



Features Of the Organization of Extraordinary Physical and Health and Public Events in General Secondary Educational Institutions

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ABSTRACT

In this article, teachers of physical culture of educational institutions need to obtain theoretical knowledge on the organization and conduct of extracurricular sports and recreation and sports events at a high level and apply them in practice and advance in their field. Professional knowledge, skills and abilities necessary for the acquisition and implementation of experience, modern knowledge and skills, as well as the development of their creative activity.

Keywords:

mass sports, aesthetic education, physical culture, healthy lifestyle, psychological process, sportsmanship, physical abilities.

Introduction

Raising a healthy and harmoniously developed generation in our country is one of the priorities of state policy. Developing and popularization of sports, selection of talented athletes and training of highly qualified coaches, full and effective use of the capacity of sports facilities. In addition, the full and effective use of the capacity of all sports facilities built in educational institutions, the further development of physical culture and sports, the promotion of a healthy lifestyle, the health of students in educational institutions. To organize sports sections for regular and regular sports, to expand the scope of sports events and competitions held in the gyms of educational institutions for students to spend their free time meaningfully after school, the transformation of mass sports into a nationwide movement is one of the most pressing issues of today. Therefore, in our country, special attention is paid to physical culture and sports as one of the important directions of state policy.

Law of the Republic of Uzbekistan No. URL-394 of September 4th, 2015 "On Physical Culture and Sports", President of the Republic of Uzbekistan dated June 3rd, 2017 "On measures for further development of physical culture and mass sports" PD-3031, Decree of the President of the Republic of Uzbekistan No. PD-5368 of March 5th, 2018 "On measures to radically improve the system of public administration in the field of physical culture and sports", Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated July 16th, 2018 No 542 "On measures to establish sports clubs under public educational institutions". The goals and objectives set out in the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated February 13th, 2019 No 118 "On approval of the concept of development of physical culture and mass sports in the Republic of Uzbekistan for 2019-2023" aimed at promoting the development of educational and health-improving and mass sports activities.

The priorities of educational institutions in the field of development of mass sports and selection of talented young people are: - In preschool education - through classes in elementary gymnastics and movement games formation of interest in physical culture and sports among pupils for physical development and strengthening of health:

- ✚ in secondary schools - extracurricular sports for the selection of talented young people with the involvement of physical education teachers and the subsequent participation in regional sports competitions in order to form a sports reserve of children and youth sports schools organization of classes in garages and sections (at least 4 hours per week);

- ✚ in secondary special, vocational education institutions - in order to select talented young people with the involvement of physical education teachers and sports coaches from among students and to form a sports reserve of specialized children and youth sports schools organization of extracurricular sports clubs and sections on Olympic and national sports for participation in regional and national sports competitions (at least 6 hours per week);

- ✚ in higher education institutions - for the selection of talented young people and the formation of the sports reserve of national teams in sports and schools of higher sports of the republic, then in national and international sports competitions students in Olympic and national sports organization of clubs and teams;

- ✚ to promote a healthy lifestyle among students and youth, to promote physical culture and sports, to create conditions for their regular physical education;

- ✚ identification of talented young athletes through the organization of sports teams among students, the organization of various sports competitions and mass physical culture activities, in particular, "school league", "student league";

- ✚ attracting qualified coaches and professionals to the physical education and sports process, as well as introducing best practices. Also, in his speech at the meeting on

the development of physical culture and sports on September 20th, 2018, President of the Republic of Uzbekistan Shavkat Mirziyoyev instructed the ministries, agencies and organizations have been assigned the following important tasks for the further development of physical culture and sports:

- ✚ to organize the use of sports facilities in educational institutions for people of all ages outside of school hours, as well as to establish sports centers with preferential services for the involvement of the population in mass sports on the basis of vacant private facilities;

- ✚ sharply increase the number of sports competitions at the district, city, regional and national levels, reward the winners and prize-winners with paid prizes at the expense of the Youth Union;

- ✚ to conduct "Alpomish" and "Barchinoy" tests in a competitive manner and to award three levels of badges to attract the population, especially students, to sports;

- ✚ conducting mass physical education and gymnastics classes in enterprises, educational institutions, parks. To produce regular TV shows and social videos to promote the health benefits of such exercises;

- ✚ to critically examine the activities of all sports federations and radically improve their work, especially in the field of selection, to increase the responsibility of the leadership;

- ✚ attention was also paid to the construction of children's sports facilities, the use of modern energy-saving technologies in construction.

