



THE PLACE AND SIGNIFICANCE OF EDUCATION OF YOUNG CHILDREN THROUGH PHYSICAL EDUCATION

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Abstract

In this article, the author envisages covering the young generation with physical education, teaching and mastering it, and being able to apply the mastered movements in the activity, as well as the purposeful use of physical education tools.

Keywords: Physical education, tool, hygienic factor, healing power, efficiency, approach, communication, skill, quality, talent, talent.

Introduction

It is known that physical education has existed since ancient times and developed with human life. A person has gradually chosen the tools for physical education and created the tools of physical education in his life. Physical development of a person is also affected by various activities (work, painting, dressing, etc.), unconditional reflex, massage, etc. They are used in order to strengthen health, develop the organism in all aspects and hormonally, increase the movement, skills and abilities necessary for life, to raise the level of physical improvement to a higher level.

However, only if all the means of physical education are used as a whole, then it is possible to fully respond to the above-mentioned tasks, because each means has a different effect on the body. These tools are also widely used for treatment and prevention purposes. Classification is the division of physical exercises into groups and subgroups according to certain characteristics. Different physical exercises have many similar characteristics. It is important to identify the main character that allows you to group exercises. This sign should be pelogologically significant. Classifications made according to different signs help to get acquainted with many practical physical exercises, to choose the necessary ones according to the tasks, and to quickly find the description of the necessary exercises in textbooks and manuals.

In particular, general classifications are based on the historically formed system and methods of physical education: gymnastics, games, sports, tourism. Each of these groups has its own importance and they are divided into smaller classification groups.

Gymnastics plays an important role in the system of physical education. It is divided into types of rehabilitation or general development (basic, hygienic, athletic) gymnastics, sports-acrobatics, professional, sports gymnastics, artistic gymnastics (and practical), professional-practical, military-practical, sports-practical, developmental gymnastics, therapeutic gymnastics split.

Gymnastics has the following specific features: different parts of the body, certain joints, and different aspects of their activity and condition (muscle relaxation, stretching, etc.) use of sports



facilities: conducting exercises to music: variety of exercises. These features of gymnastics allow it to be used in exercises with people of all ages, health, and physical fitness to perform various tasks.

Action games. It is a complex activity consisting of various emotional movements. This activity is performed in conditions and situations that suddenly change based on established rules. Unlike gymnastics, it is difficult to distribute physical loads during games.

Active games differ from other physical exercises in terms of organizing and managing the activities of the participants. During the game, there is a need to act in situations that change suddenly and to perform the tasks of movement in a short period of time, showing physical qualities such as quickness and agility. It strengthens movement skills. During the game, children's activities are organized on the basis of imaginative plots or game tasks, and this creates positive emotions for children to perform physical exercises enthusiastically and for a long time. This, in turn, strengthens their effect on the body, helps to develop endurance.

Adherence to the rules of the game creates a mutually demanding behavior, it creates an opportunity to show independence and perseverance in choosing the methods of action to educate moral qualities (mutual help, conscious discipline, etc.). The activity of the game consists of various actions of a complex nature (running, jumping, etc.).

The above-mentioned features of the game allow it to be used in work with children of primary school age.

Sport is characterized by an attempt to achieve a high result in some type of physical exercise, it makes high demands on a person's spiritual and physical strength. Therefore, it can be used only at the level of development of a certain age. This requires physical fitness.

Sport serves physical development and helps to educate moral and willful qualities. Therefore, working with sports is especially useful during the formation of the human body and personality.

Various gymnastic exercises (exercises for general development) in working with students in order to form physical skills and fulfill the various tasks of physical education. As a result of this, the ground is created for physical exercises and working with various sports at the next age.

Tourism allows to strengthen movement skills and develop physical qualities in natural conditions. At school, outings around the city are organized with children using different modes of movement (walking, cycling, etc.). During a walk, you can do various exercises on the road (for example, jumping from poles, jumping ropes, jumping from a rope, exercises with a ball, movement games, etc.), it is healthy to do physical exercises in the open air. increases the efficiency of composting. The health-giving forces of nature are carried out in the process of physical education in two directions: the organization of physical exercise training and its conduct as appropriate conditions (in the open air, under the influence of sunlight, in the morning conditions, etc.), that is, the natural factors of muqt in physical exercise strengthens the secret.

Both directions are used as an independent means of training the body (sun, coffee bath, water activities, rubbing, training, etc.). Knowing how to properly use the healing forces of nature increases the positive effect of physical exercises on the human body. Improving the effectiveness of the healing forces of nature (sun, water, water), physical exercises on the child's body. Open air. During physical exercises on sunny days, children have a positive mood, absorb more oxygen, increase the capacity of some organs and body systems through metabolism. sun, coffee and water are used to train the body, to increase the body's adaptation to high and low temperatures. As a result, the heat-controlling apparatus is trained, and the human body has the ability to respond to



sudden changes in weather. In this case, the adaptation of physical exercises to the natural factors of nature increases the effectiveness of training.

Natural forces of nature are used as independent tools. Water is used to clean the skin from dirt, to expand and narrow its blood vessels, and for cacao. Forests, orchards, and gardens contain substances (phytocytes) that help to eliminate microbes and enrich the blood with oxygen. sunlight helps to accumulate vitamin "C" under the skin. It is important to use the natural forces of nature in an adapted manner.

Hygienic factors are considered a necessary condition for maintaining the tasks of physical education. They increase the effectiveness of physical exercises on the body of workers. Cleanliness of rooms, physical education equipment, toys, students' clothes and shoes prevents diseases. Carrying out hygienic exercises instills positive emotions in children and creates favorable conditions for mastering physical exercises. Hygienic factors include personal and public hygiene. Hygienic factors are of independent importance: they contribute to the normal functioning of all organs and systems. For example: regular and high-quality nutrition has a positive effect on the functioning of the digestive organs and ensures the timely delivery of necessary nutrients to other organs, helps the child's normal development and growth. Proper lighting prevents eye diseases and creates comfortable conditions for students to move. Strict adherence to the daily regimen teaches organization and discipline. Hygienic factors include personal and public hygiene.

1. Personal hygiene, the order of training, rest, the cleanliness of the place, the hygiene of the study and dining room, the playground, the cleanliness of the body and clothes, the cleanliness of the sports equipment and equipment, etc., increase the effectiveness of physical education for the body. If physical exercises are carried out in clean, bright rooms, the development of physical movement qualities and mastering these exercises will be easier. They are of great importance in improving health and prolonging human life. Hygienic factors have independent importance: they help all systems and organs to function normally. For example, high-quality and regular nutrition ensures the timely supply of nutrients to all organs, helps the proper growth and development of the child, and also prevents diseases by positively affecting the digestive system.

2. Public hygiene: lightness, cleanliness of the place of exercise, equipping with tools and equipment or meeting the hygienic requirements of the rooms, etc. Although the natural factors of the environment and hygienic conditions are not the main special means of physical education, their influence is of great importance. Physical exercises are the main means of physical education. If the health-giving forces of nature and hygiene factors are used to solve the tasks of health-giving, then physical exercises solve the main tasks of teaching the skills of each movement, training the qualities of movement, and developing a person physically and mentally. It is the main condition for the implementation of educational tasks. In the process of physical education, mental, aesthetic and moral tools are used, which shows the unity of all types of education. It is necessary to convey to the mind of the workers the features of physical exercises and the way to get good results.

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