all points are analyzed and proved with the help of examples.

In the report of the President of the Republic of Uzbekistan Shavkat Mirziyoyev at the extended meeting of the Cabinet of Ministers on the most important priorities of the social and economic development of our country, the following points are related to "the development of physical education and sports. Of course, in recent years, we have made certain achievements in this field, especially in the field of high skill sports. We are rightfully proud of them. However, at the last Olympics, only weightlifting, boxing, wrestling and judo won prizes. What is the reason for this? In the last five years, 1 trillion 230 billion soums have been allocated from the budget for the development of physical education and sports, as well as for strengthening its material and technical base.

Uzbekistan has chosen its own path of independent socio-economic development and is steadily reforming the education sector. In particular, the Law "On Education" and the "National Program of Personnel Training" have been adopted, and the work in this regard has reached a large scale. Based on the relevance of these documents, attention to the acquisition of knowledge and profession has increased. At the same time, new approaches are entering the system of sports education and physical education today. These approaches, in turn, bring about certain positive changes in various organizational and methodical foundations of the educational process. Most of them are changes inextricably linked with pedagogical technologies and pedagogical skills.

The main indicator of the development of physical culture in society is the level of health and physical development of people, how important a place physical culture occupies in education and training, production and household spheres, in the process of proper organization of free time. As a practical result of physical education in human activity, a person's level of physical fitness and movement knowledge and skills, high vitality, achievements in the field of sports,

mental development are considered. In this regard, the first attempts were made in the 50s to give the educational process a technological character in the theory and practice of education. They found their expression in the creation of complex technical tools for traditional teaching. Currently, pedagogical technology in physical education classes is not considered as research in the field of technical means of teaching or the use of computers, but it is a way of analyzing, developing and applying methods and materials that increase the effectiveness of education, as well as evaluating the methods used. is a study aimed at determining the basis of the educational process and the development of ways to optimize it.

Great attention is being paid to the reforms carried out in our country, to the protection and strengthening of the health of the young generation, to the provision of health programs in the direction of education in all parts of the educational process. Therefore, the foundations of physical education and sports are laid in educational institutions mainly from childhood and adolescence. Physical education and sports are used as a spiritual and ideological tool in the formation of the national gene pool, in the proper organization of a healthy lifestyle, and in the healthy upbringing of the young generation. Today, we are trying to build democracy based on the heritage of our ancestors, national values, based on the requirements of our own way of life.

A healthy person is based on these actions. Forming a healthy person through physical education and sports should be the task of the whole society. Every person, family, parent makes physical education and sports a habit, and respecting it as a value leads to continuous physical education and sports in the society. "In short, sport is the most important means of raising a mature generation in our country and it will inevitably remain so in the future. Because sport means a healthy generation and a healthy future. Therefore, only a healthy people and a healthy nation can do great things."

It is known to everyone that under the leadership of our state, special attention is paid to the wide promotion of a healthy lifestyle among the young generation, popularization and development of physical education and sports. The youth of today, the representatives of the 6th generation, who are considered to be the direct owners of our future, are physically healthy, have a strong will, as well as having education and training, raising them to be mature people, creating a generation that is second to none in the world. As a result of large-scale reforms aimed at the good goal of education, sports are increasingly entering our lives, thousands of young men and women are making sports a daily task. Most importantly, maintaining a healthy lifestyle and participating in sports have a positive effect on their physical condition and health.

It should be noted that special attention is paid to the development of children's sports in our republic by the head of state and our government, and in this regard, large-scale work is being carried out to ensure the implementation of laws, decrees and decisions.

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