



Uzbekistan Universal School Is Based On The Training Of Specialist Personnel For Physical Education Education And Culture

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ABSTRACT

The article provides a description of the methodology for the study and organization of work experience in the preparation of owners of physical culture from physical education in secondary schools of Uzbekistan on a competent basis. Also, the school is given a classification of mass physical culture and sports activities, which students with great enthusiasm perform on a public basis.

Keywords:

Training, selection of athletes, public guide, public Judge, propaganda organizer, owner of Physical Culture, physical culture of a healthy lifestyle

The President of the Republic of Uzbekistan and the government of the Republic of Uzbekistan raised the level of the state order to form the physical culture of a healthy lifestyle and the habit of doing physical exercises throughout their lives to the level of a state order.

Decree of January 24, 2020 (PF-5924) "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan" "... to promote a healthy lifestyle among the population, create the necessary conditions for the physical rehabilitation of the disabled, and the country's implementation of consistent measures to ensure proper participation in international sports arenas..." entered the history of the physical culture system of our country as a state document worth writing in golden letters.

In the first paragraph of the decision, it is emphasized that it is necessary to pay attention to the problem of "forming the physical culture of the general population, including the students of the general education school".

The rich experience of our country's specialists in the field of the problem, the results of the answers to the questions of the questionnaire conducted with them, showed that the problem set by our government - the issue of publicizing the physical education of students on a public basis is a priority.

This process has spread widely in the schools of our Republic, starting with the preparation of guides from schoolchildren, who operate on a public basis, and involving them in public training. Sh.M. Mirziyoev, who has the virtue of foresight, in his speech on the video selector in March 2019, criticized the fact that "in general education schools, attention has been reduced from physical education to extracurricular activities..."

Because, in the conversations held by the representatives of the country's major sports (members of the national team), the President said that almost all of the athletes took their first steps in sports in school physical education and sports fields, that school sports led to major sports, repeatedly emphasizing that the

country's sports reserves are hidden in general education schools. they are coming. That is why the sports infrastructure is being developed in our country, and the interest of young people in sports and physical exercises is being supported.

As a proof of our opinion, on May 23, 2022, the President held the next video selector meeting in our country dedicated to "measures to popularize sports and train talented athletes".

After putting forward the issue of "introduction of a new system for training and selection of athletes", 118 new sports complexes were put into use and 110 were reconstructed in five years, and the first "five-stage" competitions to attract young students to sports began in the neighborhoods of our country. It was noted that more than 3 million young people participated in the first and second stages held in April-May 2022.

The preparation of the participants for the registered sports of the competitions is carried out during the sports fields of the general education schools, during the extracurricular activities of the schools.

To date, through the activities of the "School Physical Culture Team (MJMJ)", which implements the physical culture of the general secondary state education system, "Training of school physical education activists", "Mass physical education health" and "Mass school sports work" students At the same time, considering that the tried-and-tested system implemented on the basis of the community was unreasonably set aside, we considered that its restoration is the necessity of the day.

Because, at school, mass physical culture and sports activities, which students perform with great enthusiasm on a public basis, give children the kind of sports they want: a sports guide (future trainer), community sports h brother (future sports referee); school sports promoters (future journalists, photojournalists, TV-radio commentators, directors of sports events, screenwriters, presenters, announcers, commentators, editors, reporters of TV-radio, wall newspapers; captains of sports teams, chief judges of competitions, their coaches We have tried in practice that they can get a pass to take up vital and necessary professions that master

the alphabet of more than 20-25 professions, such as assistants, activists in the preparation of competitions and events, organizers of school sports and economic affairs, etc.

The career choices of leading sports commentators, directors of public events, screenwriters, cameramen, commentators, etc. (names not mentioned) started with public activity in the school's MJJ.

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