



INVOLVING YOUTH IN REGULAR PHYSICAL EDUCATION AND SPORTS

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Annotation: *This article covers the importance, factors and effective methods of involving young people in regular physical education and sports activities. The study substantiates the fact that physical activity has a positive effect on the health, psychological state, social adaptation and personal development of young people on the basis of scientific sources.*

Keywords: *youth, physical education, sports, healthy lifestyle, motivation, educational institutions, physical activity, sports infrastructure, social development, health strengthening.*

Аннотация: *В этой статье рассматриваются важность, факторы и эффективные методы вовлечения молодежи в регулярную физкультурно-спортивную деятельность. В исследовании на основе научных источников обосновано, что физическая активность положительно влияет на здоровье, психологическое состояние, социальную адаптацию и личностное развитие молодежи.*

Ключевые слова: *молодежь, физкультура, спорт, здоровый образ жизни, мотивация, образовательные учреждения, физическая активность, спортивная инфраструктура, социальное развитие, укрепление здоровья.*

Annotatsiya: *Ushbu maqolada yoshlarni muntazam jismoniy tarbiya va sport faoliyatiga jalb etishning ahamiyati, omillari hamda samarali usullari yoritilgan. Tadqiqotda jismoniy faollik yoshlarning sog'lig'i, psixologik holati, ijtimoiy moslashuvi va shaxsiy rivojlanishiga ijobiy ta'sir ko'rsatishi ilmiy manbalar asosida asoslab beriladi.*

Kalit so'zlar: *yoshlar, jismoniy tarbiya, sport, sog'lom turmush tarzi, motivatsiya, ta'lim muassasalari, jismoniy faollik, sport infratuzilmasi, ijtimoiy rivojlanish, sog'liqni mustahkamlash.*

Engaging in regular physical education and sports in our society, widely promoting the benefits and advantages of a healthy lifestyle, creating conditions in accordance with the requirements of the time for the regular participation of the population, especially the younger generation, in physical education and mass sports, strengthening confidence in their will, strength and capabilities in youth through sports competitions, courage and patriotism, large-scale work is carried out aimed at maturing feelings of loyalty to the motherland and further development of physical education and sports. rge-scale work is carried out aimed at maturing feelings of loyalty to the motherland and further development of physical education and sports.

At the same time, in all regions of our country, there are important and urgent tasks in promoting the important importance of mass sports in the life of a person and a family, the foundation of its physical and spiritual wellness, protecting young people entering life with



high hopes from harmful habits, creating conditions for them to discover their abilities and talents.

In order for them to realize what are the main directions for the widespread introduction of a healthy lifestyle to life and the development of mass sports, to regularly hold sports competitions between families, classes, labor teams and territories in each family, neighborhood and District (City), preschool, general secondary, secondary special, professional and higher education institutions and other organizations; promoting the abandonment of harmful habits, in particular the consumption of alcohol and tobacco products, among various groups of the population;

Broad promotion of a culture of healthy eating among the population, including the promotion of the abandonment of eating habits before irregular and evening sleep; the formation of a modern material and technical base for physical education and sports in preschool education, general secondary education, secondary specialized, professional and higher educational institutions, enterprises, organizations and all other types of institutions; the annual plan for; in order for young people with positive results in competitions to regularly engage in sports and become a professional athlete, take measures to apply them in every possible way.

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As reasons for low efficiency, some allowed mistakes in the organization of the training process and the lack of educational, propaganda work in general are recognized as problems.

According to our observations, it was recognized that the majority of students who have stopped some sports activities can achieve high results in their Sports specialty. The reason for leaving sports for no reason should be sought from the tools and techniques used in the educational process and educational work.

In addition, the reason for early departure from sports schools is not without the possibility of defects in the pedagogical skills of the coaches. In addition, the reason for early departure from sports schools is not without the possibility of defects in the pedagogical skills of the coaches.

Sports was 25% (9-10 years) due to the lack of desire to engage in 100% cohesion, attention by the coach and positive attitudes towards teamwork in the group, as well as the lack of desire to participate.

General secondary education it has also been found that primary (grade 1-4) school-aged children of schools are unable to objectively assess the potential of their will, meaning that their primary causes of interest constitute being champions (n=78%).

In addition, students are more receptive to the fact that at the initial stage of sports education, certain elements of teamwork, competition, debating, that is, the assessment of team activities are aimed at them.



It is in the work with students aged 9-10 that the work inherent in individuality does not justify itself in a certain sense, since at this age, as its main desire, the feature of collective relations together with its peers and the teacher stands out in terms of superiority.

Parental attitudes are also considered an important factor in ensuring the effectiveness of the tasks of choosing a primary sports specialty by students, strengthening skills in sports training in astasekinlik.

Parents of students who have experienced negative interruptions at the stage of Primary Sports Training do not have systematic information about the impact, importance of Sports on the development of personality, on the body and on the daily lifestyle. one of the most unpleasant situations is the fact that we find family routine life tasks more significant than the prospect of our children.

In educational institutions, among the general public, the basis of work aimed at popularizing special knowledge of sports activities, the formation of children's interests is organized propaganda activities. In practice, it is mainly carried out in competitions (individual advice and instructions) by giving short theoretical knowledge in the process of physical education classes, working outside the classroom.

As a result of pedagogical observations, the lack of continuity of the systematics of an important process and the inefficiency in the application of the most basic non-scientifically substantiated forms and methods, they could not explain the interest, aspirations for sports in most elementary students. That is, in the results of the survey, only 22% of 77 elementary students independently interpret the attitudes towards sports.

In order to qualify children for sports in the course of physical education lessons from the first grade of secondary schools, it is required to solve tasks in the following sequence:

1. Individual identification of the abilities of students in grades 1-4 in a complex of tests typical of various sports operating in public schools, residential, neighborhoods.

2. Bringing detailed information about nearby sports clubs to parents. In order to qualify children for sports in the course of physical education lessons from the first grade of secondary schools, it is required to solve tasks in the following sequence:

1. Individual identification of the abilities of students in grades 1-4 in a complex of tests typical of various sports operating in public schools, residential, neighborhoods.

2. Bringing detailed information about nearby sports clubs to parents.

3. Introducing students to Olympic sports in the content of physical education.

4. Study of the features of the development of physical qualities characteristic of the cenzetic period, which is manifested in the natural dynamics of physical abilities in the characteristics of 6-10 years of age.

5. Mastering the technical elements of sports-specific movements in the medium of action games.

6. Coordination abilities from nature to identify rhyogated talents, individual predisposition to physical activity of movement.

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7. Organizing various sports competitions among students and analyzing their results at the school level.

8. Based on the interest and characteristics of each student in sports, we can see that it is important to establish their involvement in sports games.

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