

**EDUCATIONAL AND COGNITIVE ACTIVITY OF STUDENTS IN ACCORDANCE WITH THEIR PHYSICAL AND MENTAL DEVELOPMENT**

Suvonov Kadyr Yoldoshevich
Karshi State University, Sport Faculty,
Teacher of the Department of Sport Activity

Abstract

This article explains the mechanisms of the development of mental abilities in the minds of students through engagement into physical culture and sports.

Keywords: physical and mental development, educational and cognitive activity, physical culture, conceptual framework.

Introduction

In our country, in accordance with the modern requirements for National Education and the general requirements of the DTS, it is important to determine the quality of general education in the field of formation of educational and cognitive activity in the combination of physical and mental development according to the level of results recorded in personal, scientific and metapredmetnic indicators by means of universal educational A number of tasks have been defined in this regard. At the same time, " the conceptual foundations and criteria of practical activity for the upbringing of modern individuals with an active civic position, creative and innovative thinking have not been developed along the way, who deeply feel their belonging to the processes and reforms of the country's renewal, terribly understand their role and participation in the entry of our country into the most developed countries. This proves once again that there is a serious gap in the field." In this context, it is important for students to develop criteria for assessing the level of perception and understanding of elementary students, the formation of new opportunities for the formation of abilities, the formation of proving skills, the ability to perceive the problem, to understand, to be able to present ideas.

Different implications of the formation of educational and cognitive activity in the physical and mental development of students are carried out in all educational institutions, from preschool education to higher education institution (HEI). There are a number of unresolved problems in the organization of education in this case. Among them, one of the most important in terms of complexity and relevance is the relevance of education in the activity of physical and mental development in students and the fact that the educational system has risen to the level of necessity of being carried out at all stages. The formation of educational and cognitive activity in the harmony of physical and mental development is significant and fundamentally unique at each stage of education by age. Alternatively, there is enough



reason to say that special attention to the organization and conduct of physical and mental development education in the general middle branch is the most important issue.

These principles are manifested in the following manifestations:

-formation of educational and cognitive activity in the harmony with physical and mental development in Secondary School Education is a relatively long-lasting process;

- the formation of educational-cognitive activity in the harmony with physical and mental development of students of secondary schools is very important in terms of social significance and effectiveness;

-the formation of educational-cognitive activity in the harmony with physical and mental development in secondary schools forms the primary basis of the physical, intellectual and personal development of a child.

At the same time, the implementation of the development of the personality of the student getting knowledge and skills at secondary school is an important stage of the educational system.

As a result of the analysis of literature and resources in the field, as well as a thorough study of normative-legal and educational documents in our national educational system, it can be concluded that today one of the most fundamental problems in general education in the field of formation of educational and cognitive activity in the harmony with physical and mental development is the issue of the change in the quality of secondary general education in the field of formation of educational and cognitive activity in the harmony with physical and mental development should be considered as a factor ensuring a significant change in physical culture in society to the positive way.

Physical-mental development of students – a necessary-mandatory component of the educational system. “Not every field in the system can exist in a closed state. If we separate them from each other, we would have undermined the advancement of all areas of education and made the graduates ignorant”.

The peculiarity of education in the field of physical and mental development of students and the formation of their educational and cognitive activity is that, in addition to mastering the methods of changing the environment according to its content and purpose (just like in other fields of science), it is aimed at improving one's physical characteristics by understanding and perceiving a person (that is, the educator) is aimed at improving his physical characteristics by understanding and perceiving the environment and establishing an interaction with it.

Secondary general education in the field of physical and mental development and the formation of educational and cognitive activity is "an important process and the main result of educational work in physical education at school, and the essence of this process is to manage the formation of special knowledge and it is manifested in the goal of effective individual application of knowledge for the physical development of a person, self-improvement throughout his life.

According to most experts on the formation of educational and cognitive activity in the harmony with physical and mental development of students, it is noted that “general education, which has been formed for many years in the field of physical culture, has not



been able to meet the modern requirements for the quality of the educational system as a whole.”

Even the tutor who is recognized as a very enlightened educator admits that physical training is an important part of school life, without which excellent secondary education, moreover effective education cannot be realized.

Until now, the field called "physical education" occupies such an insignificant place in the agenda of the school life of our students that no practical work has been done even for the enthusiasts of this subject. In order to improve the quality of education received by schoolchildren, attention is paid to the quality of the general educational processes carried out in the field of formation of educational activity alongside with physical and mental development, and to the content of the program material on the subject of "Physical Training" should be focused.

It should be noted that at the moment the educational discipline “physical education” has risen to a new stage of its development. In the educational plans of educational institutions, this academic discipline is at the same level in importance as other educational disciplines of the general field of Secondary Education. This level of this academic discipline “physical education” is a general secondary educational subject, which is mastered from the field of Physical Culture and is didactically based, and is aimed at the goal of self-continuous, continuous physical-mental conditioning throughout a person's personal life. From the point of view of this definition, the main purpose of teaching physical training as an educational science is to provide students with a high level of physical and mental as well as general knowledge of the field of culture. In order to organize educational processes in a qualitatively new way, work on the educational subject of physical education should be guided by modern approaches, based on new models of education, applying effective methods, methods and forms.

The first important step towards improving general education in the field of physical culture is to clarify the single-purpose direction of educational work in the field of physical education and enrich the content, based on modern requirements.

We must mention that the opinions of well-known research scientists and experts on this issue have controversial positions and contradictory opinions. Many of them strongly note that physical training should consist only of sports games and preparatory training, and should be organized on the basis of the requirements for sports training. In addition to professionals who believe that the existence of health-improving, recreational-hygienic goals of general education in the field of Physical Culture is sufficient, there are also enough views that the educational goals of these educational processes are primary.

It should be added that a number of pressing problems noted as a result of an in-depth analysis of the issue of general education in the field of formation of educational and cognitive activity in the harmony of physical and mental development can be positively solved by revising the theoretical and practical foundations of the organization of these processes. To do this, it will be necessary to introduce a number of rules into general educational activities in the field of formation of educational and cognitive activity in the harmony of physical and mental development. The provisions in question are as follows:



- to make a radical change in the understanding of the purpose and content of general education in the field of formation of educational-cognitive activity in the harmony of physical and mental development, that is, to place more emphasis on the educational-cognitive component than the mobile component of training;
 - physical education is aimed at the main goal of educational education in harmony with other fields of science;
 - restoration of the ratio of the required level between the moving and educational-cognitive components that make up the content of general education in the field of formation of educational-cognitive activity in the harmony of physical and mental development;
 - to create the conditions necessary for the academic discipline "physical education" to fulfill its educational functions as one of the main general secondary educational subjects.
- In order to implement these rules into educational practice, it is recommended to use the informative components of the academic discipline "physical training", aimed at improving the quality of general education.

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