

CREATING THE NECESSARY CONDITIONS FOR THE PHYSICAL TRAINING OF YOUNG PEOPLE AND THEIR DEMONSTRATION OF THEIR ABILITY IN THE FIELD OF SPORTS

Bavatov Faizulla Shamuradovich

*Assistant Of The Department Of Social Sciences,
Jizzak Branch Of Kazan Federal University*

Keywords:sports of Uzbekistan, physical education of young people, sports facilities, children's sports, girls' sports, national sports, physical development, sports pedagogues, healthy lifestyle, world champions, sports infrastructure, school-aged children, public sports, sports culture.

Antatsiya:The article talks about the importance of sports of Uzbekistan in our national culture, the ongoing initiatives to attract young people to physical education and sports. Detailed information will be provided on how sports affect the physical and spiritual development of young people, especially the development of children's sports, the increase in the number of sports facilities, the rapid development of girls' sports, and the successes of our country in international sports arenas. The development of sports in Uzbekistan and the popularization of sports culture among young people, the role of physical education and sports in national development are emphasized. The article examines the study of the positive results of the programs and initiatives implemented in attracting young people to sports, as well as ways to further develop them..

There are many athletes from Uzbekistan who have become famous worldwide. The name of the great poet and wrestler from Khorezm, Makhmud Pakhlavon, who lived in the 18th century and whose body never touched the ground, has remained forever. In Uzbekistan, national sports such as wrestling, equestrian sports, archery, and dart games have long been highly developed. Now, physical education and sports in Uzbekistan have gone through a high path of development from simple physical exercises and games to modern Olympic sports. Among our compatriots who defended the honor of our homeland and became world champions, there are world-famous athletes such as S.Kurbanov, B.Fayziev, S.Khodiev, R.Qazokov in wrestling, fencer S.Roziev, basketball player R.Salimova, boxer R.Riskiev, Artur Grigoryan, Olympic champions E.Sa'diy, S.Diomidov, wrestlers M.Khadarsev, A.Fadzaev, Abdulla Tangriev, famous equestrian M.Islomov, world champion in weightlifting Erkin Karimov, world champion in chess Rustam Kasimjonov, tennis player Iroda Tulaganova and many other athletes.

Sport is a powerful tool of the state that helps in the further development of modern society. During the years of independence, the popularity of physical education and sports has expanded even more. A large part of the population of the republic began to engage in various types of sports. The International Wrestling Association was created, which is the only association operating in the world sports community. The inclusion of Uzbek national wrestling in the program of the Olympic Games has become the most important strategic goal of the International Wrestling Association. It is appropriate to emphasize the rapid development of girls' sports in recent years as one of the main directions of continuous efforts of our state for a healthy generation. The gradual implementation of comprehensively thought-out ideas and program plans, especially the serious attention paid to the training of female coaches conducting

physical education classes, taking into account national characteristics, and the material incentive for their work, is showing a number of positive results today. In particular, currently, about 30.9 percent of girls aged 6-15 are involved in sports. This figure has increased by 6.8 percent in recent years.

In the development of women's sports in the country, special attention is paid to their involvement in graceful sports. The number of existing sports facilities and gyms operating under secondary schools has doubled over the past year and currently amounts to 1,263. About a thousand rhythmic gymnastics coaches conduct training in them. The fact that more than eighty percent of the sports facilities commissioned for use were built in rural areas has further increased the opportunities for attracting the population, especially young people, to sports and establishing a healthy lifestyle among them, even in remote areas of our republic. Studies on the impact of sports on the physical development of school-age children show that over the past five years, the height of 10-14-year-old boys who regularly engage in sports has increased by an average of 2.3 cm, and the height of girls by 2.0 cm, and their weight has increased by 2.6 kg. and 2.9 kg, respectively. It is no secret that only through the development of children's sports can the future of Uzbek sports be ensured and its prestige and recognition in the international arena be achieved. The results of the work carried out to develop children's sports are reflected not only in the achievements achieved in sports, but also in the changes taking place in the minds of our people, in the growing sense of responsibility and involvement in the future of children, the prospects of the country. Of course, the participation of the press and mass media in the further development of children's sports in our country, increasing the effectiveness of using existing opportunities, and strengthening mass sports among the population, especially young people, is very important. In particular, it is of great importance to popularize existing advanced experiences in regions, districts (cities) that are achieving specific results in ensuring significant growth in the health and physical development of school-age children, especially girls, through the widespread involvement of them in physical education and sports.

List of used literature:

- 1.. Law of the Republic of Uzbekistan on Physical Education and Sports. New edition. September 4, 2015.
2. Decree of the President of the Republic of Uzbekistan dated March 5, 2018 No. PF-5368 "On measures to radically improve the state management system in the field of physical education and sports".
3. Quality physical education. Published in 2015 by the United Nations Educational, Scientific and Cultural Organization, 7, place de Fontenoy, 75352 Paris 07 SP, France © UNESCO 2015 ISBN 978-92-3-100059