



Improving Didactic Opportunities of Moral Education of Students in Physical Education Lessons

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Abstract: *The issue of improving the didactic possibilities of moral education of students in physical education classes was studied and analyzed in the article.*

Key words: *didactics, moral education, physical education, student discipline, educational system, functions of didactics.*

Introduction

Physical education occupies one of the main places in the development of mental and moral qualities of the young generation. The Law of the Republic of Uzbekistan "On Physical Education and Sports" states: "Protecting and strengthening the health of preschool children, pupils, students, forming the need for physical fitness in them, preschool educational institutions and schools is the main task of educational institutions". Educating the young generation from a spiritual and moral point of view, without a doubt, implies maintaining and strengthening physical and mental health, maintaining the foundations of a healthy lifestyle. In the process of educating young people with an active outlook on life, high spirituality, goodness and humanity, physical education and the use of means, methods and forms of sports should become one of the priorities. Practical measures to ensure mass participation in sports in our country, active forms of organizing free time of the population, especially children and schoolchildren, were implemented step by step. In the state policy of Uzbekistan, the further development of physical education and sports, raising a healthy generation has become a priority. Under the leadership of the President of the Republic of Uzbekistan Sh.M. Mirziyoev, great work is being done on the development of sports. Modern sports facilities was built, new sports are being developed, competitions and tournaments of various levels are covering different layers of the population, our athletes are achieving high results in international arenas. Based on the decision of the President of the Republic of Uzbekistan on the measures to raise the population, a number of activities are being carried out in our country, also targeted measures are being implemented consistently. Currently, it can be seen from the world experience that new, modern teaching methods and tools are rapidly entering the educational process and they are being used effectively.

Discussion and Results

In our country, the system of effective use of modern technologies in the educational system is aimed at the future development of students as experienced specialists and devotees of their profession. Didactics is a branch of pedagogy, meaning "didaktos" - teacher, "didasko" - learner in



Greek, and it reveals the theoretical foundations of the most general form of education and training. Didactics reveals the principles, goals, tasks, content of education and the main laws of control of the educational process at all stages of continuous education, typical of all educational subjects. Didactics studies the laws and specific laws of education and training in general education, vocational, secondary special, higher education, master's and other educational institutions. The word didactics was found for the first time in the manuscripts of the German pedagogue Wolfgang Rathke (1571-1635), who gave it the meaning of the art of teaching. Y.A. And Kamensky emphasized didactics as "the art of teaching everyone about everything." At the beginning of the 19th century, the German pedagogue I. Herbert gave didactics the status of educational teaching. Since then, the main task of didactics is to teach what and how to teach. Modern science is dealing with the problem of when, where, who and how to teach.

Functions of didactics.

Educational functions describe the essence of the educational process.

Educational functions are divided into:

- educational;
- upbringingable;
- developing- getting on.

Educational function. The educational process is aimed at the formation of the student's knowledge, skills, abilities, outlook and creative experience. Such acquired knowledge should be characterized by completeness, systematicity, understanding, perceptiveness, and truthfulness. A developing (maturity) function. In the course of education, the student develops and develops in all directions: speech, thinking, perceptiveness, mobility, sensitivity, emotional will, demandingness, and curiosity.

Educational function.

It is to form moral and aesthetic worldviews in the student, to behave in society and to observe the standards of education, to obey and follow the accepted laws.

Knowledge as an acquired subject has three interrelated aspects:

1. Theoretical.
2. Practical.
3. Moral and scientific outlook.

Only when the educational process is properly and rationally organized and implemented, the students master these three aspects of the material-subject. It is called lim. Educational level-education means a person's acquisition of a specific system of scientific knowledge, practical skills and abilities, as well as his mental and creative activity, as well as moral and aesthetic culture. All these determine the social and personal image of a person. Thus, didactics is considered a theory of education and training, it examines and studies the educational and formative effect of the teaching process on the mental, scientific worldview and moral-aesthetic development of a person. Due to the unity of human physical and spiritual maturity, there are great opportunities to solve the tasks of mental, moral and aesthetic education in the process of physical education. Solving these tasks not only expands the role of physical education as a factor of all-round development of a person, but also directly ensures the success of physical education. The interaction of physical education with other types of education is determined not only by the unity of other aspects of human development, but also by the unity of educational goals in our



conditions. Therefore, the principle of all-round maturity includes the following basic requirements. The results achieved through physical education do not by themselves express the ideological and political readiness of a person for work and defense of the Motherland. The highly developed physical qualities and skills of every citizen, the results achieved in sports are accompanied by aesthetic and ideological-political education, only in this case it acquires social significance and deep meaning.

The decisive guarantee of the athletes' progress in work and fighting for the team first of all indicates their social awareness as leading people of this society. This applies primarily to industrial labor and military activity. It is clear that the success of specialization in this or that work directly depends on the general education and physical training in advance. General physical training requirements are based on one of the main laws of human development - the close connection of systems and organs. The higher a person's strength, endurance, speed, dexterity, the richer the reserve of movement skills, and the stronger a person's health, the higher the implementation of his special training, including sports training. Specializing in a specific type of sport, built on a strong foundation of colorful physical training, remains one of the most important means of improving the quality of physical education.