At the same time, there are some shortcomings in educational institutions, the creation of conditions for regular physical culture and sports, as well as the systematic selection of talented athletes among students. creates a number of problems:

- ❖ it is necessary to increase the number of physical education classes in educational institutions and the number of teachers of this subject;

- ❖ physical education classes in general secondary schools are held for 1 academic hour (45 minutes) per week. Separate high school students from boys and girls, increase physical education classes from 2 to 4 hours per week,

and allocate funds for extracurricular sports clubs;

❖ in physical education institutions, physical education classes are held in the first phase of the 1st academic hour (80 minutes) per week. For 2nd year students do not have physical education classes at all, which has been reduced;

❖ in most universities, Physical Education classes are taught for 2 academic hours (80 minutes) per week in the first phase of teaching only. Only 2 physical education teachers were left, as the number of science teachers was reduced due to the lack of class hours;

❖ at present, a total of 717 professors and teachers of "Physical Education" work in the universities of the country. According to the analysis, the average number of physical education teachers in the country is 484 students.

Only 40 (43.9%) universities have physical education departments, and the remaining 51 (56%) have physical education teachers working in other humanities departments. As a result, the effectiveness of the involvement of students in all levels of higher education in physical education and sports, the organization of sections and clubs in sports remains low.

Efforts should be made to increase the number of sports facilities in educational institutions and to improve the existing material and technical base. Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated July 16th, 2018 "On measures to establish sports clubs under state educational institutions" to further increase the efficiency of educational institutions (sports clubs and sections). In accordance with the Regulation approved by Resolution No. 542, it is necessary to take measures to establish the necessary sports clubs on a community basis by teachers of "physical education" in sports clubs, to eliminate the above-mentioned problems in the education system. In order to further develop student sports, to effectively organize the work of physical education and wide involvement of students in sports, the following is proposed:

✓ physical education in the structure of the Ministry of Higher and Secondary Special Education and establishment of a Department of Physical Culture and Sports in charge of sports;

✓ increase the number of hours of the subject "Physical Education" in all educational institutions and introduce students to all levels of vocational education and higher education institutions;

✓ the system of financing sports clubs for the organization of sports clubs of educational institutions and extracurricular sports clubs (sections) and the mass participation of students in sports competitions "Umid nihollari", "Barkamol avlod" and "Universiada" introduction;

✓ in order to effectively operate sports clubs established in universities, to attract more students to sports clubs and sexes, to encourage their participation in sports competitions, to maintain existing sports facilities in the educational institution and to provide them with sports equipment. directing 10% of the annual student tuition fees as a source of funding;

✓ it is advisable to determine voluntary membership fees and funds from the Fund for the Development of the Material and Technical Base of Higher Education Institutions as clear sources of funding for the "Student Sports Association of Uzbekistan".

Conclusion

In order to ensure the implementation of the above-mentioned decrees and resolutions of the President of the Republic of Uzbekistan, in conclusion, it should be noted that the sports section on the effective organization of leisure time of students studying in educational institutions and to create conditions for the effective work of clubs, regular physical culture and sports, as well as the systematic selection of talented athletes among students and youth, as well as the continuous 3 stages "Umid nihollari", "Barkamol avlod" and "Universiada" sports competitions, the organization of mass sports events at a high level today is achieved through the establishment of sports clubs at educational

institutions. Further improvement of extracurricular physical education and sports activities of students through the establishment of sports clubs at educational institutions, the formation of a reserve of school national teams in the selection of talented young people and sports, involvement of teachers and other staff in sports, as well as the effective organization of the sports club, the development and activation of physical culture and sports, as well as the radical improvement of its material and technical base.

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