

Foundations Of Increasing The Activity Of Women And Girls In Physical Education And Sports

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Annotation. The article describes the concept of education development has been developed, its main task is to form a deep loyalty to the material and spiritual values of the people in the younger generation, to learn and to introduce the lost elements of traditional culture. In the article, problem of maintaining and strengthening physical and mental health, increasing physical activity, and women's longevity have been described. The researchers' point of view and works on the problem have been analyzed in the paper.

Key words: foundations, activity, women, girls, physical education, sports, physical, mental strength.

Introduction. Issues of maintaining and strengthening physical and mental health, increasing physical activity, and women's longevity are becoming increasingly important. Health is very important in our life, so what is this state of optimal resistance of the body to various factors. But so far this problem has not been studied enough. The pedagogical relevance of increasing the activity of women and girls in physical education and sports is undeniable, physical education provides ample opportunities for this. Each, in addition to the development of physical data, can give children the necessary information about national culture, from which a holistic picture of national roots is formed and a sense of the historical aspect of generations is born. In the game, the child finds an opportunity to realize his own motor actions, creative power, physical and mental strength, to satisfy the need to communicate with his peers and to feel the surrounding nature. Instilling in the young generation love of work, physical fitness, and love of the country in spiritual and educational work, folk games are widespread and become a daily concern. National folk games in physical education and sports enable effective organization of the physical education process with the rational use of sports elements.

Traditional physical culture as a part of national culture should occupy a proper place in the process of education and physical education of boys and girls. In sports schools, age is the most important period, the process of forming girls' physical culture, in which the foundations of age, movement culture are laid and they are successfully mastered. Thanks to his knowledge of physical education, hard work and hard work, he is new on the world map, relying on his own strength and health. In this case, the emergence of an independent, new state of Uzbekistan, which is developing at a steady pace, is undoubtedly a historical victory of our people. Especially in our country, the people of the world are rightly surprised by the achievements we have made in the way of building a democratic state, civil society, transitioning our economy to market relations and taking a worthy place among the developed countries. During this past period, high results were achieved in the field of physical education and sports in our republic, as in every field.

In our country, the necessary conditions and opportunities for raising a healthy and mature generation, for the realization of the creative and intellectual potential of young people, and for raising the young men and women of our country to be comprehensively developed individuals who fully meet the requirements of the 21st century are being implemented on a large scale. In this regard, in order to popularize and develop sports in our country, to increase the activity of women and girls in physical education and sports, to raise them physically fit, in the field of development of women and girls' sports, to attract young people, especially rural girls, to regular sports, to build new sports complexes, stadiums and facilities. Reforms and good works are being carried out to

consistently strengthen the work to build, provide them with modern sports equipment and equipment, and strengthen them with highly qualified teachers and coaches.

Literature review. In addition, at the initiative of our head of state, a number of activities are being carried out in our country in the field of wide development of sports among women: establishing a healthy lifestyle among young people, protecting them from the evils of alcoholism and drug addiction, various other deadly threats, and religious and extremist influences that are foreign to us. comprehensive measures are being implemented. Indeed, thanks to our independence, our country has achieved growth in all areas. The reforms carried out in the direction of inter-ethnic solidarity and development of the society of our country have raised the prestige of Uzbekistan to the sky and increased its potential.

The fact that one of the first laws of our state "On Physical Education and Sports" and the Order "For a Healthy Generation" is one of the first established awards in the sports system is the result of our government's efforts to make our young people mature mentally and physically.

At present, showing high results, increasing the role and activity in the social and political life of our country; timely identification of women's problems, compilation of address lists of women, including women, who are in need of assistance and are in a difficult social situation, providing them with socio-legal, psychological and material assistance; It is the need of the hour to create important training manuals for women, especially young female athletes in rural areas, so that they can learn the subject knowledge and apply it in their daily lives. One should never forget what a number of foreign scientists, including A.S.Makarenko said that there is a need to educate boys and girls in the spirit of pride not only in personal success, but in particular in the success of their team or organization.

Also, it is necessary to eliminate any boasting in scores, to educate respect for the strength of the opponent, to explain to them the importance of organization, training and discipline in the team. Finally, children should be encouraged to take their successes and failures seriously. Games occupy one of the main places in the school program. S.A. Shminov expressed the educational possibilities of games and wrote: "The game was born from the shadows, together with the child, it is his companion. He became a reliable friend. But we believe it is good enough to last for many years. The game attracts people's attention due to its large, sometimes invisible educational reserves and wide pedagogical possibilities. Also, Yuri Viktorovich Uryvaev, professor of Moscow Pedagogical University, doctor of medical sciences, associate professor of the department of physical education and sports of the Moscow Institute of Transport Engineers, candidate of pedagogic sciences Tatyana Yurevna Moskaleva conducted scientific research on women's sports, fitness and professional sports, especially on various directions of women's sports. The positive effect of sports on women's health, attractiveness, appearance and femininity is emphasized in the works of G.M. Kodjaspirova, A.Yu. Kodjaspirov. Scientists of Uzbekistan State University of Physical Education and Sports – F.A. Kerimov, M. N. Umarov, T.S.Usmonkhojaev, R.S.Salomov, M.Alimov, E.Rakhmanov, N.N.Nazarov, as well as a number of other professors and teachers of the faculties of physical education of the republic's higher educational institutions, touched on the topics of development of women's sports in Uzbekistan. passed. The rapid growth of the physical education movement requires not only the presence of educated specialists, but also the provision of sports knowledge for everyone. A scientific approach to study the specific features of sportsmen's competitive activity and to improve the training process is of great interest. Therefore, athletes strive to show high results in competitions, and in these conditions, the main shortcomings of preparation are clearly visible. These should be identified and studied using appropriate tools and methods.

