

**PURPOSE AND DUTIES OF PHYSICAL EDUCATION, SPORTS EVENTS IN
EDUCATIONAL INSTITUTIONS**

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Аннотация:

В статье исследуются цель и задачи физкультурно-спортивной работы в общеобразовательных учреждениях.

Ключевые слова: физическое воспитание, мероприятие, цель, задание, спорт, воспитание, физическое воспитание, Родина, воспитанник, ученик, физическое воспитание.

Abstract:

The purpose and tasks of physical education and sports activities in educational institutions are studied in the article.

Key words: physical education, event, goal, task, sport, education, physical education, homeland, pupil, student, physical education

INTRODUCTION

Physical education and sports activities in the process education of giving characteristics purpose student and students organism physical development and healthy marriage style forgiveness requirements from teaching consists of will be With that together physical education sports and wellness events specialty training positive to master big help will give . A student and students physical education events morning physical education , physical education classes , sports club training , sports rehabilitation competitions and holidays in forms will be In the morning physical education training students in his bedroom public to live without months and in the family independent without will be done . Scientific the work current first in a day being done from work being in it student and of students physical education and sports, wellness of events young generation perfect a person by doing in education importance analysis will be done . This process improvement forms by learning will be released .

LITERATURE ANALYSIS AND METHODOLOGY

This topic in our republic physical education pedagogy from scientists T. S. Usmonkho'jaev , Yu. M. Yunusova , XB Tulenova , MIMasharipova and others their own scientific works , textbooks and study in manuals around statement those who did With that one in line Russian AS Vygotsky , A. V. Zaporozhye , AN Leont'ev , DB El'konin , VKBal'sevich , Kozlova TV and another physical education pedagogy of scientists scientific from work we used

RESULTS

Education in institutions physical education events student and students physical development , health and life to the activity from preparation consists of will be Physical education processes all stages organize will be done . Physical education organize in reaching education of the institution pedagogical team physical education teachers and your sports coaches importance big Education in institutions physical education events morning physical education , physical education lessons in sports clubs training , sports competitions and holidays and rest days and on holidays take to go tourism training is considered Physical education in events students vital necessary actions walk , run and jump and throwing , scratching exit exercises Competency in action and skills is formed . Physical education tools being calculated physical exercises and of nature healthy forces and hygienic tools using positive changes happen will be and organism will get healthy . Uzbekistan Republic of " People education about " and " Physical education and on sports " in the law Uzbekistan Republic of citizens own their health improve and fortification for physical in terms of exercises about their sorrows it is necessary thought is emphasized . This is the law full in a sense study in the gallows physical education to work even applies . A student and students physical upbringing them physical actions done increase organize done pedagogical is a process . Education in the institution physical to education about affairs student and from students which requires enthusiasm , initiative , organization very hilma - hilma forms with difference does They are student and in students organization skills , activity , resourcefulness to educate help will give . Education in the institution students physical education purpose : 1. Health . 2. Every effort mature a person by doing education 3. Homeland defense and to the cocktail preparation Physical education from the purpose come came out without student and students health , training , physical development , movement skills and skills formation according to Physical education main duties is defined as:

Physical exercises and to sports about special knowledge give , Physical exercise , physical education laws requirements answer giver , conscious respectively executable of voluntary movement activities different category is understood . Such movement activities gymnastics , games , sports, tourism historically as exercises Systematized , collected and style filled in .

To them hygienic knowledge and skills absorb This is a task student and to the student physical of training benefit about , hygenic to the rules , in the program in the eye caught all physical exercises right perform to the rules compliance to do about necessary knowledge from giving consists of Of these all health to strengthen their hygiene the rules they know and to them action to do directly concerned to this school , family , society and of children their own with a concerted effort is achieved . Physical to exercises and to sports exercises physical education lessons , day order events and circle in training is taught . His as a result physical development is provided . Also a student and in students to sports interests formed into sports attraction will be done .

Health promotion , students right physical to develop and to train help to give Nature factors water , sun , air under the influence of students health strengthening , training and organism to diseases durability gain Physical education training opportunity as long as clean in the air transfer or gyms clean the air with to be provided organize to achieve A student and students water treatments , swimming and bathing training take to go and to the sun find out events management These events walks , excursions and tourism in training done is increased . This is a task education in the institution all physical culture and sports activities the most important is counted . He is one of the teacher , pedagogues of the team attention in the center to be need That's why for student and of students physical in terms of normal development need Movement, skills and skills formation and improvement , new types of action and to movement activity to teach A student and of students physical cultural program content so It is structured so that students physical culture in classes , at home , physically culture in circles and in sports circles regularly walking , running , throwing , scrambling , balance storage such as vital necessary movement skills systematic way take over they go Count passed all events xar bilaterally physical development , them to the cocktail to prepare help will give . A student and movement skills in students and skills in formation them gender , age and physical preparation and personal ability looking approach necessary Physical qualities improvement . Speed , strength , dexterity and endurance and flexibility xar one person for necessary has been are qualities . They are student and of movement skills in students formation with organic depends . Physical exercises short or long time during different at a pace , different complexities with transfer above of adjectives development help will give . Physical qualities to each other according to without development . Training practitioners personal abilities according to organize reach and students to sports attraction to achieve

