

THE ROLE OF PHYSICAL EDUCATION AND SPORTS IN YOUTH EDUCATION

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Annotation. One of the priorities of our society is the importance of developing a healthy lifestyle, improving the health of the nation's gene pool, and raising a healthy generation through physical education and sports.

Keywords: physical education and sports, Olympic Games, mass sports, healthy lifestyle, competitions.

Main part. The main focus was on educating the younger generation in the spirit of sports, leading a healthy lifestyle, striving for spiritual and physical maturity, love for the Motherland, and pride in their country. In order to ensure the development of children's sports in Uzbekistan, the creation of local sports institutions, the creation of new sports clubs, their appropriate equipment, as well as an increase in the number of children and adolescents involved in qualified sports from year to year is the basis for increasing from year to year.

Initial actions Foundation for the Development of Children's Sports of Uzbekistan The Foundation's Board of Trustees began its activities with the formation of a material base for children's physical education and sports in the field, as well as the creation of a network of modern children's sports complexes in residential areas. In order to comprehensively develop children's sports, the number of children and adolescents involved in sports at the national and regional levels has been determined, and promising sports have been developed, taking into account the scientific and medical base and the natural conditions of the regions. The construction and repair of a sports facility has begun at the expense of the fund. More than 2,800 medical and scientific sports clubs have been organized in the republic, and more than 85,000 children are involved in them. In order to organize mass and permanent involvement of students in sports, Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated 06/03/2003 "On the organization of a system of continuous sports competitions aimed at attracting students and students to sports" Based on decision No. 244 plan for the republican finals of the contests "Sprouts of Hope", "Barkamol Avlod", "Universiade" for students of secondary schools, academic lyceums and professional colleges, students of higher education institutions in the country are marked.

Children's mass sports skills events have created the opportunity to move to the second level of mass sports, the second level of mass sports, the first level, the candidate for the master of sports and the master of sports, who are trained through youth sports. Within the framework of the country's mass and higher sports excellence system, children's and youth sports schools, Olympic reserve colleges, and schools of higher sports excellence have begun training highly qualified and talented athletes capable of fighting for the glory of their homeland.

Primary training activities for the country's athletes are carried out in sports schools for children and adolescents operating in the system of the State Committee for Physical Education and Sports of the Republic of Uzbekistan, the Ministry of Public Education and Trade unions. Young people, children and teenagers who play sports outside of school under the guidance of qualified sports

masters in sports schools, as well as those with high knowledge and sports skills, were admitted to sports colleges.

In accordance with the Resolution of the Cabinet of Ministers of January 17, 1996 No. 27 "On measures to radically improve the organizational foundations and principles of football development in Uzbekistan", football boarding schools, regional centers and Tashkent were established in the Republic of Karakalpakstan. On May 27, 1999, No. 271 of the Cabinet of Ministers "On measures for the further development of physical culture and sports in Uzbekistan" Olympic reserve colleges were established in regional centers.

In addition to massive three-stage sports competitions among children and teenagers, republican, regional and district championships are held annually in more than 60 sports.

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