Undoubtedly, it will be more difficult to improve attitudes towards sports and promote it in teams with fewer female coaches.

Forming the basic elements of technical movements becomes a complex pedagogical process due to the unlimited number of variants of movement activity and the need to respond in accordance with each situation of athletes.

Discussion. In order to analyze how the activity of the movement is performed, it is necessary to observe his opponent regularly. In this case, it is necessary to analyze not only the

technical actions of one athlete, but also the actions of his opponent in response, and determine the distance interaction and changes in space and time. Meanwhile, wide opportunities have been opened for Uzbek women and girls to express themselves in sports. If it is easy to learn the movement, changes will not be made in the educational process, therefore, in order to activate students, the allocation of separate places for girls in the faculties of physical education of higher educational institutions will have a positive result. Women's attitude to sports is of great social importance in terms of raising a healthy generation. Girls who regularly do sports usually do not have problems with the birth of healthy children after marriage. Plus, mom will learn a thing or two about fitness and sports secrets. A healthy child is born from a healthy mother, and the health of children determines the strength of society. Raising a healthy and comprehensively developed generation is not only our main task, but also our human duty. It should be noted that mothers play an invaluable role in children's physical education and sports. However, the courage and bravery of our women is a feeling that has been preserved for thousands of years.

However, it is an important task for parents and coaches to properly organize the girls' free time, to engage in physical education and sports, and to teach various national sports. The positive effect of these games promoting physical health is also great. In the years of independence, great measures are being taken to restore national values, to enrich the population spiritually and educationally. Not only older girls, but also among younger girls and schoolgirls, there is a shift in the acquisition of national pride and pride. The most instructive and useful aspects of the world of Islam are being absorbed among women. On the basis of these, the activities of creating a healthy family and raising children physically and spiritually are expanding more and more. Thanks to the honor of independence, our female athletes serve to enrich our national culture. On the basis of the decrees of the President and many decisions of the Cabinet of Ministers of the Republic of Uzbekistan, various measures are being taken to ensure women's health from a socio-material point of view and to provide them with good medical services on a regular basis. Taking into account the active participation of women in the implementation of democratic socio-political and socio-economic reforms in our country in recent years, to further increase the socio-political and social activity of women, to create conditions for them to realize their abilities and opportunities in various fields and industries, ensuring unconditional observance of rights and legal interests, comprehensive support of motherhood and childhood, as well as strengthening of the family institution are being carried out on a large scale.

Conclusion. In order to bring the sport of our republic to the world arena, the establishment of hundreds of sports complexes and facilities, the establishment of the "For a healthy generation" sign, the establishment of an international fund with the same name, serve to increase the fame of the family and, moreover, the country. For this reason, parents encourage their daughters to participate in sports such as gymnastics, swimming, athletics, volleyball, handball, and tennis. Physical exercises, especially sports, help women become physically fit, healthy, and energetic, and raise healthy children. is one of the most important factors. G. P. Parkhomovich also recommends learning the method of finishing preparatory actions before mastering. According to him, such an approach allows to form a biomechanical concept of increasing the activity of women and girls in physical education and sports, as well as a concept of the basics of preparation and combinatory movements.

Also, according to some authors, is the advantage of athletes in the main training stage. These are consistent with the data obtained from studies conducted by T.H. Sikkut. He reports that during the first year of playing sports, there is a significant shift (19.5%) in quick thinking. This ensures the understanding of the basics of increasing the activity of women and girls in physical education and sports, that is, the formation of a combined method of training activities. The main reasons for this are that, according to traditions, women are allowed to do gymnastics and games in the morning or during their free time, besides, most of the men and women do not know well the ways of using physical exercises and their educational aspects in improving health. For this reason, first of all, it is necessary to create conditions for women to engage in physical exercises in the family and neighborhoods. Taking into account the national characteristics, it is necessary to develop and

implement a special set of exercises for women, sports according to simplified technical rules. Also, in this case, it opens a way to the educational component or the development of physical qualities. If the methodology is aimed at the development of any physical quality, then the beginning of training is determined by the sensitive period of the development of this quality.

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