

TOOLS AND METHODS OF PHYSICAL EDUCATION

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Abstract: At present, a comparative evaluation of the points of bodily training and sports activities in the Republic of Uzbekistan all through the years of independence, a comparative evaluation of the digital indications of the improvement of bodily training and Olympic sports activities in Uzbekistan, the find out about of the techniques of bodily education, mass sports activities and the formation of non-stop structures of the Olympic motion are amongst the most urgent issues. The improvement of the subject of bodily training and sports activities at the time of independence in Uzbekistan is a positive end result of the political, financial and social reforms carried out in our country. One of the most indispensable factors is the difficulty of elevating a noticeably spiritual, bodily and spiritually healthy, comprehensively harmonious era in this country. The sport, which has grown to be a necessary device for the schooling of a spiritually harmonious and bodily wholesome person, serves to extensively promote Olympic thoughts and Olympic values. The upbringing of a harmonious generation, bodily healthy, spiritually mature, with excessive mental potential, current knowledge, impartial thinking, assured in the future, used to be described as the predominant tasks. Work in this course is aimed at maturing in the student-youth such excessive emotions as a cutting-edge worldview, patriotism to their minds, appreciate for country wide and prevalent values, carrier to their homeland. As an end result of realistic work aimed at the improvement of the subject of bodily schooling and sports, in accordance to the countrywide instructional program, work was once carried out to instruct rather certified expert personnel with excessive mental viable in the discipline of bodily training and sports. Physical training is a critical factor of a well-rounded education, offering college students with the chance to enhance their physical, social, and emotional skills. Effective bodily schooling packages count number on a vary of equipment and strategies to have interaction students, promote learning, and foster a lifelong dedication to bodily activity. This article will look at a number of equipment and techniques used in bodily education, highlighting their significance in bettering pupil mastering and development.

Keywords: general education, physical activity, process, athletics, exercises, Olympic games, theories

Introduction: It is generally recognized that education establishes a moral, intellectual, and even physical standard of the highest order. The establishment of such a standard is an idealistic goal; still, physical science is coming more and more to the belief that a genuine approach to it is possible. Educational writers agree that physical education is most valuable when regarded as an integrated part of general education or as education per se. The student is not merely gaining information for use in some future years, but is in the process of developing valuable attitudes, knowledge, motor patterns, and appreciation. Such educational experiences, fundamental to physical education as a basic process, are more likely to generate long-range effects than those concerned solely with physical skills, conditioning, and other physical

activities.

Physical activity assumes a meaning in education only when we know the purposes to be achieved and those participating in it can clearly articulate what they are trying to accomplish. It is the responsibility of the teacher to help the pupil draw the foregoing conclusions. In the process, the teacher must announce the possible and distinguish between short-term and long-term results. Remembering that education is a continuous, cumulative, and integrated process, it is not unreasonable to expect that meaningful understanding of these selected content areas will make a significant and lasting contribution to an individual's physical education and help to enrich and vitalize the wonderful world of physical activity.

Definition and Importance of Physical Education

The term Physical Education (PE) represents a vast field of theory and practice, involving many different working methods and skills. The range of PE reflects the variety of things that fall under the label 'education', espoused by its followers and promoters. It has links with science, so it overlaps with the work, methods, and expertise of physiologists, biophysicists, botanists, etc. As an extension of that statement, it can be shown that PE should, and is, associated with the study of the sociological, psychological, and philosophical dimensions of mankind. However, the end goal for PE is to enhance health through movement, thus extending its teaching objectives and methods to the human being as a whole, proposing a harmonious and integrated growth and education. Take the expression 'Physical Education', dissect and examine it, and look at the components and implications that emerge from this phrase, with respect to Health, learning by doing, and Integration.

PE and Sport are essential activities in the life of human beings, from the beginning to the end of life, as they walk alongside Man from the beginning to the end, contributing to growth, and to intellectual, biological, and motor development. PE at all school levels has the purpose of contributing to the global growth of the students; yet daily life requires some physical education that every man and every woman should treasure as a means to progressively develop their physical self-awareness, ability to aggrandize the physique, and intellectual ease within their body. The ultimate goal is to enrich and develop the physical potential inherited since the days of the first cell's appearance in evolution, and to enhance the morpho-typical which gives physical peculiarities to all of us humans.

The concept of "exercise" is associated with the human perception of the activity of movement and actions. Movement is a change in the quality of the motor function of the organism, the state of the body or its parts. For physical education, free movement, not innate, is important. Therefore, in the future, the word goes only about actions that are subject to human feelings. Each free movement is characterized by three characters:

1. He will always be a conscious act.
2. As a result of his life activities, the process of teaching is also added, which takes its toll on a person.

3. Performing exercises increases the level of subordination of them to the will of the student. The action performed with freedom has always been conscious. It exerts its influence on a person as a person. It is the element that drives the effect of certain actions. It is carried out by means of interconnected movements. For example, a certain system of movements of the legs, arms, torso, head allows the student to perform an action in the form of a jump. A movement that pursues the resolution of a specific task and, on this basis, constitutes a driving movement united in a specific system. Free movement can be viewed as a clear way to carry out action activities. For example, in physical education classes, the activities of the student are formed by the acquisition of the system of actions provided for by the state program. The movement is social in nature, since the student learns them on demand, relying on the experience, knowledge of society. In addition, the movement is aimed at solving certain pedagogical tasks. For example, a 6th grader will throw a small ball, come running and reach a height of and having mastered long jumps, short-distance running, he prepares himself for the requirements of the complex "Alpomish" and "Barchinoy" in the Department of athletics. Exercise, sliding movements that are used in accordance with the laws of physical education are a kind of means of physical education of a person. Any movement cannot be called physical exercise. Actions aimed only at solving the tasks of physical education and subject to its laws constitute physical exercises. Indeed, exercise is an act of Will, which consists of the tasks of consciousness and affects a person as a whole. The word "exercise" refers to the orientation towards the repetition of movements with the aim of influencing the physical and mental characteristics of a person, and the perfection of the methods of performing this movement. 3. Exercise provides an opportunity for the development of all human organs and systems in optimal proportions. Labor movement is not able to comprehensively influence the physical perfection of a person.

Conclusion: Physical development is the process by which the human body gradually changes its natural formation, appearance and service life. The period of development can be divided into three phases: its high level, relatively stabilized (stability) and a gradual decrease in human physical capabilities. It obeys the objective laws of nature to the law of unity of the organism and its living conditions, the law of overlap of Service and structure (structure) changes, the law of gradual quantitative and qualitative changes in the organism and other laws. In other words, physical development consists of a complex of objective and biological laws. The most important of these is the law of the environment and the whole of the development of the organism. The intense (acute) period of physical development corresponds to the pre-school and junior school age period and continues throughout the school age period. In practice, we come across the phrase indicators of physical development. It is anthropometric information about the physical development of a specialist himself, those who are engaged in it or an individual by measuring the human body and its organs. The direction, character, level of physical development, as well as the qualities and abilities that a person matures in himself are largely dependent on living conditions and culture. The acquisition of the laws of physical development, their use for the purposes of Physical Culture-is an important task of the theory and practice of Physical Culture. In conclusion, the tools and methods employed in physical education play a vital role in enhancing the learning experience and promoting a lifelong commitment to physical activity. Traditional tools and methods provide a solid foundation for physical development and skill acquisition, while modern tools and methods cater to diverse

learning styles and abilities. Adaptive tools and methods ensure that all students, regardless of their abilities or needs, can participate fully in physical education. By incorporating a range of tools and methods, physical education programs can provide a comprehensive and inclusive learning experience that benefits students of all ages and abilities.

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