

Eurasian Journal
of Humanities and
Social Sciences



Forms And Types of Physical Culture, Sports Activities in Educational Institutions

Sh.Q. Alimov

I. Senior teacher of Termez branch of TSTU named after Karimov

ABSTRACT

Physical education plays an important role in educating the younger generation as healthy and well-rounded people. The main goal of physical education is rehabilitation, and physical education activities have a healing effect.

Exercise and physical movement, along with the formation of movement skills and abilities, improve physical qualities. In general, it carries out the physical development of the organism with the increase of biological functions and body weight, height growth, improvement of the musculoskeletal system.

Keywords:

Technique, movement, strength, agility, endurance, agility, flexibility, wellness, skill, ability.

Relevance: The stages of formation of physical movement skills and abilities in students of educational institutions and the requirements for them through physical education and sports activities, as well as the introduction of effective methods of teaching skills and abilities, exploration of ways to improve this process.

The purpose of the study: The stages of formation of physical activity skills and abilities in educational institutions and the requirements for them, as well as to increase the importance of educating the younger generation as a physically fit person. The purpose of the study was to identify the issues of physical education in educational institutions, which are measures to develop skills and abilities through physical education, physical education classes, training in sports clubs and independent movement through physical activity.

Research methods: The methods of studying and analyzing the literature on the topic of the article, the study of best practices, the organization of experimental classes, pedagogical observation, practical monitoring of physical development and

mathematical statistical analysis of their results are widely used.

Research results and discussion; *Agenda Physical Education Activities - In* order to ensure the continuity of the process of health and physical development of pupils and students, physical education activities are identified and implemented on the agenda of pupils and students in educational institutions. The content of the activities on the agenda is structured and planned on the basis of the Physical Education Program. The physical culture team manages the organization and leadership in the organization of physical education events. [1]

Agenda-based activities of physical education contribute to the physical development of pupils and students to strengthen their health and increase mental abilities, strengthen discipline. Regular physical education activities teach students self-control, adherence to an agenda, and activism. Physical education activities are a form of educational and pedagogical work of educational institutions and should be organized in accordance with the training sessions.

In the process of physical education, teachers solve the tasks of the educational stages using teaching methods in teaching students' movements and mastering exercise techniques. The process of teaching physical education in educational institutions depends on the correct organization of the principles and methods of education. The process of education in physical education solves the task of equipping pupils and students with special knowledge of physical culture and sports, as well as the formation of techniques and skills of exercise and movement. In physical education, it can be seen that the repetition and reinforcement of exercises many times over different requirements ensures that there are no difficulties in performing the exercise technique. This will improve your movement skills and abilities.

Basics of physical and sports training - different types of training in physical education and sports (technical, **tactical, theoretical, mental, physical**). Physical training General and specific physical qualities: **strength, agility, endurance, agility, flexibility**: change in natural development with age. Emphasize the legitimacy of basic tools and plans as physical development. Mass sports and high-performance sports, their purpose and mission. Exercise and its parts are built from a complete process. Basics of sports training methods. Sports training planning and organizational activities. Exercise is the basis of the integrity of the training structure. [2]

The morning physical training exercises - training workouts to be held in the morning every day - school gymnastics lessons begins exercise to be held. Pre-workout gymnastics mainly addresses educational and well-being issues. Outdoor exercises also help to strengthen the body of pupils and students. Morning physical education classes also instill discipline in students. This is followed by an organized start to the training day. [3]

General physical training and sports clubs - as much as possible for pupils and students, including the involvement of children, physical development is a bit stalled. Leaders of sports clubs should be familiar with the

methodology of training in a particular sport, the specifics of training with students and pupils. Taking into account the physical development and physical fitness of pupils and students and their age and gender characteristics, they are involved in physical training and sports clubs in special sports institutions.

