

## THE IMPORTANCE OF PHYSICAL EDUCATION AND SPORTS

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**Abstract :** This in the article healthy marriage style The role of physical education and sports in the formation , as well as the health of the younger generation and perfect generation upbringing regarding done increasing affairs and in our country perfect generation to form reforms about idea It was done.

**Keywords:** Physical fitness, healthy lifestyle, physical education, sports, physical culture, physical development, harmonious generation, Law "On Physical Education and Sports".

### Introduction

Physical upbringing and of sport purpose physically healthy , strong , homeland for defense , for life and to work our youth from preparation This goal is in our country my person physical upbringing done increasing everyone institution and organizations for is the only one in Uzbekistan Physical upbringing and of sport purpose — Uzbekistan his people physical to perfection achieved , legal of the state asset builders , creative to work and Homeland to the defense ready as This is the goal . in the country physical culture done increasing all organization and institutions for is general . The purpose commonality physical upbringing and sports system main from the laws is one . Shown goal and to the conditions in response him/her done in increasing of those involved age , health , physical preparation , engaged profession into account is taken and physical in culture clear tasks solution Physical upbringing and sports system general tasks placed being , they of the following consists of :

a) man form function of the organism harmonic development , physical ability in all aspects to perfection to deliver , health reinforcement and of the people far life see to provide direction to give ;

b) vital necessary movement skills and skills , daily in marriage need possible physical to culture special do you know formation ;

d) comprehensive physically develop for physical adjectives Education ; Human physical upbringing and of sport goal and task his/her other culture processes with dependency that's all It is understood that this is appropriate . compatibility objective in character will be and physical culture to the process legal direction gives .

Also " Physical" culture " of the individual creative creative " Culture " is the development of cultural-psychological process basis and content , most first of all , human physical and mental his abilities , his moral and aesthetic qualities development . come It turns out that physical culture general of culture structural from parts one being , that society material and spiritual culture with one at the time to the body comes and develops . Physical culture four main to form has : Specific activity for physical upbringing and physical education (professional-practical) physical education ); Physical upbringing using health storage or lost strength recovery - rehabilitation ; in the field of sports the most high achievement is considered .

So as current on the day physical upbringing and sports are very important is considered , therefore the whole in the world physical of culture in society role increase stable trend there is he / she/it is manifestation Does : Physical education , this in the field organization of reaching social forms and activity to develop in support of the state role increasing ; Diseases prevent to take and population health in strengthening physical from culture wide in use ; People active creative far his life in extension ; Youth empty time organization in the process of and of the youth antisocial of your behavior prevent in receiving ; Student of the youth ethical , aesthetic and intellectual development important structural part as physical from upbringing in use ; to work competent the population physical to education attraction in the population interests and needs into account received without physical education , health promotion and sports infrastructure in development ; Health storage , fitness and sports services in the market offer being done various kind forms , methods and in tools , in general healthy marriage style , especially physical culture strong state and healthy society development service doer social event , unifying power and national to the idea around is going on . Many foreign in countries physical education , health promotion and sporting events the state , its government , public and private organizations , institutions and social of institutions efforts integral accordingly unites .

From this outside Physical upbringing in their classes people not only physical skill and qualifications exaggerated not , maybe strong willful , moral They also cultivate virtues . Competition and training during to the surface coming situations of the participants character softens them to others correct in a relationship to be teaches . Consequently , physical culture human general culture , its healthy marriage of style from the fronts one there are many in terms of human education , work , daily life life , communication behavior defines , socio-economic , education and health storage problems solution to do help gives . These . this human cultivation This is a process of the individual . opportunities open to give for to oneself typical tools and from methods to use opportunity gives .

The above into account received without physical in our country too upbringing and to sports big attention being focused in vain not . For example : Uzbekistan own independence upon reaching all industries such as physical upbringing and sports too new status " Developing and improving" in the direction wing to the top is writing . In fact , the first Our President IAKarimov's initiative and directly leadership under « Physical upbringing and on sports " Law (1992, 2000, 2015), Uzbekistan children sport develop fund to compose ( 2002 ), Football , wrestling , tennis and other sports develop about decrees and government of decisions acceptance to be done in our country physical upbringing and sports activities in development important factor was if so , our President President Mirziyoyev's speech on March 9, 2017, in Uzbekistan athletes to Tokyo 2020 XXXII Olympiad to be held in Tokyo ( Japan ) games and the XVI Paralympics to the games preparation "About" PF- 2821 decree and other legal normative documents physical upbringing and in the field of sports huge reforms , unparalleled creativity their work done increase opportunity created by . Highlight yes , sports develop with one in line , a great sporting position priority to lift importance is being focused on . Year after year In our republic international and world scale influential competition transfer traditional events Uzbek athletes are taking part in the Asia , World and Olympic in competitions high to the results achieve , our country fame world community in front of hymn arrived is coming .

**Conclusion :** Conclusion as this we say maybe , Physical upbringing and sports person health and physical development for important from factors It is not only human physical readiness

increases , maybe spiritual strengthens the situation , the will educates and social to the environment to adapt help gives . With sports regular to engage in heart and blood vein system strengthen , immunity reinforcement and various of diseases prevent to take service does and human healthy life to forgive help gives .

From this outside , physical upbringing human disciplined , dedicated and goal - oriented to be teaches . Especially the youth with sports in between to engage in healthy marriage style harmful to the formation from habits give up to wait and life quality to improve help Therefore , physical upbringing and sports society in development , military and labor also great in his work importance profession will reach .

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