

## **CHILDREN AND ADOLESCENT'S PHYSICAL UPBRINGING IN THE SYSTEM LIGHT ATHLETICS OF TRAINING PLACE AND IT DEVELOP PROSPECTS**

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**Abstract:** This article analyzes the importance of athletic training in the system of physical education of children and adolescents, their impact on physical and mental development, as well as the method of organizing training. Prospects for the development of athletics and modern approaches are also considered.

**Key words:** Athletics, physical education, children's sports, teenagers, training methods, development prospects, sports education

**Introduction.** Children and adolescent's physical upbringing their healthy and happy one-sided developed person become in the formation important role plays. Physical upbringing in the system light athletics from the main sports one is, it is not only physical development provide, but It also builds endurance, speed, and coordination. In our country from independence after sports develop measure events public color is taking. Your Honor first Our President Islam Abduganiyevich Karimov's October 24, 2002, address " In Uzbekistan children sport develop fund " on the establishment of " decree since it came out then, in our country all sports row light athletics also great for development motivation. His material technique base strengthened. Sports competition systems as our President Shavkat Mirziyoyev noted, " Our children beautiful, tall agreed, just like that our ancestors Jalaluddin Manguberdi and To'maris such as in our epics singing coming Like Alpomish and Barchinoy, Gorogly, and Kuntugmishlar brave, valiant, and wise become growth for all from opportunities our use " It is necessary ." Our First President also learned from history indelible words there is -" No one thing country like a sport quickly to the world-famous do "They say, 'can't.'" Accordingly, sports and sports in our country all types develop for the purpose **UZDJTSU** and pedagogy Universities physical culture in the faculties light athletics separated training in practice applied coming and light athletics chairs separated, Pedagogy As a subject in universities It is being taught to students in school lessons exactly this sport trained coming to this obvious example be takes.

❖ **The role of athletics in the physical education of children and adolescents**

### **1.1. The impact of athletics exercises on physical development**

Light athletics children and adolescents for the most important sports one Because it is the body 's general to develop positive impact This sport shows through muscles, bones and joints system strengthens the heart and blood vein and breath to take system activity improves. Especially running, jumping and throwing exercises agility, endurance, and balance to develop service does .

### **1.2. Adapted athletics programs for children and adolescents**

Athletics training for children and adolescents is organized in accordance with their age characteristics and physical capabilities. For example, training is organized through games for young children, trying to increase their interest. Teenagers are gradually introduced to complex

physical loads. During training, the individual characteristics of each child are taken into account, and training is carried out on the basis of adapted programs.

### **1.3. Light athletics healthy marriage style in formation role**

Light athletics children and adolescents between healthy marriage style to form big contribution He is addicted. He is regular physical activity encouraging them immune system strengthens, relieves stress and fatigue tolerance increases. With this together, with sports engaged children and adolescents in the future social in life more active they will be, their in front of them clear goals put them achieve their ways they learn.

#### **❖ Light athletics according to transferable competitions and their importance**

To us as is known light in athletics that is running the most ancient from history appearance was become this everything is becoming more and more universal sport to turn motivation " Athletics " is from Greek taken " struggle, exercise " meanings means. Light athletics walk, run, jump, throw exercises, strength, speed, endurance adjectives increases, joints mobility improves, will quality to educate positive impact shows. At the same time light athletics of sport development history the most ancient Olympia in 776 AD to the games go It is not only Olympic in games maybe later is easier athletics far distance and short to the distance running types there is is, is now to the day come in our country and also whole in the world light more than 100 athletics types appearance became and developed is going on. Of these history about briefly introductory if we are special competitions to settle down since it began then 4 different The equipment is light for the first time. athletics throw in the type manually started, these are : discus, javelin, shot put, shot put. There are also 4 types of jumping method appearance be started these are : length, three from the height and from the stick jump methods included and current until today of these tools development this is also for of sport types many knowing we get possible. In general Athletics plays an important role in the physical education system of children and adolescents. In particular, various competitions can increase the interest of young athletes, strengthen their health and identify their talent for sports. Today, athletics competitions are organized in various formats, which help children and adolescents develop not only physically, but also mentally and socially.

The main disciplines of track and field competitions include running, jumping and throwing, each of which serves to develop different abilities in young athletes. For example, while sprinting and long-distance running develop endurance and speed, jumping competitions develop strength and balance. At the same time, competitions teach athletes teamwork, resilience and goal-setting.

