

PHYSICAL EXERCISES AS THE MAIN MEANS OF PHYSICAL
CULTURE EDUCATION AND UPBRINGING

Author: Qobuljonova Mohigul Anvarjon qizi

*Workplace: Physical Education Teacher, Secondary School No. 61, Fergana
District*

Abstract: *This paper explores the role of physical exercises as the main means of physical culture education and upbringing. Physical exercises not only strengthen the human body but also develop willpower, discipline, and social interaction skills. In the educational process, they serve as an effective tool for forming a healthy lifestyle and comprehensive personal development.*

Main Text:

Physical exercises are the foundation of physical culture and play a crucial role in the process of education and upbringing. Regular physical activity improves the functional state of the organism, strengthens the cardiovascular and respiratory systems, and contributes to proper body posture and coordination.

In the educational environment, physical exercises are implemented through physical education lessons, morning exercises, sports games, and extracurricular activities. These activities help students develop physical qualities such as endurance, strength, agility, and flexibility.

Moreover, participation in physical exercises promotes emotional stability, self-confidence, teamwork, and responsibility. Therefore, physical training should be systematically organized and included as an essential component of the general education process.

CONCLUSION:

Physical exercises are not only a means of improving health but also a pedagogical tool that contributes to moral and social development. Effective use of physical activities in the education system ensures the harmonious development of the younger generation.

Key words: *physical exercises, physical education, upbringing, schoolchildren, health*

REFERENCES:

1. Karimov, I.A. High Spirituality — An Invincible Force. Tashkent: Ma'naviyat, 2008.
2. Decree of the President of the Republic of Uzbekistan No. PQ-3031, On Measures for Further Development of Physical Culture and Sports, June 3, 2017.
3. Kholmatov, A., & Abdullayev, S. Theory and Methodology of Physical Education. Tashkent: Uzbekistan Publishing House, 2019.
4. Tukhtasinov, Sh., & Jurayev, B. Methods of Developing Physical Qualities in Primary School Students. Tashkent: Science and Technology, 2020.
5. Qodirov, A. Using Interactive Methods in Physical Education Classes. Education and Innovation Journal, No.4, 2021.
6. Ministry of Public Education of the Republic of Uzbekistan. State Educational Standard for Physical Education in General Secondary Schools. Tashkent, 2022.
7. Legislative Database of the Republic of Uzbekistan. Available at: www.lex.uz