



The Need to Improve the Quality of Social Activity in the Health of Young People Through Physical Education and Sports

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ABSTRACT

This article is based on the need to increase the social activity of young people and the fact that increasing the social activity of young people is a purposeful organizational and pedagogical process, in which the need to improve and enrich the qualities of social activity is formed in young people.

Keywords:

Education, upbringing, harmoniously developed generation, integration, personality, physical education, spiritual and moral education, action games, spiritual and moral criteria, didactic principle

Introduction

Athlete of the country is a representative of the nation, a moral example of a person of the existing society. The moral norms of the Uzbek athlete are highly formed, broad-minded, spiritually rich, enterprising, and able to be a good organizer. These criteria are especially relevant for the youth of our country. The peculiarities of the moral education of the athlete, and its implementation in the process of physical education are given the following direction and form. To have a social attitude to public duty, to equate activity with one's own personal work, and not to regard the work of society and the state as inferior. It is the common duty of every member of society to have a conscious attitude toward one's physical upbringing and to be always ready for the demands of the Motherland.

The main part

At the new stage of development of the country, there is a need to improve the

institutional system of youth social activism and increase youth social activity is a purposeful organizational and pedagogical process, based on the need to improve and enrich the qualities of social activity formed in youth. Today, "to renew and modernize our country, to develop it on an innovative basis, to carry out the multifaceted and complex tasks set before us, we have to take responsibility in any situation, which is modern and creative thinking. We entrust important tasks in the management of the state and society to young, patriotic young people who can receive, are enthusiastic, have high intellectual potential"[1]. Therefore, the education of socially active followers, leaders, and responsible, selfless and patriotic youth is becoming one of the urgent pedagogical tasks. In the first years of independence, the foundations for the gradual improvement of the physical culture of students in educational institutions were created through normative legal acts. For example, the adoption of the Law "On Physical Culture and Sports" on January 14,

1992, created a legal basis for sports in our society, the development of physical education, and education of the next generation based on physical cultural skills. In 2000, with the adoption of a new version of this law and amendments, a new era in the field of physical culture began in our country. educating responsible, selfless and patriotic youth is becoming one of the urgent pedagogical tasks. In the first years of independence, the foundations for the gradual improvement of the physical culture of students in educational institutions were created through normative legal acts. For example, the adoption of the Law "On Physical Culture and Sports" on January 14, 1992, which created a legal basis for sports in our society, the development of physical education, educating the next generation on the basis of physical cultural skills. In 2000, with the adoption of a new version of this law and amendments, a new era in the field of physical culture began in our country. educating responsible, selfless and patriotic youth is becoming one of the urgent pedagogical tasks. In the first years of independence, the foundations for the gradual improvement of the physical culture of students in educational institutions were created through normative legal acts. For example, the adoption of the Law "On Physical Culture and Sports" on January 14, 1992, which created a legal basis for sports in our society, the development of physical education, educating the next generation on the basis of physical cultural skills. In 2000, with the adoption of a new version of this law and amendments, a new era in the field of physical culture began in our country. In the first years of independence, the foundations for the gradual improvement of the physical culture of students in educational institutions were created through normative legal acts. For example, the adoption of the Law "On Physical Culture and Sports" on January 14, 1992, which created a legal basis for sports in our society, the development of physical education, educating the next generation on the basis of physical cultural skills. In 2000, with the adoption of a new version of this law and amendments, a new era in the field of physical culture began in our country. In the first years

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The Law on Education, adopted in July 1992 and amended in 1997, also provides for the creation of conditions for the protection and strengthening of the health of students, study, work and leisure. educational institutions are said to be responsible for obtaining. The process of renewal in Uzbekistan will be carried out based on the instructions of the first President, "Laws must go before the process of change." In the first years of independence, the Law of the Republic of Uzbekistan "On Physical Culture and Sports" was adopted. The second edition of this law was approved on May 26, 2000. The new edition of the Law of the Republic of Uzbekistan "On Physical Culture and Sports" was adopted on September 4, 2015. The creation and legalization of opportunities for students to receive quality education and grow up physically fit is a guarantee of their bright

future. On the basis of the Decree of the First President of Uzbekistan Islam Karimov "On radical reform of the system of education and training, upbringing a harmoniously developed generation", the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated May 27, 1999, and other official documents Healthy Generation "program was developed and put into practice. The program is based on the principle of "healthy mother and healthy child", the formation of a healthy social environment in society, the development of physical culture through sports and wellness activities, the practice of physical education in the educational process. The basis for the development of pedagogical technologies of physical culture has been created. However, in private schools, In accordance with the concept of development of physical culture and mass sports in the Republic of Uzbekistan for 2019-2023, a system of training and selection of innovative thinkers will be created. According to his introduction of special sports management programs in the process of training administrative staff in the field of physical culture and mass sports, conducting seminars for professionals, managers, sports health workers and psychologists, Sport Management, Sports Leadership, and Sports Internships are organized in the world's leading sports centres in the field of Administration [4]. The three-stage sports competitions held in our country are of great importance in the pedagogical process of developing the physical culture of students based on an innovative approach. After all, the implementation of an integrated system, which includes sports games "Umid Nihollari", "Barkamol Avlod", and "Universiade", makes sense as an evolutionary growing process in the development of the physical culture of the youth of our country. Today, along with the creation of pedagogical bases and educational technologies in the development of physical culture in students in the education system, in addition to improving the activities of the sports club council, and expanding its activities, the development of physical culture in students 'developed a methodology for improving the activities of garages, sports games and training

groups. Also, in the concept of development of physical culture and mass sports in the Republic of Uzbekistan for 2019-2023, the curriculum of educational institutions includes the formation of healthy lifestyle skills and healthy eating that stimulate the physical activity of students [5-7]. It is planned to organize events and special courses. In the process of developing physical culture among students of educational institutions, physical education in educational institutions plays an important role in the activities of professional colleges for the preparation of Olympic reserves, built in each region. Because through them the criteria of pedagogical activity related to physical fitness, physical education and sports, the basis for the development of physical culture skills are developed, will be tested. In addition, research work on the preparation of students for physical culture will be carried out and the results will be analyzed through the organization of experiments [8-10].

In our society, the education system plays an effective role in shaping the positive attitude of young people to national values and traditions and educating them in the spirit of loyalty to values and traditions. Along with physical education classes, the creation of a system of folk national games and tours is an important step in the development of physical culture skills in students.

The development of physical culture among young people has always been considered one of the priorities of public policy. In the education system, the gradual development of physical culture among students on the basis of the State Education Standard, the introduction of physical education on the basis of membership, and the establishment of separate classes are important. Through this, the state began to organize work on the basis of a clear strategy, taking a systematic approach to the physical development of students, achieving comprehensive perfection. In the pedagogical process, fundamental research has been carried out on the creation of methods, forms and educational technology for the pedagogical development of physical culture. In particular, in 1999, a Physical Education program was

developed for secondary schools. The content of the program includes gymnastics, athletics, sports and movement games, swimming, wrestling and national dances, taking into account the age, gender and physical fitness of students [5]. However, there were several organizational and educational challenges in implementing this program.

Conclusion

In conclusion, the need to develop physical culture skills, in particular, physical qualities, and the seriousness of the results are obvious. It should be noted that in the development of physical qualities, the process of education requires the integration of all of them (strength, speed, agility, endurance, etc.). But in a particular type of sport, a certain quality is more strongly formed, developed, and it is manifested in the form of a leading quality of movement.

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