

**THE IMPORTANCE OF PHYSICAL TRAINING IN THE UPBRINGING OF THE MORAL NORMS, WILLPOWER AND OTHER CHARACTERISTICS OF THE STUDENT**

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Abstract

In this article, the general education school consists in providing instructions on the moral education of students and will and other qualities of students, formed depending on physical activity.

Keywords: ethics, formation, upbringing, physical education, sports, school, students, **medium**, training.

Introduction

In world educational institutions, innovative technologies for the formation of moral relations of students of the secondary school are being put into practice. Through the means of physical education and sports, systematic practical work is carried out to form the moral qualities of students, increase their creativeness, creativity in the field, develop moral relations of students with a focus on a healthy lifestyle, and improve the model of mental activity. In recent years in our republic, the development of mass sports in the development of a healthy lifestyle among the population, participation in physical education and sports, by specializing each district (city) in certain sports, normative foundations are being created to increase publicity, implement effective and high-quality selection, in particular, to formulate the moral relations of students through the use of advanced technologies of physical culture, it is also very relevant to further increase the effectiveness of the development of physical education and sports in our country, especially the wide involvement of students and young people in sports, the meaningful transfer of their free time on summer weekends, physical education and sports activities.

Purpose of the study:

It consists in the development of recommendations for the formation of moral relations of students of a comprehensive school by means of physical education and sports.

**Objectives of the study:**

Improving the technology for the formation of moral relations of students through the means of physical culture and sports. Improving the effectiveness of the formation of moral relations of students through the means of physical culture and sports.

Subject of research:

In the system of a comprehensive school, the form, method and means of forming the moral relations of students in the means of physical culture and sports are formed.

Object of study:

The process of formation of moral relations of students by means of physical culture and sports is established in the system of a comprehensive school, pedagogical experimental and test work was carried out by IDUM No. 200 of the Chilanzar District of the city of Tashkent, Secondary School No. 8 of the Tortkol District of the Republic of Karakalpakstan and Secondary Schools No. 233 of the Almazar district.

Methods of research:

The study analyzed scientific sources on the topic, didactic materials, educational plans and programs, a comparative study of educational documents. In the process of research, methods of pedagogical observation, comparative analysis, observation of the educational process, generalization of experimental test analysis, conducting social methods (questionnaire-surveys, interview, test), performing experimental testing work and mathematical-statistical processing of the results obtained were used. It can be said that, society has long been separated from each other by its moral criteria and their requirements, in some cases sharply differentiated. These requirements and norms were used in determining, assessing the position, place, level of society. Moral education is the practice of physical activity in solving the necessary problems, such as compliance with them by members of society, sports trainings, various competitions and entertainment events continue to play the role of a tool in the formation, upbringing of moral norms. The feeling of concern for reciprocity, communication, universal values, nationality, people, state, fame was directly brought up in the process of physical education. The morality of a country athlete is the morality of a person of a society in which a representative of this nationality exists. The moral norms of the Uzbek athletes are not special. They are also no different from the norms of morality of an ordinary member of this society. An attempt to formulate an ethics that is the ethics of an athlete leads to the fact that the peoples of the east move away from the norms of ethics. We should consider raising not only those who are short-minded, narrow-minded, who are engaged in sports, who have good bodies of digestion, but an individual with a wide range of thoughts, a spiritually rich, accessible, with good organizational skills. The peculiarity of the unity and commonality of the goal in sports life is the sole legal significance for all, the ability to summarize it in the activities of the team, the history of the physical culture of society, traditions, the strength of the team for the glory of their nation. It is a feature of the fact that the athlete of the country is the decisive factor