Athletics competitions for children and adolescents are organized at various levels, from intramural school competitions to national and international tournaments. Competitions at the school and technical school levels are aimed at increasing students' interest in sports and encouraging them to adopt a healthy lifestyle.

Among the competitions held in Uzbekistan in athletics are the "Barkamol Avlod" sports games, republican championships and tournaments for various age categories. Young athletes also participate in international competitions such as the Asian Games, world championships and the Olympic Games. This opens up great prospects for the development of athletics and indicates the high level of attention paid to this sport in our country.

Thus, athletics competitions not only encourage children and adolescents to engage in sports, but also contribute to their comprehensive development. Through competitions, the younger

generation not only learns to live a healthy life, but also forms such important life qualities as dedication, willpower, and the desire to win.

❖ **Prospects for the development of athletics in children's and youth sports**

Many promising projects are being implemented in Uzbekistan to develop children's and youth sports, in particular, to further popularize athletics. Athletics is one of the most important sports in the children's physical education system, and its development can help raise a healthy and physically strong generation.

Currently, special sports schools and academies for athletics operate in our country. Through such institutions, young athletes are provided with scientifically based training and attention is paid to increasing their potential. For example, **the National Olympic Committee of the Republic of Uzbekistan** and **the Ministry of Physical Education and Sports** regularly hold tournaments and competitions for young people.

One of the important prospects for the development of athletics is the construction and modernization of modern sports facilities. In recent years, new stadiums and athletics complexes have been built **in Tashkent, Samarkand, Andijan and other large cities**, creating favorable conditions for young athletes. This makes it possible to hold not only national competitions, but also international tournaments in Uzbekistan.

Also, one of the important tasks is to prepare young athletes to participate in international competitions. Uzbek athletes have repeatedly achieved high results in world-class competitions over the years of independence. For example, at the 2024 Olympic Games, our athletes achieved high results:

• **Gold medal owners :**

1. Ulugbek Rashitov - taekwondo WT, -68 kg
2. Razambek Jamalov – free wrestling, -74 kg
3. Hasanboy Du'smatov – boxing, -51 kg
4. Abdumalik Khalokov – boxing, -57 kg
5. Asad Khoja Mo'ydinkhodjayev – boxing, -71 kg
6. Lazizbek Mullojonov – boxing, -80 kg
7. Bahadir Jalolov – boxing, +92 kg

• **Silver medal owners :**

8. Akbar Juraev – heavy athletics, -102 kg
9. Svetlana Osipova - taekwondo WT, +67 kg

• **Bronze medal owners :**

10. Izzatbek Norbekov – lightweight athletics, discus throw
11. Bekzod Abdurakhmanov – free wrestling, -74 kg
12. Ruslan Nurudinov – heavy athletics, -109 kg
13. Nigora Tursunkulova - judo, -78 kg
14. Dilshodbek Ruzmetov – boxing, -81 kg

This results with Uzbekistan general medals in the table **13th place** occupied .

Such achievements young generation for big motivation and they to sports attraction in doing important role plays. From this besides, athletes support for special grants, scholarships and abroad qualification increase programs are also underway placed .

Light athletics development again one direction this is sports science progressive New technologies and scientific approaches using athletes the results improve opportunity For example, a special **biomechanical analyzes, nutrition programs, sports psychology and training methodologies** current to grow through athletes physical and mental status permanent to control is being taken .

In the future In Uzbekistan light athletics according to further large international competitions transfer is expected. With this together, from our country again many champions mature out, world in the arenas our country flag tall lifts for all opportunities is being created .

So so that children and adolescents in sports light athletics develop prospects very wide is, this in the field take going reforms as a result young athletes for further comfortable conditions created, they international on the field high to the results achievements The opportunity for is expand.

**Conclusion.** Light athletics children and adolescent's physical upbringing inseparable part is, it is their healthy development, physical of abilities formation and volitional adjectives in strengthening important importance profession This sport is not only physical to perfection, perhaps children and adolescents social positive for activity impact shows. Light athletics training through endurance, speed, balance and strength like aspects develop, future generation to sports was interest increases .

Today on the day In Uzbekistan children and adolescents sport develop for wide opportunities The state is creating sports infrastructure development, light to athletics specialized schools and academies organization international in competitions young athletes participation provision such as measures done is being increased . In the future light athletics further develop for modern from methodologies use, skilled coaches training and sports facilities modernization to do This is necessary.in the direction done increasing affairs not only professional athletes mature to come out, maybe healthy marriage style also serves to shape Therefore, it is easy athletics according to take going work further improve and improve it youth between popularization current from tasks remains one .

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