

## PHYSICAL QUALITIES OF STUDENTS SCIENTIFIC PRACTICAL BASIS OF EDUCATION

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### Abstract:

In the article, the health and physical development of students is strengthened and developed; Development and improvement of physical qualities; Forming the skills to maintain the body correctly during periods of inactivity and movement; Implementation of labor and homeland defense training; The issues of accustoming to physical training and sports and arousing their permanent interest in it have been reflected.

**Key words:** Physical qualities, physical exercises, physical education, sport, movement activity, practical training, hygiene, psychological process.

### Аннотация:

В статье укрепляется и развивается здоровье и физическое развитие студентов; Развитие и совершенствование физических качеств; Формирование навыков правильного поддержания тела в периоды покоя и движения; Осуществление подготовки по труду и обороне Родины; Отражены вопросы приобщения к физической культуре и спорту и формирования у них постоянного интереса к нему.

**Ключевые слова:** Физические качества, физические упражнения, физическое воспитание, спорт, двигательная активность, практические занятия, гигиена, психологический процесс.

Physical training of students and upbringing in the spirit of patriotism is one of the main pressing issues today. Physical education of schoolchildren includes the following main tasks: Strengthening and growing the health and physical development of students; Development and improvement of physical qualities; Forming the skills to maintain the body correctly during periods of inactivity and movement; Implementation of labor and homeland defense training; Accustoming to systematic physical education and sports and arousing constant interest in it; For this, the entire physical education system, i.e. physical education classes, physical education activities during the school day (physical minutes, performing morning hygiene exercises before classes, exercises and games during breaks), all extracurricular physical education activities these tasks can be fulfilled only if they work together. It is necessary to carry out physical education classes in strict compliance with sanitary and hygienic conditions.

In the general system of comprehensive and comprehensive development of a person, physical education of school-age students has a special place.

It is at this age that strong health is adapted to a high level of performance, and in these years, movement activity and physical qualities are first developed. The physical formation of the student is closely related to his important and spiritual-volitional development, development of all mental functions. Life conditions and upbringing play an important role in such development. An important task of physical education of the student at the school age is to strengthen health, improve the functions of the student's body, help him to develop and train properly, and increase his ability to perform work. It is known from scientific data that the lack of action not only affects the health of the students, but also reduces their ability to perform mental work, lags behind their general development, and makes them indifferent to others. Students need to move a lot both in their daily lives and during training.

A student without movement will not grow healthy. Action means preventing various diseases, especially cardiovascular, respiratory, and nervous system diseases. Movement is an effective remedy. It should be mentioned that education at school age plays a very important role in the general process of human essence formation. At this age, various abilities develop rapidly, physical qualities are formed, character traits are developed. It is at this age that a solid foundation should be laid for the student's development.

In order to achieve success in organizing the training of school-aged students, it is necessary to carry out serious pedagogical work in the school. For this reason, school teachers are required to look for new ways, to take the initiative to develop their spiritual and physical strength. Solving these issues will largely depend on the organization of physical education in primary schools. Physical education of school-aged students is one of the first parts of the physical education system.

The high level of health of the student and the formation of the foundation of the physical culture of the future adult should be the results of physical education before school, and it includes physical exercises and games, engaging in physical activities desire and interest and a positive attitude to the rules of personal hygiene, following the agenda. - initial knowledge, learning interests and abilities of students in the field of physical culture and sports. - active participation in team activities, games, dancing, holidays, sports-public events. know how to monitor one's own body, body posture, control one's own development.

That is why it is necessary to implement the first law of the Republic of Uzbekistan, the Law on Physical Education and Sports and Education. An important component of the state socio-economic policy is the development of physical education and sports. The main goal of the state policy in the field of physical education and sports is the effective use of their capabilities in the field of health of the nation, education of young people, formation of a healthy lifestyle of the population, and successful performance of athletes in the largest international

competitions. Development of mass physical education and sports is one of the strategic goals of the state social policy.

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