

PHYSICAL EDUCATION AND CULTURE LESSONS THEORETICAL-PRACTICAL PEDAGOGICAL BASIS OF ORGANIZATION

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The main goal of the Law "On Education" and the "National Program of Personnel Training" implemented in our republic is to reform the education system at the level of world requirements, and one of the main directions to be implemented one is to improve students' physical education training. The main idea of the national model of personnel training, which is consistently implemented in our country, is to train a competent professional. Education of independent and creative thinking qualities of a well-rounded person formed as a result of reforms is one of the important tasks of general secondary education institutions. In this regard, the effective organization of extracurricular activities of students is particularly important.

From the first days of independence of the Republic of Uzbekistan, the main goal was to establish a free and prosperous Motherland, a free and prosperous life based on our national spirituality, which has an important place in world development. In achieving this great goal, the main focus is on educating the young generation to become a well-rounded, spiritually and physically healthy, highly qualified professional, which is a unique expression of our national traditions and mentality. However, along with the noted achievements, there are areas that are not fully serving for the further development of the physical education system. In particular, formation of students' knowledge and skills in physical education in the course of the lesson, systematicity and goal orientation in the organization of classes based on new pedagogical technologies, formation of skills in the course of the lesson, new pedagogy systematization and goal-orientation are not sufficiently reflected in the organization of training based on technologies. This problem has been extensively researched by pedagogues in the republic and abroad for many years. In particular, Atutov PR, Bato'shev S.YA., Bepalko VP, Matveyev LP, Minayev BN, SHiyan BM, Atayev AK, Abdullayev A., YArashev K., Koralevsky VV, Korotova IV, Mitronin VP, Kryuchkov AF, Txorzhevsky DA and others covered the technological foundations of the problem, physical education classes, extracurricular activities, and the issues of connecting young people's activities with theoretical education in their scientific research works. It is important to develop students' creative qualities in the work of sending them to physical training . Analyzing the opinions of pedagogic scientists and relying on the experimental results of our research, we will guide students to organize

physical education classes at school and in extracurricular activities. we came to the conclusion that on the basis of the unity of moral, physical and aesthetic education, educating them on the basis of our national ideology will help in the implementation of the ideas of collective approach. In this case, according to the results of our research, the school pedagogical council and student organizations carry out general leadership in the development of scientific and technical, experimental, and research work, while the labor teacher, in cooperation with parents and student activists, organizes clubs in the school, o organizes meetings, talks, trips with advanced representatives of various professions of student unions.

Identifies students who are more interested in certain branches of sports and helps them to find a suitable club in extracurricular institutions located in the district and city. The physical education teacher involves students in preparing and conducting school evenings dedicated to historical days in the development of physical education and sports. Therefore, the results of the research show that the physical education teacher is the main link in organizing the work of guiding students to the organization of physical education classes during class activities and extracurricular time. Of course, he is required to conduct his activities on the basis of educational standards. After all, the tasks of physical education are expressed in the State Education Standards (DTS) and the curriculum. In these documents, the goal of physical education and training at school is consistently defined, in this regard, to inculcate love for sports and respect for sportsmen, to introduce students to the basics of modern sports, to develop physical education skills and abilities in them, it is emphasized that it consists of encouraging physical training. Physical education classes have been organized in different ways in different periods. Its goals and objectives were also diverse. These circumstances, in turn, required a specific understanding of the term physical education. Before commenting on the concept of physical education, it would be good to list the concepts and expressions related to this field in general. The main ones include: physical education , physical education, physical training, physical training, physical culture, physical development, physical maturity, physical skills, physical exercises, physical qualities, etc. Physical education is a pedagogical process that continues from the beginning to the end of a person's life, improves the body in all respects, and changes the movement skills and skills important for life in accordance with the age. In the science of pedagogy, the concepts of education and training are considered to be types of human activity that are interconnected and complement each other. Education is the process of transferring social experience, positive qualities accumulated by people to the young generation.

Education is the process of studying the human mind, information about material existence, laws of society and nature development, scientific achievements and their

practical application. In the definition given to the concept of physical education, the inextricable connection between education and training is taken into account. In the pedagogical and psychological literature that we have studied, it was noticed that a strong importance is given to mental and moral education in the development of a person as a person. But although physical education is considered to be on the second level in our eyes, it is recognized that neither mental nor moral education can be perfect without physical education, more precisely, without the influence of physical education. Physical education improves the human organism from morphological and functional aspects. This can be understood as the normal development of all organs in the body, including the correct formation and functioning of the brain and the higher nervous system. Recognizing that the brain, higher nervous system, blood circulation systems can be the neuro-physiological bases of mental and other directions of education, it is recognized that physical education is the main type of education that leads to perfection of a person. Physical education allows the perfect development of the body, and also ensures the body's health and resistance to any external load. It has been proven by scientists that the willpower qualities of a person are several times better when engaged in physical education. Physical education creates qualities that are constantly needed for a person on the path of life, such as strength, agility, and quickness. This, in turn, contributes to the effectiveness of work.

The skills to finish any started work, to achieve the expected results will be formed faster. Physical education forms people's feelings of humanity and patriotism. Protecting the interests of the motherland, if necessary, makes him accustomed to devote not only his strength, but also his life. Physical education is a phenomenon of social importance. It improves a person's health, realizes all-round development. It teaches to work productively for oneself, the nation and the people, to operate freely in the conditions of the market economy, to fully express one's potential. He prepares to spread the glory of the country to the world, to protect it from any malicious forces, and to defend it bravely. Since ancient times, with the correct understanding of the incomparable role of physical education in human life, how to make it effective has been studied as a scientific-pedagogical problem. and physical education has been highly valued. The emergence of written pedagogical literature prepared the ground for the formation and development of the theoretical foundations of physical education. The book "Avesta", which was created by our ancestors as an invaluable cultural and educational monument and has reached us, contains many good thoughts about physical education. Strength, agility, bravery, endurance, valiant struggle against dark forces are glorified as aspects of physical education. Justice, truthfulness, hard work are among the qualities that need to be developed separately. Our great scholars such as Abu Nasr Farabi, Abu Rayhan Beruni,

Abu Ali Ibn Sina, Unsurul Maoli Kaikovus, Bahavuddin Naqshband, Amir Temur, Muhammad Taragai Ulugbek, Zahiruddin Muhammad Babur, Alisher Navoi, Abdullah Awlani are valuable about physical education and personal development. those who expressed their opinions. Especially when Abu Ali Ibn Sina created his doctrines about human health care and medical care, he put physical education in the first place. In his opinion, prevention is better than cure. For this, it is suggested that everyone should do regular physical exercises and follow the rules of personal hygiene. Abu Nasr Farabi also said that the inhabitants of a city where virtuous people live should be strong, agile, hardworking, obedient and healthy. Zahiriddin Muhammad Babur gave a high assessment of the physical qualities of most of the people he described in the work "Baburnoma". It is said that he was a king, a general, a scientist and a poet, and he was a person who highly valued physical exercises and training. Abdulla Avloni paid special attention to "physical education" in his work "Turkish Gulistan and Ethics". He said that physical education prepares the ground for all other educations. Foreign scientists also paid great attention to physical education. Ancient scientists such as Aristotle, Plato, and Socrates tried to develop the theoretical foundations of physical education for the children of slaves. They believed that every educated person should be physically strong, possess physical qualities such as swordsmanship, javelin throwing, horse riding, swimming, endurance. Francois Rabelais described in his novel "Gargantua and Pantagruel" that along with mental education, physical education determines human maturity.

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