

The Main Tasks of Physical Education of Students in The General Secondary Education System

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Annotation: In this article, physical culture is the first and main type of culture that is formed in a person, understanding the role of sports in human life, work on physical education at school, the main means of physical education in school, the work on the use of natural factors in the physical education of students, and the main tasks of physical education of students in school.

Keywords: Physical Culture, Physical Education, Student, Sports, School, Task.

Physical culture is surprising as a general cultural phenomenon. It is the natural link between human social and biological development. Undoubtedly, physical culture is the first and foremost type of culture that is formed in man.

To understand the role of sport in human life, one can look at, for example, statistics on the cardiovascular system and heart disease. This is the highest level in developed economies. People who do regular work do not understand the importance of physical activity for the body to function.

In the example of the general secondary education system, the purpose, tasks, and organization of physical education for all school staff, have a correct understanding of the content and forms, participate in practical work to the best of their ability, and actively promote physical culture and sports among students and parents.

Physical education at school is different in many ways, requiring students to be enthusiastic, enterprising, and organized. They help students develop organizational skills, activism, and ingenuity. The main tasks of physical education of students at school are:

1. Strengthen health, help students develop and thrive properly. This task is the most important of all physical culture and sports activities in the school. It should be the focus of every teacher and educator. The school year is a time of rapid growth and physical development for children. Therefore, it is important to spend as much energy as possible on the physical development of students. Body shape plays an important role in the harmonious development of students. Proper condition and normal functioning of all internal organs depends on the body. Nature's natural resources are widely used to promote good health and well-being.

2. To provide students with specialized knowledge of physical culture and sports, to instill in them hygienic knowledge and skills. This task is to provide students with the necessary knowledge about the benefits of physical activity, the rules of hygiene, as well as the rules of proper performance of all physical exercises provided in the program. All of this has a direct bearing on children's health, their knowledge and adherence to the rules of hygiene, and this can be achieved through the joint efforts of the school, the family, the community and the children themselves.

3. To form and improve students' movement skills and abilities, to teach new types of movements and movement activities. The content of the school's physical education program is structured in such a way that students regularly engage in physical education classes, at home, in physical education clubs and sports clubs, and systematically acquire vital movement skills such as walking, running, throwing, climbing, and balance. in a way. All of these activities help children to develop physically and prepare them for work.

4. Development of basic movement qualities according to age. Speed, strength, agility and endurance are qualities that everyone needs. They are closely related to the development of motor skills in children. Exercising for short or long periods of time at different speeds and with different complexity helps to develop the above qualities.

5. Fostering a sense of courage, perseverance, discipline, community, friendship and camaraderie, cultural behavioral skills, and an attitude to labor and social property. The whole process of physical training helps to cultivate such valuable moral and volitional qualities. Most exercise and play activities help to develop a sense of courage and friendship.

6. Develop the skills of standing and walking. Proper shaping is a complex and time-consuming process. Therefore, in order to achieve positive results in this area, it is necessary to take care of the child's posture while sitting, standing and walking; exercise should be widely used; physical education classes should include bodybuilding exercises, pre-workout gymnastics, physical education classes, physical education, and homework assignments.

7. Develop a sustained interest and skills in regular physical education and sports.

8. The task of the school is to accustom children to systematic exercise not only at school but also at home. To accomplish this important task, all activities with children should be lively, the content and form of the material studied should be interesting, exciting, under the sincerity of the facilitator, it is necessary to create conditions for friendly cooperation between the participants. To inculcate organizational skills in students, to prepare them for community physical culture activities. Students need constant support from the physical education teacher to ensure that the school is successful in conducting mass physical education and sports activities, and that physical education classes and extracurricular activities are fully conducted. In the classrooms, physical education organizers are selected from among the students, team leaders in sports clubs, and team leaders. Physical education tools at school. Exercise, work, appropriate routines and the use of natural factors of nature are the means of physical education of school-age children.

The main means of physical education in school is exercise. Exercise solves problems related to the formation of motor skills and abilities in students, promotes the development of the musculoskeletal system, improves blood circulation and metabolism, has a positive effect on respiration. The exercises used in practical physical education at school develop agility, dexterity, flexibility, strength, endurance, and strengthen a person's ability to perform natural movements such as walking, running, jumping, balancing, throwing, and climbing. The choice of exercises and the method of conducting them are very important for the proper use of exercise.

The use of natural factors in the physical education of students is carried out in accordance with the rules of the teacher's organization of explanatory work between parents and children. Forms of physical education for schoolchildren. Forms of work on physical education of school-age children: physical culture classes; physical education activities on the agenda: pre-class gymnastics, physical education minutes in class, games and exercises during breaks; extracurricular activities in physical culture and sports; exercise at home. The main form of physical education for school-age children is physical education classes conducted by the teacher according to the state program, school curriculum and strict schedule. Exercise is mandatory for all health-tested students.

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