



ORGANIZATIONAL AND METHODOLOGICAL ASPECTS OF ORGANIZING PHYSICAL EDUCATION AND SPORTS EVENTS FOR HEALTH AND PHYSICAL DEVELOPMENT OF CHILDREN

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Annotation

This article describes the organizational aspects of improving the health of the young generation and engaging in sports, the specific features of physical education in classes and extracurricular activities.

Also, the general rules of organizing sports clubs and competitions in improving the physical development and physical fitness of pupils and students are mentioned.

Key words

physical education, wellness, sports, healthy lifestyle, sports training, extracurricular activities, competition, public sports, physical exercises, sports holidays.

In our country, educating students and young people to be physically fit, involving them in physical education, health promotion and mass sports activities, health activities carried out on the agenda of educational institutions and volunteering their free time outside of classes, directing them to a healthy lifestyle is one of the main tasks of all of us today. . Today, every pedagogue, sports coach, physical education teacher, working with young people, must have excellent knowledge in their field in order to organize and conduct interesting, meaningful, high-quality training, and pay special attention to the organization of sports training and conducting extracurricular activities. It should not be forgotten that it is an important factor.

In the years after the independence of the Republic of Uzbekistan, our President has been paying great attention to the development of sports and increasing its popularity. In this regard, at the current stage of sports development, we see such features that have a serious impact on the process of training an athlete and put new complex tasks and tasks before the coach and the athlete. This task and tasks, in turn, forces to find the most suitable forms and methods of organizing the training process.

Among the most necessary tasks for teachers of physical education in educational institutions, the organization of wellness activities carried out on the agenda of the educational institution where they work, the organization and holding of extracurricular physical education and wellness and mass sports events are also considered an important factor [1]. In this case, the main means of physical education of the educational institution is physical exercises. Physical exercises solve tasks related to the formation of movement skills and abilities in students. Forms of physical health activities on the agenda of educational institutions include:

- Morning physical education;
- gymnastics exercises before class;
- a minute of physical exercise;
- games during breaks;

- sports hour and walks in extended groups. The main purpose of pre-school gymnastics (morning physical training exercises) is to start the educational routine in an organized manner, to raise the mood, to increase the mental capacity of students in the first lessons and to express their desire for the educational activities ahead of them, to warn of negative changes in the body parts, and to eliminate the situation of long-term inactivity [2]. Pre-school gymnastics is held every day before the first lesson.

Physical education activities on the daily agenda In order to ensure continuity of the process of health and physical development of pupils and students, physical education activities are determined and implemented on the daily agenda of pupils and students in educational institutions. In the organization of physical education events, the physical culture team manages the task of organization and leadership. The activities of the physical education agenda serve to strengthen the health and exercise of pupils and students for physical development, increase mental abilities and discipline them. Regular physical education activities teach pupils and students self-control, adherence to daily routines and strengthening of activity. These events are forms of educational and educational work of educational institutions, and they are organized sports events outside of class. Various types of training (technical, tactical, theoretical, mental-willed, physical) qualities of athletes in physical education and sports training are inextricably linked to the activities of regular training in sports clubs.

Leaders of sports clubs should know well the methodology of training of a particular sport, the specificity of training with pupils and students. Taking into account the physical development and physical fitness of pupils and students, as well as age and gender characteristics, they are involved in physical training and sports clubs in special sports institutions [3]. Interest in sports among young people, regular participation in sports is explained by the athlete's participation in competitions. Sports competitions are one of the most interesting forms of work in an educational institution, apart from physical education classes. They help to attract pupils and students to regular physical activities at home and in physical culture groups, and also increase the physical fitness of pupils and strengthen their health.

Competitions, among other types of extracurricular work, are included in the general annual work plan of the educational institution. At the beginning of the academic year, the period, rules and programs of competitions are clearly defined. Taking into account these deadlines, the competitions are prepared in advance. Each competition is held according to a specific regulation. The regulations specify the purpose and tasks of the competition, time and place of its holding, participants, program, conditions of holding and accounting, the procedure for awarding the best participants and teams, the form of applications and the deadline for their submission. Sports holidays can be dedicated to festive days. Sports holidays include performances of athletes, opening of the holiday, raising of the flag, singing of national and youth anthems, organization of physical exercises and activities for pupils and students, public events, entertainment, identification of winners, congratulation of the winning team or individual participant with prepared gifts, and organized at the end of the holiday. will consist of ceremonially conducting the closing ceremony of the event or holiday. Those who participate in the event are given incentives and honors and prepare for future events.

Experts say that students who follow a healthy lifestyle and regularly participate in physical education and sports have a higher working capacity than those who do not participate in sports [4]. Therefore, a variety of curricular and extracurricular sports activities aimed at increasing the interest and participation of the young generation in sports at all levels of society is one of the conditions created for their interest in sports and their regular participation from a young age. In the system of continuous education, we can not only strengthen the health of our youth, but also realize all their virtues by forming the skills of striving for a healthy lifestyle. Because, through these trainings and competitions, young athletes become healthy in all respects, their mind and thinking ability are developed, their willpower is strengthened in their psyche, and a strong generation is brought up. Therefore, the purpose of involving students in sports and sports clubs in lessons and extracurricular activities is, first of all, to prepare them for a healthy lifestyle, and secondly, to educate them based on our national and spiritual values and traditions, and through this, to achieve deep mastery of the knowledge defined in the science of physical education.

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