

SCHOOL AND FAMILY COLLABORATION READER-THE WAY OF THE FORMATION OF PHYSICAL CULTURE OF YOUNG PEOPLE

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Annotatsiya

In this work, the interaction of school and family through the reader form, and the main ways of physical culture of the young people of the new year, the content and significance illuminated. Only the process of physical education classes in school, but not limited, further increase was noted with the combination of efficacy when taken without a family environment. Educational and educational functions of the school in the subject, the family's role in forming a healthy lifestyle, as well as organizational forms of bilateral cooperation (sports events, educational meetings, circles, and family sessions) is made on the basis of scientific analysis.

Keywords

school-family cooperation, physical culture, physical education, tarsi healthy living, physical activity, reader-youth, interest in sports, the quality of irodaviy, emotional stability, a healthy generation, mugs sports, sporting events, family.

INTRODUCTION

Reader-the process of formation of physical culture of the young, not only in school, but also of the family is one of the important pedagogical tasks. Children are able to spend to learn a healthy lifestyle, regular physical exercise and sports of interest to the close cooperation of school and family engaged through effective organization.

The main initiative in the formation of physical culture school, lessons are suited to young readers, will organize sports competitions and mugs. Through physical education classes, students healthy lifestyle skills, movement skills is the development of the theoretical knowledge necessary for proper physical development will have. In order to increase the physical activity of school readers

is the “healthy body – healthy mind” principle from the lesson on the basis of occupation in addition to launched.

The family is close and most of the child's physical culture in the formation of a stable environment. Samples of personal parents, active physical participation is evident in the minds of children follow a healthy lifestyle to have a positive attitude to the sport forms. Badantarbiya the item in the family to deal with sports on the weekends, in order to follow a proper diet – all of these will serve to strengthen physical culture in children.

A partnership between the school and the family forms.

✓ Sports events spend together: “spartakiada of parents and children”, the family sports competitions, sog'lomlashtiruvchi walk them.

✓ Educational meetings: meetings with parents-physical education about the importance of conversations with expert tips.

✓ Draw circles: circles, depending on the sport to encourage interested readers to participate briefly.

✓ To promote a healthy lifestyle: in the family and in the school to avoid the wrong habits, hygiene, nutrition works on the culture of an explanation.

Through the cooperation of family and school educational following the positive results are observed:

1. Physical activity level increased;
2. Healthy lifestyle as a habit is formed;
3. To intensify interest in sports;
4. Irodaviy qualities (patience, determination, discipline) develops;
5. Mental-emotional condition will improve.

LITERATURE AND METHODS OF ANALYSIS

The level of physical activity is increased when maktabgacha and family in the level of physical activity in the conditions of cooperation powerful that readers will be significantly increased. This, first of all, a sufficient amount of the children every day have tried to be involved in sports is determined by be addicted to a healthy lifestyle and routine. The school, which are held in physical education classes, sports competitions and various academic mugs enhances the need to move. Supported by parents in the child's daily physical exercises and active family leisure, while further increases the amount of movement.

Improve the health of the readers of increased physical activity, muscle strengthening, increased energy and leads to increased resistance. Children who are also active in the movement tutorials alert, attentive and intellectual aspects will be active. Also, ensuring the regularity of physical active reduces stress, raises mood and overall psychological stability.

Therefore, as a result of joint efforts of the school and the family educational into the habit of physical activity, a healthy lifestyle will learn to apply them in his regular life. While the age of an adult, fully developed, this serves to generation.

While healthy lifestyle habits say as occurs when maktabgacha students and family as a result of cooperation in the life of a healthy lifestyle not only understanding, but as a daily habit will strengthen you. Regular physical education lessons in school, to be held on promoting a healthy diet, studies, teaches the lifestyle and sports network of the event a medical examination of the child. Continue this process while family home in the context of a healthy diet, sleep on time, to comply with hygiene and exercise like a deal with the habit strengthens.

Movement increases the activity of children to the habit the cycle of a healthy lifestyle, strengthens immunity, helps long to be harmful habits. Regular exercise, proper nutrition and the order of the day with a plan himself feel good readers to read and complexity leads to an increased effective active thinking.

The most important aspect of this process – in the direction of the school and the family work. Sample personal display of parents, school teachers by promoting a natural lifestyle and healthy habits will become the reader of a healthy lifestyle. As a result, the reader-young people are physically healthy, strong-willed and active as a person was trained.

The increased interest in sports. Training school and family partnership significantly enhances the interest of sport. Classes are conducted in school sports, circles, readers attention to sports competitions and events related to increases in physical education. Each child is able to choose the type of sport to fit their own interest, when further increases his motivation. At the same time, the approach of stimulating teachers, rejoice and honor the success of small gains from a positive attitude to the sport of forms.

Continue this process while family, and the children of the interest in the sport supports. Sports parents together, running, flying bike, football, or other games as the positive values of sport to accept participation in the child's will help. Also, the parents of the children go to the circle, through participation in sport competitions or the incentive to ensure the support will further strengthen the interest of simple words.

The escalation of interest in sports readers, increase physical activity, a healthy lifestyle and shape them in discipline, aspiration towards a goal, you will develop qualities like competitiveness irodaviy. As a result, the reader not only in sports training, but receives as a part of life.

Irodaviy qualities (patience, determination, discipline) develops. The combination of school and family irodaviy quality has a great impact to the

formation and development of educational cooperation. Physical education classes, sports training and regular competition of children in the process of movement towards a goal aspiration, are required to complete the exercise and in the prescribed manner. This process naturally patience, determination and discipline, such as the formation of important qualities irodaviy serves.

Regular performance of physical exercises in the child of troubles to a certain extent, overcome fatigue will form handle and to work on their skills. Participation in sports competitions, especially, the experience of victory and defeat, and increases the stability of the preparation of the student to test their capabilities will strengthen psychological irodaviy.

The support of the family also plays an important role in this process. The incentive of parents, the child inspired, motivate children to continue to act with determination to achieve the goal of occupation in the habit forms. Specified in the order of the day at home, stand at the time of exercise to carry out is to get the child to follow further reinforcement of the will to discipline will help.

Mental-emotional condition will improve. Physical education and sports activities, which are organized in cooperation with the school and the family of the readers of mental-emotional condition improved significantly. Reducing stress hormones in the body which contribute to complete regular physical exercise – enhances the production of endorphins and serotonin excretion. The mood of this student raises himself free from the mental aspect and the trigger will help you to feel stable.

The lesson of dealing with children physical activity also in the process they become more active, you will feel less fatigue, increases ability to up carefully. Educational games, especially team sports joy, emosiya are positive, enhances a sense of friendship and mutual communication. This process the form of a positive psychological environment among them, self-confidence increases.

Family support and children's mental tayanchoq serves. A loving relationship of parents, together with sports, children in the child a sense of honor of the achievements of himself and psychological strengthen the stability increases will be cooled. As a result, their emotions, which takes the reader management, stress resistant, positive thinking, and occurs as a person.

CONCLUSION

Reader-the formation of physical culture of young people – school joint of the family and responsible task. The harmonious cooperation of the environment both as a result of the healthy, active, spiritual, and perfect for the younger generation of trains. School of physical culture in the family and will ensure the future of a healthy society to be stable supported.

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