

**THE IMPORTANCE OF THE LAWS OF EDUCATION AND TRAINING IN THE
SKINS OF PHYSICAL CULTURE**

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Annotation: this article analyzes in detail the conditions created by our state and government in the field of physical education and sports, as well as the sports activities organized in educational institutions through the means of physical education and opinions on its importance. To obtain information about the role of physical education tools in human health, this article serves as one of the main sources.

Keywords: exercise, technique, tactics, method of agility, dexterity, flexibility, strength, endurance.

The issue of strengthening the spiritual foundations of the independence of our motherland, deeply instilling in the hearts and minds of the younger generation feelings of love for the native land, devotion to independence, raising their consciousness, expanding their worldview and knowledge framework, and raising a harmonious person is becoming increasingly relevant today. That is why a lot of visible work is being carried out in our Republic to improve the education system and improve the efficiency of Education.

The main goal of the reforms carried out in our society is to radically change the educational system along with the political and economic spheres, to raise it to the level of demand of the time, Article 8 of the law of the Republic of Uzbekistan “on education”: “preschool education pursues the goal of forming a child's personality in a healthy and mature,

In the development of the state and Society of the Republic of Uzbekistan, attention was paid to physical education and sports, like all spheres. Raising the youth of our country spiritually mature, mentally healthy, physically fit and worthy of the defense of the motherland was determined from the main goals of physical education. One of the main tasks for this was the education of a physically competent person, their interest in physical education and Sports first of all, as well as the implementation of propaganda work. The decisions of the law on physical education and sports (1992,2000,2015), on the development of children's sports (2001y), on the development of Physical Education and sports (1997y) were determined by these directions. In recent years, the decision of the president of the Republic of Uzbekistan dated April 6, 2021 PF-6199 on the basis of the Ministry of Physical Culture and sports and the State Committee for Tourism Development is proof of our opinion.

The use of physical exercises, cocktails, the appropriate daily routine and natural factors of nature in the education of human health and the younger generation are the means of physical education of young people. The main means of physical education in educational institutions are physical exercises. Exercise challenges the tasks associated with the formation of movement skills and abilities in students and students, promotes the development of the movement apparatus, improves blood circulation and Metabolism, has a positive effect on breathing. The actions used in practical work related to physical education in an educational institution develop speed, dexterity, flexibility, strength, endurance and improve a person's skills in the correct execution of natural movements, such as walking, running, jumping, maintaining balance, throwing, climbing. The methodology for choosing and conducting exercises in the correct application of physical exercises is of great importance.

It is also involved in part of the process of training in exercise movements, as well as in a holistic process. In the structure of games and competitions, there are physical exercises that make children develop physically as well as improve their physical qualities. Physical education specialists

carry out the tasks of physical education and physical development of the younger generation, preparation for cocktails and life, as well as health-improving morality. Therefore, they need to become mature specialists and skillful athletes of their own industry. They must follow the example of teaching movements in the process of physical education, the formation of skills and abilities of movement, and when teaching the technique of physical exercises, they themselves have a high level of theoretical and practical training. At the same time, coach specialists should be distinguished by the fact that moral and spiritual maturity is ready for any help to those who are engaged in the education of willpower and ruxian qualities in them.

The versatility and complexity of the educational process imposes a lot of responsibility on the physical education specialist. Purpose and task, forms, methods of physical education of students and students with poor health: features of the health of students: the morality of physical education in the health promotion of students with poor health: a feature of the content and methodology of physical education of students with poor health; content, methodology, means of physical education in preparatory and special medical groups.

In the program of physical education in educational institutions, physical education activities on the agenda of students and students from physical education, as well as physical culture in extracurricular activities, general physical training and sports clubs are widely covered both the purpose and purpose of the work activity and the content.

Among the forms of establishing physical education in educational institutions, the form of extracurricular activities is of great importance. Extracurricular activities should help to conduct physical education of students and students, to establish their comprehensive development from physical exertion and to promote youth sports, as well as to improve educational work in general. For the implementation of these tasks, students and students are massively involved in Physical Education team circles, mass events on physical education and sports are held with all students and students.

Preparation and submission to control physical fitness is carried out, physical education holidays, sports competitions, games, poxodes, excursions are held. In educational institutions, work is carried out between students and students, their parents and teachers on the promotion and propaganda of physical education and sports. The physical education and sports team of the educational institution is the main organizational form of mmaviy sport. Physical education teams are a recreational Organization of students and students and work under the supervision of an educational institution and a physical education teacher. Physical education should be considered an organized team if its members consist of at least 25 students or students.

Physical education all educational and sports work of the team is carried out in sports and general physical training circles on the basis of taking into account students ' interest in the sport. In circles, a physical education activist prepares hacks from sports, public instructors who help a physical education teacher. In the team of physical education in an educational institution, clubs of athletics, gymnastics, swimming and sports games should be leading circles. Attention should be paid to the development of athletics and sports games. In most educational institutions it is necessary to organize Gymnastics halls and appropriate equipment. The question of what circles should be organized should be considered taking into account the existing conditions of each educational institution.

The activities of clubs in sports are organized taking into account the conditions of the educational institution. The head of the educational institution has a great authority on the work of establishing sports activities. The head of the educational institution must create the necessary conditions for the implementation of these works, provide a place for training, purchase the necessary equipment and equipment. In the work of establishing and conducting sports and mass physical education, it is necessary to involve youth organizations of educational institutions, group leaders, the entire pedagogical community and the school doctor.

The main types of mass-sports work are: physical education and sports clubs work activities, sports competitions, physical education and sports holidays, sports performances, games, various forms of promotion and propaganda of physical education and sports-walks, excursions, tourist poxodes.

It is necessary that sports competitions held among educational institutions help to strengthen their health, instill in them sports skills and abilities, and promote the quality of movement that is important to them. Sports competitions are a natural completion of exercise work.

Increasing the efficiency of educational work of educational institutions is ensured by focusing on extracurricular activities. New curricula place high demands on student and student learning. An excellent mental cocktail will undoubtedly significantly exhaust students and students. The study of the influence of physical education classes on the agenda of students and students shows that the performance of mental work after physical activity increases the working capacity of the student and students.

The external structure of the Constitution describes its relationship with other sources of law, the totality of relations, its place and role in the legal system and its significance in the system of social and normative regulation in society.

The article presents the role of family, forming system of upbringing, traditional-educational system and traditions in Uzbekistan.

In an article consistently revealing the principles of the Bologna process for measuring the quality of education, the dynamics of internationalization and the logic of integration in European higher education and in Eurasia.

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