With the correct organization and management of sports training, it is possible to achieve positive results in the development of the organism and the display of sports results in sports. General physical training clubs The activities of the club, providing physical development of pupils and students, can be planned throughout the year as follows. [4]

In autumn - movement and sports games, athletics, in winter - winter sports, gymnastics, wrestling, in spring - cross-country training, sports games, in summer - swimming lessons. General physical training is organized on the basis of physical education. The general physical fitness of pupils and students is monitored during competitions and sports holidays. Club members can be 15 to 20 people. The groups are selected from students of the same age, gender, and physical fitness. Classes are held once or twice a week. Each session can be around 60 minutes. Physical training teams are assigned team leaders who assist the coaches. There are also sports clubs in the educational institutions, which attract students with physical fitness, personal interests and physical abilities. Sports clubs operate on the basis of a physical education program. Athlete students' physical fitness is monitored during group classes and sports competitions, holidays. Classes are held 3-4 times a week for 60-90 minutes.

Organization of physical culture and sports events for pupils and students - it is important to establish control over the conduct of health-improving activities in the daily routine of educational institutions by the heads of educational institutions and physical education teachers.

Educational institutions should implement daily activities such as gymnastics, physical education classes in general education and labor classes before the start of health

classes, as well as the organization of rest for pupils and students during breaks.

One of the most important forms of daily physical education and sports activities before the start of training. It helps pupils and students to grow physically properly, strengthens their health.

The exercise complex should definitely be replaced with another exercise complex after certain days. Because doing the same exercises all the time makes students bored and they lose interest in gymnastics before the class starts. Gymnastics lasts 10-15 minutes before the start of training. Research shows that the general physical growth of pupils and students who practice hygienic gymnastics on a daily basis improves: the muscular system is strengthened, the vital capacity of the lungs is increased, blood circulation and respiration are improved, posture is harmonized, the body hardens.

It should become a tradition of every educational institution to hold sports holidays at least 3-4 times a year. Physical culture and sports activities on the agenda play an important role in the physical education of pupils and students. The main ones are: morning physical education, physical culture minutes and breaks during the lesson to keep pupils and students from getting tired, organized with active games. All of the above activities are aimed at solving certain tasks of physical education during the school day, preparing pupils and students for mental activity in the process of learning. [5]

The main form of physical education in an educational institution is physical education classes. Proper conduct of lessons ensures the success of physical development and the completion of tasks to improve the skills and abilities of students. In the lessons, students are introduced to the material of the lessons, which are held before the lesson, used during breaks and physical education. Thus, lessons are also the basis of physical education activities on the agenda of the school day. Physical education classes have their own characteristics in terms of their content and organization. They are held in indoor halls, indoor areas, where the movement of students is less limited, which

creates a separate environment for the organization and teaching of students. Physical education classes are of practical importance, and vitally necessary movement skills and abilities are a major part of exercise. Instructions for using such actions in reading, working, and recreational settings are learned throughout the lesson.

Forms of work on physical education of pupils and students are:

Physical education classes;

Physical education activities on the agenda of the training day:

Morning physical education, physical culture minutes in class, action games during breaks;

These include physical training and sports clubs, classes, sports competitions and holidays, hiking and tourism, physical education activities in the family and in the community.

Conclusion: Proper organization of the stages of formation of physical activity skills and requirements for students, analysis of the processes of effective formation of motor skills and abilities, the correct organization of the initial stages of physical education and training, exercise and other technical means, the processes of effective use of visual weapons, equipment and tools are studied. Basketball students' movement skills related to game techniques and tactics were studied and analyzed during the training process.

The scope, plan, and composition of the exercises and physical loads to be performed in accordance with the results of the control standards were developed and described. The above comments allow us to conclude that the materials studied in the analysis of the literature of the work done.

1. There is a lack of work on the organization and formation of movement skills and abilities among students of educational institutions.

2. The results of the research conducted in the course of the work are also relevant to acknowledge that sufficient work has been done for physical education and sports coaches in the formation of action training skills and abilities.

References.

1. Theoretical bases of sports training
RSSalomov. Tashkent. 2005.
2. Development of physical abilities of
young
athletes. O. V. Goncharova. Tashkent. 20
05.
3. Effective management of mass sports
and health activities in continuing
education. Axmatov
M.S. Tashkent. 2005.
4. Salomov R.S. Kerimov F.A. Pedagogical
technologies in physical
education. Study guide. 2002y
5. Kushbaxtieva I.A. "Fundamentals of
Valeology". Textbook. 2001y.