When the process of sports training is focused on sports ambition and is blindly interested in the result, that is, when the principle of all-round perfection is sacrificed for ambition, the sportsman's work activity, his intellectual and spiritual if one forgets about education, here, despite the wishes of the leaders, rude, stubborn, not adapted to working life, immature in sports - people who are far from real sports culture and disliked by society are trained here. All-round preparation is an indestructible basis of perfection in any type of activity, serves as an inexhaustible source of human spiritual and physical strength. The main social law of physical education, its main service task is to prepare people for activity and life. This law finds its own expression in all systems of physical education. Physical education is encouraged to prepare people who are able to work hard and selflessly protect their homeland from the attacks of enemies. In this case, the principle of connection of physical training with work and military practice reflects the new content and importance inherent in its system. defense preparations should be considered. There is an opinion that the practical importance of physical education consists only in the formation of movement skills that are directly used in life. If, as a result of doing one or another type of physical exercise, the skill is practical, that is, it is transferred from the conditions of sports or gymnastics training to the work and combat situation, then physical education is connected with life. Undoubtedly, throwing grenades, shooting and similar skills are of direct practical importance. But the importance of physical education does not end there. After all, if that is the case, then we would say that football and other sports, extremely important physical exercises cannot be the means of preparing people for life. However, our system of physical education does not exclude these exercises from its treasury of tools. It is understandable that a football player does not use his skill of kicking the ball with an accurate shot in a labor and combat situation. But ingenuity, dexterity, bravery, endurance and other qualities acquired during football training will be needed a lot in life. can never encompass the total infinite aspects of martial action in terms of its ever-changing form. As mentioned above, the purpose of training for labor and defense is not only to create practical skills. The goal is that when a person comes to production, to the army, when faced with specific working conditions and unfamiliar actions, he can master any work technique in a short period of



time. People who are strong, dexterous, resistant and have a large reserve of colorful skills are better able to master new work, unfamiliar techniques, although in fact healthy, but clumsy and quickly tired. , it is well known that someone who moves slowly will take over faster.

Not only the direct and practical type of gymnastic exercises, which are popular in our country before, during and after work, can be a vital means of physical education. In this gymnastics, although there are few places in common with the technique and production structure of many exercises, but taking into account the specific conditions of production, these gymnastic exercises, which are methodically correctly selected, prepare a person for a much better cocktail. . Therefore, this gymnastics is also practical. The practicality of physical exercises in this case is expressed in the elimination of fatigue and exhaustion, improvement of the general mood, and the unique character of the work of the nervous-muscular system. The increase in the generality of Mekhnat will be the result of these.

Let's take another example. The skills of breaststroke in the crawling method have nothing in common with the skills of controlling an airplane, but the research of scientists (Strelsov, Gagayev, Kryachko, etc.) shows that the balance of the game is training the organs. one of the effective means. Or what kind of similarity - commonality is there between the exercise of jumping on the gymnastics double pole and the control of the plane or spaceship? On the surface, there seems to be no similarity. But if it is taken into account that during the flight of modern aircrafts, the blood flow in a person changes and as a result of this, short-term blood flow in the brain is extremely sudden, in order for the body to deal with this situation, it is of great importance to have well-developed chest muscles. the practical importance of these exercises will be obvious. In the preparation of cosmonauts, a lot of space is given to the means of physical training. In addition to training on the trampoline and other specially directed means, other means of training on the ground, for example, sports games, rowing, and posture are also used.

The massive automation of military equipment and the strengthening of the army have increased the demands on the physical fitness of the officer and soldier to an unprecedented level. and will remain so. One of the conditions for the success of military operations is the readiness of a person to spend such effort and the ability to courageously endure any hardships. The current practice of combat training of troops also shows that the more complex the military equipment, the higher the demand for people's physical fitness. These requirements not only burden the task of paying attention to general physical training, but also bring the tasks of special military-practical training to the forefront. Looking at the relationship between physical education and preparation for labor activity based on some features of the development of production forces in society, we are sure that physical education is gaining importance as a historically new, deep and colorful practical work.

Conclusion

A well-rounded person is an indispensable condition of society and the most important element of the productive forces of this developed society. In this regard, the practical importance of the entire system of physical education in the society rises to an unprecedented level compared to all previous stages of development, people who are ready for marriage are those who have highly developed physical qualities and a reserve of colorful movement skills. The unity of these two factors is the guarantee of physical fitness necessary for life. Physical education should ensure the



appropriate level of health of society members, increase their strength, dexterity, endurance, quickness, and other qualities, and at the same time arm them with a rich reserve of movement skills, which are vitally important. In solving all specific tasks of physical education, including sports tasks (this includes physical exercises with direct practical significance), it is necessary to follow the principle of connection of physical education with work and military practice.

The following circumstances are important in this principle.

1. First of all, the formation of physical culture is related to the direct use of practical-professional efficiency with the formation of movement skills and qualifications in life.
2. The general practical and professional effectiveness of physical culture is related to a person's comprehensively developed physical qualities, movement skills and skills.
3. Its practical value is determined by how effectively it is related to work and military training, and the benefit that physical culture brings to society.

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