

THE ROLE OF PHYSICAL EDUCATION AND SPORTS IN THE EDUCATION OF CHILDREN AND ADOLESCENTS

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Annotation

One of the priorities of our society is the importance of creating a healthy lifestyle, improving the health of the nation's gene pool, and raising a healthy generation through physical education and sports.

Keywords: physical education and sports, Olympic Games, mass sports, healthy lifestyle, competitions.

Main part

The main direction was to educate the younger generation in the spirit of playing sports, leading a healthy lifestyle, striving for spiritual and physical maturity, love for the Motherland, and pride in one's country. In order to ensure the development of children's sports in Uzbekistan, the creation of local sports institutions, the creation of new sports clubs, their appropriate equipment, as well as an increase in the number of children and adolescents involved in qualified sports from year to year, is the basis for increasing from year to year.

Initial actions of the "Fund for the Development of Children's Sports of Uzbekistan" The Board of Trustees of the fund began its activities with the formation of the material base for children's physical education and sports locally, as well as the creation of a network of modern children's sports complexes in residential areas. In order to comprehensively develop children's sports, the number of children and adolescents involved in sports at the republican and regional level has been determined, and promising sports have been developed, taking into account the scientific and medical base and natural conditions of the regions. At the expense of the fund, construction and renovation of the sports facility began. More than 2,800 medical and scientific sports sections have been organized in the republic; more than 85 thousand children participate in them. In order to organize the massive and constant



attraction of students to sports, the resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated 06/03/2003 “On organizing a system of continuous sports competitions aimed at attracting students to sports” Based on decision No. 244, the plan for holding republican finals of competitions “Sprouts of Hope”, “Barkamol Avlod”, “Universiade” for students of secondary schools, academic lyceums and vocational colleges, students of higher educational institutions in the country were noted.

Children's events in mass sports skills have created the opportunity to move to the second level of mass sports, the second level of mass sports, the first level, a candidate for master of sports and a master of sports, who are trained through children's and youth sports. As part of the system of mass and highest sports excellence in the country, the training of highly qualified and talented athletes capable of fighting for the glory of their Motherland has begun in children's and youth sports schools, Olympic reserve colleges, and schools of higher sports excellence in the country.

Primary activities for the preparation of the country's athletes are carried out in sports schools for children and adolescents operating in the system of the State Committee for Physical Education and Sports of the Republic of Uzbekistan, the Ministry of Public Education and Trade Unions. Young people, children and teenagers who play sports outside of school under the guidance of qualified masters of sports in sports schools, as well as having high knowledge and sports skills, were accepted into sports colleges.

In accordance with the Resolution of the Cabinet of Ministers of January 17, 1996 No. 27 “On measures to radically improve the organizational foundations and principles of the development of football in Uzbekistan,” football boarding schools, regional centers and Tashkent were created in the Republic of Karakalpakstan. On May 27, 1999, No. 271 of the Cabinet of Ministers “On measures for the further development of physical culture and sports in Uzbekistan,” Olympic reserve colleges were created in regional centers.

In addition to massive three-stage sports competitions among children and teenagers, republican, regional and district championships are held annually in more than 60 sports.



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