

The Role and Importance of Sports in Modern Education

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ABSTRACT

as a result of research, a scientifically based humanistic concept of interest in sports for primary school children and their preparation for sports was created, methods were studied and described in detail.

KEYWORDS: *physical education, training, section, sports selection, lesson, sports competition.*

The development of physical education and sports in our country is a means of educating the younger generation as physically developed individuals. There are also sports clubs in educational institutions; these clubs attract students with their physical fitness, personal interest and physical capabilities. Sports sections operate on the basis of the physical education program of educational institutions. The physical fitness of student-athletes is monitored during group training, sports competitions and holidays. Club classes are held 3-4 times a week and last 60-90 minutes. The availability of the necessary equipment and specialized sports trainers, the suitability of training grounds allows us to train qualified athletes even in educational institutions.

During theoretical training on the organization of physical education in educational institutions, students study the types and methods of physical education and sports training, as well as the preparation of regulatory documents. Physical education and extracurricular activities are organized in general educational institutions. These activities include the following extracurricular activities: morning physical education. The purpose of these classes is to prepare students for learning. The President of the Republic of Uzbekistan Shavkat Mirziyoyev signed a new resolution "On measures for the further development of physical culture and mass sports." According to the decision, in the next 5 years, 1 trillion 230 billion soums will be allocated from the budget for the development of physical culture and sports in our country, as well as for strengthening its material and technical base. The level of physical fitness and physical development of students is monitored during sports competitions and holidays. Preparation of general physical education and sports sections is carried out in accordance with the club's annual training plan, developed on the basis of the physical education program. Physical education activities are on the agenda: in order to ensure the continuity of the process of healing and physical development of students, physical education activities are identified and implemented on the school's agenda. The content of the activities on the agenda is created and planned on the basis of the physical education program. When organizing physical education classes, the school physical education team solves the problems of organization and management. Everyday physical education activities of students consist of strengthening mental abilities, strengthening mental abilities, physical development of students, and strengthening discipline. Regular physical education classes teach students self-control, adherence to a daily routine, and increased activity. Physical education and training work must be organized in accordance with the educational activities of the school. Morning physical education also instills order and discipline in students. After these lessons, the school day begins in order. During morning physical education classes, children perform general developmental exercises learned in physical education lessons. All students who are not prohibited by a doctor attend morning physical education

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classes. Morning physical education classes are conducted by the director and deputy director for educational work. Classes are taught by physical education teachers. At the same time, both members of the youth association and current student-athletes participate in the organization of training. Morning physical education classes should be held outdoors, and on rainy and very cold days, classes are held in gyms and indoor areas.

Minutes of exercise. Classes are held for primary school students. During the lesson, students take a break from training, line up in the corridor and perform general developmental exercises for the neck, core, back, arms and legs. "Gymnastics cleanses the body in the same way as tailors clean and wipe dust from fabric," said the great philosopher Hippocrates. The purpose of these exercises is to correctly shape the figure of young children who are not used to holding their body in the same position for a long time. During classes, small children are in the same position for a long time; negative changes in the spine and musculoskeletal system may occur. Physical education protocols are aimed at preventing such situations. Physical training minutes are also spent in the same position as long-term workers. In winter it is better to play outdoor games. Teachers or physical education tutors should conduct games during breaks. They make sure that children play correctly and have fun, that they do not get injured, and that everyone is physically active. Open games organized during breaks strengthen students' discipline. During breaks, student activists and members of youth associations conduct children's games and activities. Games and activities stop 5 minutes before the lesson, students wash, get dressed and get ready for the lesson. Activities during recess are improved depending on the age, physical development and gender of the students. If open games are organized with elementary school students, then sports games and relay competitions can be held with middle and high school students.

In modern society, the problem of effective use of human abilities is becoming increasingly urgent. Modern sport is characterized by a sharp increase in the level of achievement, significantly exceeding the limits that could not be achieved until recently.

Many years of targeted training and education of high-class athletes is a complex process, the quality of which is determined by the goals of a number of factors. One of these factors is the selection of talented children and adolescents and their direction in sports.

With the help of tourism and tourist activities, children get used to the healing power of nature, sun, water and air, and gain an understanding of the nature and historical monuments of our country. During the outing, students can engage in vital physical activities such as walking, running, jumping, rock climbing, rock climbing, jumping, outdoor exercise, swimming and diving.

In modern society, the problem of effective use of human abilities is becoming increasingly urgent. Modern sport is characterized by a sharp increase in the level of its achievements, which significantly exceeds the limits achievable until recently. Many years of targeted training and education of high-class athletes is a complex process, the quality of which is determined by the goals of a number of factors. One of these factors is the selection of talented children and adolescents and their direction in sports.

Sports competitions are a set of events aimed at identifying highly talented athletes who meet the specific requirements of the sport. Effective selection can be carried out on the basis of many years of extensive research, including analysis of the entire personality of the athlete and his sporting abilities based on pedagogical, biomedical, psychological and anthropometric selection criteria.

The choice of a sport begins from childhood on the basis of tests and exams in training camps specially conducted for this purpose, as well as on the basis of training and competitive preparation in a youth sports team.

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certain type of sports activity. All stages of an athlete's long-term training must include a comprehensive methodology for assessing his personality, including the use of various research methods.

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In the educational process, special attention should be paid to qualities and abilities that are genetically determined and difficult to develop and improve.

Based on biomedical methods, the morphological and functional characteristics, level of physical development, well-being, physical fitness of the participants, energy and biochemical state are determined.

Using psychological methods, the characteristics of an athlete's psyche that influence the solution of individual and collective problems during combat are determined, and the psychological readiness of athletes to solve the problems assigned to a sports team is assessed. The psychological method is the most important factor at the stage of high sportsmanship and is closely related to ensuring mental reliability.

The mental reliability of an athlete provides a wide range of adequate reactions in the most unpredictable competitive conditions. A special role in the formation of mental reliability in sports is played by stress resistance - a nonspecific reaction of the body to various harmful factors: endurance in situations such as cold, fatigue, lack of oxygen, pain, uncertainty of situations, etc. In this case, stress reactions can arise as a result of due to poor conditions and due to the perception of danger, that is, of a psychological nature, so a lack of psychological confidence can lead to failure in sports.

Sociological methods make it possible to obtain information about children's interest in sports, determine the cause-and-effect relationship of long-term sports activities, and form a passion for high sports achievements.

Anthropometric methods make it possible to determine to what extent young athletes correspond to the morphotype characteristic of famous representatives of this sport.

Orientation is a system of organizational and methodological measures that allows you to determine the direction of specialization of a young athlete in a specific sport.

Спортивная ориентация основана на оценке возможностей конкретного человека, на основе которой для него выбирается наиболее подходящий вид спорта. Выбор вида спортивной деятельности для каждого студента – области спортивной направленности – это задача выбора вида спорта исходя из требований данного вида спорта.

Sports orientation is based on an assessment of the capabilities of a particular person, on the basis of which the most suitable sport is selected for him. Choosing a type of sports activity for each student - an area of sports orientation - is the task of choosing a sport based on the requirements of a given sport.

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