



METHODS OF EFFECTIVE USE IN TEACHING PRIMARY SCHOOL STUDENTS SPORTS

Jalalova Zarnigora Suleymovna-teacher of the Department of distance education in social and humanitarian Sciences of Jizzakh State Pedagogical Institute

ABSTRACT

In this article, the forms of physical education of Primary School students have a critical role in the development of individuals ' social life circumstances.

KEYWORDS: physical education, physical culture, labour and education, reach perfection, mental, physical, moral, aesthetic.

The theory of physical education-a separate field of knowledge has its own subject and concept. The basic concepts of the theory of physical education include: physical development, physical education, the system of physical education, physical perfection and Physical Culture. Without determining the content of these concepts, it is impossible to correctly understand certain phenomena and issues of physical education, the system of physical education, physical perfection and Physical Culture, The Theory and practice of physical education more often than not, the science that teaches the theory of physical education can not be successfully mastered. Similarly, therefore, the explanation of the course of the theory of physical education begins with the understanding of its basic concepts.

The concepts we use appeared in a certain historical period. The size and content of these concepts have changed, will change, too, as our knowledge about physical education becomes richer, as practice develops they will continue to become deeper and more accurate. Why the concepts listed above are called basic concepts, while others, for example, the concepts of physical exercise sports, are not considered basic concepts. All concepts that correctly reflect the relevant practice are equally important in terms of their significance, about which we will consider below. If here, the main, most important signs of physical education, are derived not only from the concepts outlined in the generalization. If the basic concepts are correctly defined, understood correctly, then there is a basis for correctly defining and interpreting all other concepts that are relevant to the theory of the science of physical education. It is not by chance that we



have chosen such a consistency of explaining the basic concepts, such consistency is determined by its logic of the theory of physical education in the subsequent chapters.

Physical development is the process of occurrence, transformation of biological forms and functions of a person's organism in the influence of living conditions, in particular, upbringing. Physical development is subject to the laws of the object of nature: the law of mutual coercion of changes in function and structure, gradual quantitative and qualitative changes in the body and other laws. This and other object of human physical development, the laws of nature, its manifestation is always tied to social conditions. The scope and form of action in their manifestation are determined by the concrete historical conditions of people's material life, the object laws of Social Development.

The natural vital forces passed down from generation to generation and the structure of the organism are the basis for human physical development. But the direction of physical development, its character, level, as well as the qualities and abilities that a person develops in himself, depend in many ways on living conditions and upbringing. Mastering the laws of physical development, using them for the purposes of physical education is an important task of the theory and practice of physical education.

Thus, people's social living conditions are crucial in physical development. Among them, labor and education, especially physical education, play the most important role.

A change in the physical nature of a person in pursuit of a specific goal is a socially based function of physical education. The development of one's physical forces in all directions is a social function of the system of physical education.

Physical education is a pedagogical process, aimed at improving the functional development of the human body, the formation of the basic skills, skills, knowledge associated with it, which is important for its life. In this definition, the feature of a relatively independent type of physical education in its quality is emphasized.

In fate, when a person consciously uses physical exercises for the purpose of developing his abilities to prepare for a certain activity, we can really talk about physical training.



Society was the object of the emergence of material life conditions, including hunting physical education.

It is necessary to consider the fact that the social consciousness of a person is embodied as a sub-factor in the occurrence of physical education. A person differs from an animal in this way that his life activity is conscious, in his character there is a meaning, a goal. A person uses the social method of giving his experience to someone, which speeds up the social process of accumulating experience. The new generation has learned from its previous generation, and communication and permanence is established between them, which consists in teaching their knowledge, skills and abilities.

Thus, physical education came into being with the decision-making of the human society. The transfer of the experience of movement from generation to generation and the purposeful impact of human physical development is characteristic in the most early period of society as a conduit and unconditional factor of its development. Physical education will be an important tool as a literary natural precondition for the rejection of life and activities aimed at assimilating the nature of man. The imagination of the accumulation of progressive experience during the exchange of physically illiterate generations could not be solved.

The social task of physical education is aimed at improving the well-being of a person, his physical perfection, the development of all aspects, and he serves as a means of preparation for labor and the protection of Vatan.

Physical education is objectively associated with other means of education (moral, aesthetic, rational, labor). Like all other types of Education, several common pedagogical tasks are solved in the process of physical education.