Mental and aesthetic adjectives education Courage , determination , discipline , community , friendship and friendship emotional , cultural behavior skills , work and social property relationship education Physical education whole process such valuable moral and voluntary adjectives to educate help will give . The majority physical exercises , games actions boldness

and friendship feelings to educate help will give . Also to the Motherland love , patriotism , feelings formation and education That's right figure formation When knitting and when walking figure right catch skills formation The figure right formation complicated and long continue doer is a process . So that 's it in the field positive to the results reach for , upright when knitting , when walking figure right catch to the table is appropriate ; physical exercises wide apply need physical culture lessons to the content of course figure to improve about exercises , training has been gymnastics , physical culture time , physical education enter , reader and to students themselves on without stopping physical and mental training with work and home belongs to tasks to give need Given tasks own on time check and in practice try to see that's it based on to the results reach in the eye is caught . A student and students mental and moral from the side wide in the circle bring up important from tasks is one because student and students consciousness development during will be Education good towards direct only when necessary to the results reach can

Physical education and sports activities attraction to achieve A student and students education only in institutions not but physical at home too exercises systematic respectively to perform getting used to it from going consists of This is important task to implement student and students with take to go all training live , learnable of the material content and shape interesting , exciting doing , training of the leader sincere treatment under transfer , engaged mutually friendly cooperation to do for conditions Create necessary A student and students personal interests and physical abilities according to sports them with to engage in attraction to achieve Also living in places , to sports clubs common physical preparation and sports activities should be implemented . A student and in students organization education , physical culture activities preparation Education institution public physical culture and sports activities successful take go , physical culture lessons and training complete in transfer student and students physical culture of activity to the teacher constant help necessary A student and students between physical culture organizers , in sports circles the team captains , group bosses is elected . They are active participant from within is selected . Physical education and sports events organize reach and in management physical culture to the team closely help they give Also a student and students to sports attraction reach and physical to education interests in the acquisition importance is big. Physical development-education under the influence of in the body biological forms and of functions to the body arrival , change and improvement . This is the process organism and his to live environment structure , change , quantity and quality laws obeys . Man organism physical in terms of strong to do of course to the organism being given physical downloads in measure and training right take to go as a result surface will come . Physical to actions to teach process . Of this task-behaviour perform and him from improvement to skill to the body to come from providing consists of This is the stage in full a

lot repeatedly repetition process lies Har one repetition external from the side one different in sight xar of the trip content own into new . From the previous one more special something received will be Figurative by doing in other words , " repetition without repetition " , " exercise do-exercise without doing ” as repeated will be Exactly that's all of new movement activities formation criterion , foundation maybe hidden Employees spiritual characteristics content find and him life , society , need with cocktail activity with tie take to go necessary , physical education process practitioners new society to build for in the struggle active participation to do encouragement it is necessary Employees national independence idea in spirit bring up for how living what about Who do you think ? with friendship work in release how performance , training in the country how study , family , community in places himself catch empty the time how to pass and others physical education specialists complete to know need Physical education specialists practitioners physical abilities development level knowledge , personal character characteristics , intelligence , perception , character wills moral qualities and static individual differences in needs learning necessary Independent training in processes student and in students physical education and to sports relationship formed , physical exercises , actions and sports with independent engage in skills increases . Independent in training vital necessary actions teaching with together , physical qualities strength , endurance , flexibility , quickness , agility qualities by improving will go Har one physical adjectives development as a result in the organization changes happen will be Man body azola will train and blood rotation scope improvement as a result develops .

DISCUSSION

Education in the institution everyone employees student and students physical to educate organize of reaching purpose , tasks , content and forms right understanding , practical at work own activities based on participation , students and father - mothers in the middle physical culture and sports active promote to do it is necessary Physical education teachers the following tasks perform condition : -class is high level pass provide and the corresponding class is physical education program complete perform - a doctor with together students medical from the inspection own on time passing to go and own in their work medical inspection the results to account get - where the class is held of places belongs to sanitation — hygiene in case to be kept provide ; - student and of students everything physical exercises with comfortable in clothes to activities reach - physical education according to education from the institution except things organize and in transfer participation reach and to him student and students wide attraction to do - student and students physical educate importance about parents in the middle explanation works take to go - student and students physical bring up in the field knowledge regularly by increasing to go - student and students physical to culture interest and

them physical exercises with regularly engage in habits formation Teachers own qualifications by increasing to go for experience they exchange , each other 's lessons analysis to reach organize they will Education in institutions physical education and sports events organize in reaching main tasks physical culture team done increases . Physical education teachers physical education lessons and day order physical education events will spend Physical from upbringing active sportsman students and young people society members and leaders physical education events and sports competitions , holidays organize on arrival , walks , excursion and tourism , tourism walks in transfer physical education to their teachers closely help they give With that together sportsman students another students to sports attraction reach and physical to education interests increasing important role they play

CONCLUSION

Education in institutions student and students with physical education sports and wellness events organize reach according to take went scientific research and pedagogical practice in our work one series necessary has been sure conclusions we brought

1. Reader and the students physical bring up and wellness in processes nature of factors training importance important place holds
2. Universal developer physical exercises student and students organism to refresh and physical to downloads in preparation necessary tool being service does
3. Special physical exercises student and students in sports on this physical movements technique to take over and to improve big help will give .
4. Assistant physical exercise sports special exercises in formation to himself special tool being service does
5. Physical education sports and wellness from the forms student and students physical education , sports and wellness in events efficient use to the goal is appropriate .
6. Nature in the bosom conducted physical education , sports and wellness of events physical development and questioning effect important to the point has

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