

THE ROLE OF EDUCATION AND UPBRINGING IN IMPROVING THE EFFECTIVENESS OF PHYSICAL EDUCATION CLASSES

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Annotation: this article presents ideas on the role of educational and educational processes in improving the effectiveness of physical education classes, reflecting on the methods of Education used in educational practice.

Keywords: Educator, Primary class, innovation, educational technology, method, student, teacher.

Moral, mental, aesthetic education and labor in the process of physical education upbringing is the basis for achieving high results. Making a person a harmonious person in upbringing, all types of upbringing serve equally. Therefore, at school all the processes of physical education activities, sports training sessions in the processes of mass physical education, it will be easy to achieve the intended goal when the types of upbringing are organized equally.

Moral education. Bilateral between physical and moral education there is a connection. This connection is a comprehensive and harmonious development of personality determined by its laws. The content of moral education is social and state improving health and physical abilities in preparation for higher interests, labor and protection of the motherland, as well as preserving physical culture and sports facilities, using them as a rule, and achieving public moral maturity in the process of physical education.

Sports ethics is mandatory for an athlete in his specific activities is the sum of the norms and rules of morality. Moral athletes qualities for physical maturation in the interests of humanity, conscious discipline in the struggle for Health Promotion and creative longevity, manifestation of athletic hard work; production of physical abilities application in social activities in their labor; active struggle to establish high sports skills and jaxon records, expelling to their homeland, sports and the Physical Culture Community; promotion of the absorption of Physical Culture and sports into the life of the ring is the social duty of kilish; giving sports experiences to young people, beginners in sports, young athletes. The athlete must be humble, conscientious, honest, fair, fulfill the established rules fluffy, be tidy, battered and polite, honor his rival in sports, khakami and tomashabins, not be proud of his

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services, achievements in sports, strictly follow the sports regime.

Duties of moral education. Performed directly in the process of physical education it is possible to indicate the four main tasks of moral education to be carried out:

1. Education of universal moral norms.
2. Friendship, fostering mutual help traits.
3. To educate the volitional qualities of character.
4. Nurture patriotic feelings.

The tasks mentioned are solved in a tightly interconnected way.

Means of moral education. All tools used in the process of physical education exercise factors of nature as well as hygienic requirements moral serves as a means of upbringing. They feel into the minds of those involved affects his feelings, will and morality in every possible way. To moral maturity the role of physical movement in achieving is great.

Methods of moral education moral education in the process of Physical Education hilma-different styles are used. These are first of all the effects of verbal exposure from persuasion in the form of explanation, conversation and other, a visual example and it consists of practical teaching. When taking persuasion style in general the sum of the all-round influences that the educator exerts through the word, as can be described. Verbal influence belief in practitioners allows you to find content in a psychological quality style. Children and adolescents the persuasive power of the visual pattern is especially important in moral education. A practical teaching style can be viewed as an exercise style, but it differs from the training style in teaching.

Mental education. Solid health, movement skills, physical maturation the process of physical education that provides mental performance of people and long until time, creativity is considered a resource for the preservation of abilities. Mental education, aimed at the development of the thinking of those who are engaged in their shift, ensures that they think and creatively occupy their action experiences, helps to improve their physical abilities, morality in terms of sports, labor and sports interests.

In the content of mental education there are two interconnected sides-educational and educational. The educational side of mental education implies the arming of those involved with special knowledge. The educational side of mental activity in the process of physical education consists in the cultivation of ACL - cognition, as well as the cultivation of the ability to do in those who are engaged.

Tasks of mental education. Mental activity in the process of physical education to show the three main tasks of mental education in accordance with its content can:

1. Those who are engaged in physical education with special knowledge in

the Sox enriching.

2. Learn to discuss skills, experience of the movement being studied nurture the ability to analyze, generalize, critically evaluate.

3. Ability to show creative, mental activity in action activities and the formation of skills and the work of physical abilities and sports rational use in accordance with the interests.

Means of mental education. Special knowledge in the sphere of physical education is considered the main means of mental education in the process of physical education. The teacher, relying on these, activates the activities of those involved. Theoretical knowledge of physical education and sports not only provides practitioners with independent exercise training, but also provides insights into the degree of impact each movement or exercise has on the body as well as the ways in which they are applied and performed. In those who are engaged in the fact that the content of the form of exercise and movements becomes more complex, mental activity, that is, the levels of analysis are improved.

Mental education styles. The process of thinking in the process of physical education takes the form of speech and is completed by the verbal expression of the links identified in the training. The most effective way for those involved in the physical education process to cultivate thinking skills is to discuss. With this, thinking develops and manifests itself in students. In the process of physical education, the skill of doing mukhokama gradually increases. In the early stages of teaching movement practices, the qualification of discussion is generated in them through asking students, as well as their independent observations and comparisons.

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