

Abduraxmonov Ulug`bek Abdurasulovich

Acting Associate professor of Tashkent State pedagogical university named after Nizami

THE SYSTEM OF PHYSICAL EDUCATION IN EDUCATIONAL INSTITUTIONS

Annotation. Today, it is at school that every student is confronted for the first time with the problem of maintaining and promoting health. The main solution to this problem is educational organizations, which are designed not only to carry out educational activities, but also to take care of and ensure the preservation and strengthening of students' health.

Keywords. Physical education, sports training, health, general education organization.

Аннотация. На сегодняшний день именно в школе каждый обучающийся впервые сталкивается с проблемой сохранения и укрепления здоровья. Основное место решения данной проблемы именно общеобразовательные организации, которые призваны осуществлять не только образовательную деятельность, но и заботиться и обеспечивать сохранение и укрепление здоровья учащихся.

Ключевые слова. Физическое воспитание, спортивная подготовка, здоровье, общеобразовательная организация.

At all times, researchers have wondered about preserving and strengthening human life and health, as it is believed that health is one of the most important conditions for successful activity. The development of physical education and sports was a priority goal in Soviet times. That is why the quality of physical education of the younger generation was one of the main indicators of the nation's prosperity. Due to the critical deterioration in the health and physical development of modern humans, the issue of physical health and sports education of the younger generation is becoming urgent. The formation of the basic principles of physical and spiritual culture of the individual, the increase of health resources as a system of values are primarily realized through physical education and sports, as well as in a healthy lifestyle.

The system of physical education operates in close connection with other systems of society, namely, under the influence of culture, science, economics, politics, art, and the system of physical education exerts the opposite influence on every sphere of social activity. The system of physical education is a historically defined type of social practice of physical education, containing ideological, theoretical, methodological, programmatic, normative and organizational foundations that ensure the physical progress of people and the organization of a healthy lifestyle.

The main purpose of physical education at school is the comprehensive and harmonious development of students' personalities, helping them achieve physical perfection, form, strengthen and preserve their health, as well as prepare for future professional activities. Physical education in general education organizations is carried out on the basis of normative legal acts that regulate scientifically based tasks and means of physical education, and competencies that need to be formed. Such education should provide a basic level of comprehensive physical fitness, which is necessary and accessible to every student. The State provides for systematic compulsory physical exercise classes at all levels of general education (preschool, primary, basic, and secondary general education).

These classes are conducted in accordance with the educational programs of educational organizations, at the allotted time, as well as under the guidance of qualified specialists. The peculiarities of physical education in Russia are determined by the formation and development of motor skills and physical qualities of a person, which determine his physical performance. Physical education in general education institutions has three main purposes: 1. General physical education is aimed at strengthening and maintaining health and working capacity during educational activities.

That is why the goal of physical education is to master vital motor actions, as well as the coordinated development of strength, speed, endurance and mobility. General physical education contributes to the creation of the minimum physical fitness necessary for "normal" life activities.; 2. Physical education with a professional orientation – ensures the formation of a level of physical fitness that will be necessary in the future of professional activity. The content of physical training programs always meets the requirements of a certain type of professional activity, and therefore physical exercises are selected to best meet the conditions of work. 3. Physical education with a sports orientation – ensures the achievement of the highest possible results in a particular type of physical exercise.

Each of the three directions is subject to a common goal, common principles and objectives of the physical education system. However, in practice, along with regulating the importance of physical education and sports, as well as increasing physical activity in combination with recreational means, there is a situation that shows the lack of developments aimed at increasing the volume of motor activity and modifying the means, methods and technologies used in physical education. The inability to ensure an adequate level of physical fitness and quality of health demonstrates the poor effectiveness of physical education for school-age children. The main problem lies in the insufficient volume of motor activity of schoolchildren. If we consider this problem objectively, it is clear that it is impossible to ensure a full and effective impact on schoolchildren in three hours of physical education per week, which are provided for in the curricula of general education organizations.

And if we consider extracurricular physical education and sports, then another problem is revealed – the classes cover an extremely small number of students. In this difficult situation, it is necessary to raise the question of how to realize the enormous accumulated potential of physical education and sports training in terms of activity processes to achieve the goals of physical culture, including the use of health-saving and health-developing technologies. To fulfill such a responsible mission, the system of physical education and sports in general education organizations must rise to a new level in accordance with new goals and objectives.

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