It is impossible to look at all different types of upbringing and distinguish them from each other. At the same time it is impossible not to overlook the peculiarity of physical education as an independent type of upbringing. In the case of denial of other types of physical education, speaking only about its common signs with other types of education, often there is an opinion about the legality of the idea of separate separation of physical education, physical education itself is an outdated term, in which the fur is considered to have a dualistic connotation about a person.



In physical education, pedagogical activity interacts with physical perfection. As already mentioned above, the physical perfection of the object is in accordance with natural laws, pedagogical activity aimed at improving this perfection in order to achieve certain social goals also affects this. Along with mastering the object laws of physical development, it is necessary to teach the management of human physical development with the help of physical education in accordance with the needs of a democratic society.

In physical education, as a holistic pedagogical process, there will always be both educational and educational elements. These elements are different, each individually, depending on the task placed.

In physical education, both the laws of physical development and, in fact, the social laws of physical education are reflected. The nature and method of using the social laws of physical education actually derives from the economic and political system of society. It gives a social character to physical education.

The development of the direction, character, scale and pace of development of physical education is determined, in addition, factors such as military work, science, culture are also seriously affected by it.

Physical education is a practical category, it exists since the emergence of human society, and further continues to be one of the necessary conditions of social production and human life.

A distinctive feature of physical education as a social phenomenon is its expression from this. basically, it serves society as a means by which a person develops his physical abilities: at the same time, it also has a strong influence on his spiritual perfection. This feature is a common sign of physical education. But in the real life of society, there is no physical education that is beyond certain historical circumstances. In each socio-economic format, the system of physical education is characterized by a certain historical type of implementation of physical education.

The national system of physical education consists of the unity of the ideological, scientific and methodological foundations of physical education, as well as the unity of organizations and institutions that carry out and control the physical education of citizens of Uzbekistan.



Independence ensures the creation of a new, truly scientific and advanced system of Education. The national system of physical education does not appear at once, this system has decided on the basis of several millennial traditions that have been carried out in the field of educating the people. This has been a consistent struggle for the development of physical education in order to bring about the formation of the upbringing of millions of people and the proper forms of leadership in it. Wide attention was paid to the creation of a nation-wide, scientifically based system of physical education of workers.

Folk art represents one of the most important signs of the ideological foundations of the system of physical education.

The ideological nature of the system of physical education is determined by the instructions of the president and our state on the upbringing of a healthy, cheerful, physically developed in every way, a young generation who is really able to overcome any difficulties-a perfect person-in the spirit of the population of independence.

Physical education is a part of the general culture, the creation and use of special means of special means of physical perfection of the people is the sum of the achievements of society. The level of well-being, the development of all aspects of physical abilities, sports skills and the absorption of means of physical education into the daily life of a person, and to such achievements it is necessary to appear in the life of a society that is inextricably linked with the solution of physical education and tasks, and to include in it all In this respect, the system of physical education, which is called upon to carry out physical education and to lead it, will be an important indicator of special scientific organizations (sports facilities, utensils, etc.).

In the content of physical education there are elements that are not transitory, have a universal human value. They are accepted by social physical education, criticism is re-developed and developed. Social physical education develops in its own way, but at the same time the society from other peoples receives and receives good things, which in turn enriches their physical education.

Thus, physical education is such a social phenomenon that it includes all the accumulated successes in the process of social historical practicality in the field of physical education. Successes achieved in Physical Education play an active role in the



life of society. These successes are used as tools for the physical and spiritual upbringing of people.

The above basic concepts of the theory of physical education are closely interrelated, since there is an objective internal connection between the phenomena reflected in these concepts. Consequently, it is impossible to distinguish these concepts from each other in metaphysics, to put them against each other. At this time, it is necessary to clearly distinguish them, because each of them reflects different events.

LIST OF USED LITERATURE

1. Law of the Republic of Uzbekistan "on physical education and Sports"
(New Edition) "people's question" 21 June 2000 years.
2. F.Q.Akhmedov. Ways to organize and teach mobile games. Tashkent 2009 year.
3. Atoev A., M Nasirov. Physical education and moral education of the individual.
Tashkent 1997 y
4. Nasriddinov F.N. Halved melon A.Sh. Uzbek people's National Games. I Total
Tashkent 1998 year.