in victories in the international arena, being able to feel the duty of responsibility to his people, the motherland. Participation in the work of equipping and re-equipping sports areas of the public domain, sports facility, equipment and equipment in it, social attitude. The most basic of the norms of morality of members of society is the social treatment of labor. The practice of physical exercises creates the possibility of carrying out comprehensive harmonic development in the labor involved, in the production process. It is laborious for an athlete to achieve a sports result and requires hard work. With just updating records, he forms will, discipline, a habit of working for the labor process, learns to appreciate labor. Physical culture teaches to obey the laws of society. The practice of gymnastics, games, sports, tourism and other physical activities requires educators to strictly follow the established rule, order. Disobeying them will keep the athlete or educator away from a common goal. The fact that sports activities leave the life of an athlete under security, for example: the players collided with each other while fighting for the ball. Someone is to blame; you will come to respond to rudeness. But the norms of sports ethics, characteristic of the predominance of moral norms, requirements necessary for the peaceful resolution of self-capture and conflict, Humanism, respect for Man, the ground to fight for the future, for peace, applying each other, helping, especially, the fact that mutual assistance during competitions is extremely high in Turkic peoples in the spirit of respect for their opponents, solid health and physical preparation form the characteristics of the moral norms, will and upbringing of other characteristics of a member of society. In the process of physical education, special tasks of aesthetic education are also solved and established. The upbringing of the aesthetics of circulation, gymnastics, sports, games, tourism, as described above, manifests all the private aspects of a person. The walk of athletes is a process of sports life and beyond, as if it were worth envious of them. Because on its basis lies the moral norms of the peoples of the east.

The technique of movement is beauty, the sophistication of movement, the expression of its meaning is also beautiful. The activity of the movement used in the process of physical education is not similar to one another. Understanding the beauty of movement in sports gives pleasure to the audience or fans. When we can see beauty, beauty in sports wrestling, it shows our aesthetic taste, level of level. Boxing is judged to be not an aesthetic sport. Is this reflection true, the movement of boxers with high technical training gives pleasure to the universe, the universe? In addition, it develops, manifests mental, moral, physical qualities.

The process of physical education in children of school age is what is the basis of physical education for working in school from our educators, it requires knowledge of its content, organization, methodology for teaching children to act. The goal of the physical education process in school-aged children is to gradually bring them to physical maturity and prepare them for life, creative work and defense of the motherland. In the process of physical education of students, general and private tasks are solved. These tasks, together with the tasks of moral mental aesthetic and labor education, which are considered elements of spiritual education, make students grow older. depending on the preparation of the body,



clarifications are included in some of the training skirts. In the natural development of school age, in the elderly, classes, organism will be.

We will have to establish its harmonic development. Attention is paid to the further development of the function of control in the central nervous system, the work of the activity of the movement base apparatus, the work of the heart, vessels, respiratory organs, in addition to which it is taught to be able to properly control the figure. With the addition of knowledge of the rules of personal hygiene to this process, the process of upbringing is established. The task of physical education to give physical knowledge is to introduce rational techniques of movement skills found in life, to provide a little but theoretical understanding of gymnastics, athletics, sports games, and sports tactics. During this period, the preparation of children for the submission of the requirements and norms of the special test of Alpomish and Barchinoy is established. As a result of physical activity, the process of explaining the increase in sports skills, the role and importance of physical culture in society is established. Physical education tools, basic gymnastics, athletics, action games, excursion and travel, as well as games and physical exercises played in nature were taken as the main tools for physical education of children of age. At this age, it is possible to organize regular classes in swimming, tennis. Children with poor health are provided with special training, special training for children in the style of therapeutic gymnastics or allocated to a special medical group. The process of physical education is not one year. It is possible to set the goal of achieving certain results in this direction of education only through classes, classes, the content and organization of which are characterized by different nebulae. In each lesson, separate tasks are solved. The subjects taught, taught before, and then taught are distinguished from one by the fact that they are necessarily connected and structured by certain or fragments of the movement, and are carried out on the basis of the established system. A characteristic of physical education classes is that it is organized by a specialist with special training, on the basis of a program for several years with a content of approximately close to each other in physical development and preparation, as well as on a schedule put into a certain system. Classes are a systematic and relatively economical, effective form of training aimed at establishing General Physical Education, Professional Physical Training and sports specialization. The practice of physical exercises is fundamentally different from classes in that other typical forms of training are their periodicity, non-systematic, only one-time, individuality. Often, the above-mentioned forms of training complement the lesson and play an additional role in completing it private and general tasks.

In conclusion: If this demand is forgotten, it becomes difficult to educate the individual or all attempts end ineffectively. Here follows from this another important feature of the upbringing process – the presence of contradictions in upbringing. These contradictions provide the basis for the origin of conflicts in practitioners between the initial qualities that arise in accordance with their concepts, or between the requirements imposed on those involved and the possibilities of their fulfillment. In preventing the emergence of contradictions in upbringing, the requirements imposed by the pedagogical trainer are



determined by taking into account the age characteristics and capabilities of those involved. Hence, the process of upbringing shows characteristics in itself.

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