



## Important Factors in the Formation of Spiritual and Moral Education Through Physical Training and Sports

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### ABSTRACT

The article discusses the need to understand the human culture in an educational process and a complete understanding of the issues of spirituality and ideology that play an important role in the younger generation. The content of the article is based on the idea that the understanding of the nature of man and the formation of spirituality in it is the basis of the work of teachers and educators.

### Keywords:

The world (Genesis), intangible element, man, spirituality, deology, creative ideology, culture and spirituality.

### Introduction

Today, when the spiritual exaltation of society is a priority, literature is given a special task. Because literary criticism is the main means of forming spiritual and moral qualities of the personality, to increase its cultural level. In modern Uzbek society, the need for the development of such qualities, as tolerance, objectivity, compassion, and devotion at any age is growing. The spiritual and moral formation of a person is a key factor determining the future of the country [1-3]. In any case, the literature teacher will try to increase the effectiveness of the educational process. Reflecting on the spiritual and moral education of students is the question arises of how spiritually and morally developed the teacher of literature [4-7]. Today, schooling is in dire need of the activities of spiritually advanced teachers. Such teachers play an important role in the spiritual and moral formation of students, in their upbringing the ability to critically approach the heroes of the artistic work. After all, the professional success of the teacher depends largely on their spiritual and moral maturity. At the same time, the literature teacher should be intellectually

developed, to understand well in history, art, culture and values of the Uzbek people. Thus, students learn about the cultural processes inherent in the society of Uzbekistan, and the integration of these processes into works of art and heroes.

### The main part

The first President of the Republic of Uzbekistan I.A. Karimov in his book "High spirituality is an invincible force" emphasized the urgent need for such knowledge for any person of a certain profession: this is a clear confirmation that the state is a source of enormous wealth and power, that in this life there can be no humanity, compassion and happiness without spirituality. I think about how many people are on earth, and how many destinies, each has its spiritual world. To understand spirituality, one must first understand and comprehend a person. That is why it is difficult to imagine that everyone aware of their identity and human dignity will live without thinking about it. "One of the features of Uzbek literature is that it is based on Islamic values and is an expression of the lives of acting heroes. Both the protagonists of

the artwork and the teachers who teach the subject must act in accordance with Islamic and universal morality. Therefore, in the plot of works of art, there is an acute struggle between evil and good, justice and injustice. Controlling the direct implementation of the above-mentioned measures in all regions of the country is one of the important factors in determining the development of our country, which is building a new society today. Morning physical education in educational institutions is a continuation of the daily routine exercises that start at home and teach children to follow certain rules, discipline, and order in movement. It is used in morning physical training, from simple cleansing and re-cleansing exercises to general developmental exercises and basic movement exercises [8-11]. Elements of cancer, rhythmic gymnastics, and some aerobic exercises are widely used in the coordination of physical education. Morning exercise is determined by the child's ability. General developmental exercises are performed in a certain anatomical order: first, the muscles and the shoulder girdle are moved (upwards with the arms, in different directions, the arms are bent at the elbows) [11-14]. This is followed by exercises that develop the muscles of the torso, chest, abdomen, arms and legs (bending, rotational movements of the body, sitting movements; standing, sitting, lying on your back, lying on your stomach, knees to the sides 'entry, etc.). In children, the basic and final actions of memory-strengthening exercises are performed by him. As you move from one state to another, you are taught to think quickly and adapt your behaviour to that situation. If a teacher does not have a deep sense of national values and does not conduct his activities based on the same values, he will not be able to convey to students the main idea put forward in a work of art. Therefore, the teacher must deeply understand national values. The teacher's speech should also be an example for students.

### Conclusion

Every teacher should be able to express himself in a purely Uzbek speech. He needs to express in his speech all the possibilities of the Uzbek

language, and convey to students the content of a work of art. Only then can the teacher be an example for his students in terms of spiritual, moral maturity, devotion, knowledge and nationalism. The teacher has the opportunity to expand and to a certain extent enrich the types of educational materials, and independent work, selected on the basis of the program. Students should know the hadiths, the basics of mysticism and knowledge of the history of the people in order to have a deep understanding of the works of A. Navoi, Babur, Otherwise, student evaluations of the protagonists will be one-sided, superficial and biased. For example, in the process of studying the epic "Alpomish", teachers under the guidance of a teacher should try to distinguish between the following concepts: good and evil, compassion and cruelty, tolerance, tolerance, loyalty to a friend, empathy, glorification of love. The teacher should ask the students to compile a vocabulary of words that express ethical concepts. In addition, the teacher often tells the students about the hadiths that promote morality; by collecting the opinions of the sages, he should give assignments. Based on this, the teacher will have experience in regularly working with students on specific ethical concepts and categories. As a result of such work on a regular basis, students will have a clear understanding of the content and essence of spiritual and moral concepts. In each lesson, the teacher must influence the spiritual world of students through the main characters of the work of art.

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