



Physical Culture in the Development of Harmoniously Developed Personality

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Annotation

In this article, a summary of the sustainable development of physical culture students and the education of the younger generation is given.

Keywords: society, mental, physical culture, national consciousness, personal upbringing, physical culture, socialization.

The achievement of our great goals and aspirations, the renewal of our society, the progress and prospects of our reforms, the effectiveness of our plans are first and foremost a small, well-trained and well-qualified staff.

At the beginning of the 21st century, the struggle for the human heart and consciousness has become more intense than ever, which leads to the limitation of the individual's system of movements. Geopolitical goals merged with ideological politics and began to influence the ideological landscape of the world, goals began to change, economic factors and interests. In the post-independence countries, these processes have increased the importance of ideological tendencies and made it necessary to educate the younger generation in accordance with the requirements of the times, to bring them up both physically and mentally.

Today, it is one of the most difficult situations in the upbringing of a young generation to see the effective organization of leisure time for young people, their interest in sports, their interest in sports. In the formation of the concept of physical culture in young people, it is necessary to develop more sports etiquette in harmony with modernity. While sports is understood in the narrow sense as the activity of personal competition, in the broad sense it is understood as the special training and its norms and achievements, which are based on the activity of personal competition.

The formation of physical culture in young people, first of all, in sports competitions or in the process of training, labor first of all shapes and builds a person. These physical exercises form in a person such feelings as courage, patriotism and bravery. The social acquisition of sports shapes a person's mental, spiritual and physical qualities. Physical culture is first of all connected with the social life of the society, it is connected with the feeling of maturity of the person, it nurtures and develops the person, develops a healthy environment in the stable branches known to the person in ensuring the membership of the society.

In today's era of globalization, in order to increase the effectiveness of the spiritual upbringing of young people and the mature generation, we must pay attention to the following:

- In order to effectively organize the leisure time of young people, we need to involve them in various scientific activities and sports clubs.



- In schools, lyceums, colleges and universities, students and pupils can make the most of their free time, spend more spiritual hours, meet with them, raise difficult children, take care of their children and care for their parents.
- Educating young people in the spirit of patriotism, instilling in them a sense of contribution to the development of the country, increasing the number of young people who contribute to the glory of the country and the nation.
- Improving the activities of governmental and non-governmental organizations, social movements, which are engaged in youth activities, to make full use of their opportunities.
- In order for young people to properly organize their lifestyle and healthy lifestyles, it is necessary to take active measures to prevent harmful habits with them, not only in schools and universities, but also in the community.

Both the people and the society are interested in the physical development of the younger generation, healthy work and protection of the motherland. And this is connected with such important tasks as further strengthening the education of the younger generation, educating them in the spirit of a sense of duty to their people, independent state and society. From the first day of school, children have the opportunity to develop a love of work, diligence, completion of the work begun, the formation of the qualities of perseverance.

Along with all the modern means of physical culture, the Uzbek national games are very useful, because these games can include all aspects of the spiritual, physical and spiritual upbringing of children.

Folk national games play an important role in the development of children's physical qualities. Because games increase the interest of students, give them pleasure, provide faster recovery of working skills. Thanks to the games, children forget about fatigue and try to do the exercises carefully.

All national games have a detrimental effect on children's bodies. That is why games should be considered as a general physical exercise. The sole and sole purpose of all areas and stages in the system of physical education is to prepare a person for a good life. The tasks of physical education of primary school students are determined taking into account the age-specific characteristics of children. Today, a great opportunity has been created in our country for the younger generation to get an education, go in for sports regularly and acquire modern knowledge, and the issue of youth has been raised to the level of state policy. Every year, about 60% of the state budget is spent on education, strengthening the material and technical base of educational institutions, construction of new educational and sports facilities, improvement of information and resource centers. Our young people, in turn, are taking advantage of these opportunities and achieving high results in various international sports and Olympics. In order to attract students and young people to physical culture and mass sports in Bukhara region, there are sports clubs in secondary schools with qualified specialists in sports, and sports sections in sports schools for children and adolescents. Most importantly, our children and thousands of young people are strengthening their health due to sports.

In short, today's age, as the age of information technology, affects the outlook of the individual to society and changes the ways of its development, shaping the physical condition of the individual through certain means. In this case, we think it is appropriate to create a healthy physical environment to do this in the behavior of the individual.

The scientific significance of the research is that based on the results obtained in pedagogical practice, tools and tasks of physical development of the control-experimental group are developed



to improve the physical development of children, and the effectiveness of their application reveals its scientific significance.

Studies have shown that the effectiveness of physical activity, various movement games and physical education in the physical development of children has been proven in practice.

Modern experts say that children under the age of 3 grow by the hour, not by the day. (1) From 3 to 6 years of age, their growth slows. In two or three years they can grow up to 15 cm, gaining only 5 kg of weight.

At the same time, the use of movement games, which provide children with active movement during this period, helps the child's physical development. Kids this age tend to have two limits: they have a limit to both play and fatigue. Therefore, it is recommended to try to prevent such cases, everything should be moderate. Excessive physical activity leads to an increase in the excitability of the child's nervous system. Before going to bed, try to replace active movement games with quiet exercise without active movement games. Also, because fatigue occurs faster in children than in adults, it is effective to play 10-15 minutes of focused movement games to restore their strength, sit quietly, and calm down.

One of the main indicators of the health status of all children is their physical development. This term is usually characterized by a combination of morphological and functional characteristics of a young organism, which together reflect its maturation process. Indicators of physical development of children, as well as adolescents, are associated with various diseases, in particular endocrine diseases (acromegaly, gigantism), and chronic diseases (eg, rheumatism). (2)

Physical development is a biological process characterized by certain anatomical and physiological features at any stage depending on age. That is, the process of naturally changing the shape and function of a child's body. From a hygienic point of view, the process of influence of environmental factors on the physical development of the organism is individualized. (1)

Method and place of examination: 24 3-year-old children from the non-governmental preschool "44-Smart kids" of Oltariq district, Fergana region were selected and surveyed. The level of physical development of children was assessed, taking into account the age-specific characteristics of physical development. Anthropometric measurements of kids were taken.

During the study, a variety of unplanned movement games were used to develop children physically. These action games were played throughout the year, alternating according to a specific plan. Motion games include basic movement exercises such as jumping, throwing, running, and crawling, all of which help the child develop anthropometric performance. The experimental group was only able to play the planned action games.

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