

MAIN FACTORS OF ENGAGEMENT OF YOUNG CHILDREN IN PHYSICAL EDUCATION AND SPORTS IN UZBEKISTAN

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Abstract

The article provides opinions on the main factors of involving young children in physical education and sports. Several examples are given as the main factors of involving young children in sports in the conditions of Uzbekistan.

Key words

healthy generation, physical education, sport, training, health improvement

Today, the issue of raising a physically healthy, spiritually mature and loyal young generation in the Republic of Uzbekistan is one of the most important priorities at the level of state policy. The idea of "A healthy generation is the future of the country", promoted by our President, serves as the main direction in the activities of all educational institutions, sports organizations and families.

Physical education and sports ensure the healthy development of the children's organism, form movement skills in them, educate voluntary and moral qualities. Therefore, large-scale activities aimed at attracting young children to sports and increasing physical activity are being carried out in our country.

One of the main factors in encouraging young children to engage in physical education and sports in Uzbekistan is the impact of physical activity on vital activity and the nervous system, as well as its role in preventing diseases in school-age children. When developing the physical activity program, the main principles for selecting children into groups were taken into account: the orderliness and sequence of the work to be performed, the age of the children, their specific features and emotional interests.

Each child was examined for growth-related, gastrointestinal, ocular, cardiac and vascular, muscular, and respiratory functions. Over the past period, the children's personal cards were analyzed. According to the indicators, eutonic and sympathotonic children were the majority in the group of children before the rehabilitation measures. As a result of the rehabilitation measures, after 3 years,

dystonia in children decreased, eutonic children increased, children with sympathicotonia decreased, and parasympathicotonia increased.

The effective use of therapeutic measures throughout the year through various exercises improves children's health, balances and develops the sympathetic and parasympathetic divisions, reduces the number of children with sympathiconia, and makes children stronger.

The issue of raising a healthy generation has always been of paramount importance. Today, in the Republic of Uzbekistan, extensive work is being carried out to further develop a harmonious generation. The Resolution of the Cabinet of Ministers of May 27, 1999 No. 271 "On the Development of Physical Culture and Sports in Uzbekistan" is of vital importance. This resolution harmonizes the activities of all entities in the field of physical education in accordance with the political and socio-economic conditions of the state.

We are convinced that the foundations of physical culture are being strengthened legally in our republic. A certain order of physical education and sports is being created in our country. According to this, the process of health improvement begins with the parents of the future child, and continues during pregnancy, in preschool educational institutions, schools, academic lyceums, vocational colleges, higher educational institutions, in the army, and in the neighborhood. In order to solve such issues, work was carried out to examine the physical development of 5-6-year-old children. There are special classes for our children to be healthy. In order for children to grow up healthy, special exercises introduced in preschool educational institutions - running, jumping, ball games, types of gymnastics that increase breathing and coordination of movements - are of great importance. At the same time, active recreation in the bosom of nature and holding sports holidays have a positive effect on the physical and mental development of children.

The activities of educators and leaders of preschool educational institutions play an important role in attracting young children to physical education and sports. They not only teach children how to perform physical exercises correctly, but also make a significant contribution to the formation of a healthy lifestyle.

Improving the skills of educators, introducing them to modern physical education methods, and developing their skills in working individually with children are among the urgent tasks facing the education system.

In addition, parents of children should also be active participants in the physical education process. They should be taught how to make physical exercise a habit in their children's daily lives and how to introduce active activities (running, playing, traveling, etc.) into their leisure time.

As a result of the joint work of parents, educators and the head of the institution, the child develops an interest in physical activity, strives for a healthy lifestyle, and has the opportunity to express himself through sports.

Engaging young children in physical education and sports has become a state policy in Uzbekistan that encompasses all sectors of society. Work in this direction not only strengthens children's health, but also makes a significant contribution to their spiritual and willpower development.

Therefore, every family, educational institution, and community should contribute to the development of children's sports. Healthy, strong, and active youth are a reliable guarantee of the future of our Motherland.

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