

ANALYSIS OF THE COMPATIBILITY OF SPORTS IN THE PROCESS OF PHYSICAL DEVELOPMENT OF CHILDREN WITH THEIR PHYSICAL, FUNCTIONAL AND MENTAL CAPABILITIES

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Annotation. Choosing such a sport, let it correspond to the physical, functional and mental capabilities of the child. The start of sports training of children is determined by the state of Health and the general level of development, as well as the physiological description of this or that sport as a result of the effective selection of sports activities, several factors are required to be taken into account. and in this process, the child's organism develops.

Keywords: Sports, Physical Education, exercise, ability, scouts, physical capabilities, psychology of movement, psyche, child desire, temperament.

Introduction.

Children of a healthy country will be powerful. (0) there is a deep meaning behind these lofty words. The source that underlies the future of power, potential and development of each state is the younger generation of the country. The defective car part does not allow movement and does not perform its function. In this sense, the tool that guarantees the perfection, health of the younger generation is undoubtedly a sport. Sports are a guarantee of Health. Currently, the sport of our country has its place all over the world. At the heart of this result can be seen that young people are engaged in sports and regular exercise in a focused manner depending on the possibilities of pleasure and ability of the most important. As proof of our above words, one cannot fail to say the attention of our distinguished president to the industry.

In order to engage children in sports in a mass way, to attract them to the world of music and art, they clearly defined such measures as the construction of new children's sports facilities, children's music and art schools, reconstruction of existing ones¹.

The famous Russian scientist P., who created the organization of physical education and its theoretical scientific system.F. Lesgaft (1837-1909), showing the place of physical exercise in Child Development, states that the main factor in this is the psychology of movement, that the physical exercise and movements performed should be cultivated the imagination that give pleasure to the child, from which it can be seen that the child should be controlled, giving the right influence and active freedom

Because in physical exercises, the child realizes his strength, physical capabilities and at a certain level begins to wake up in it the initial imagination of any sport or physical exertion. In a child who has not yet developed a sport, it is natural that the question arises of how imagination can arise. Looking at the activities of everyday life as an example, from some of the features of mobility observed in a child 4-5 years old, adults often make a superficial but correct conclusion. Because in the movements of the child it is possible to see signs of special physical qualities, which are a very societal factor for some sports, according to which I assume that this child is suitable for football, boxing or yebgil athletics. Of course, the approximate observation result is often correct, but remains in the shadow of neglect. This problem often occurs when he is an adult. At the beginning of the e; tabor the place of non-focused abilities is occupied by features that are standardized by birmunch and are able to meet daily demand, which gives a negative sum of oneself in the direction of the sport and subsequent obtaining the result of the activity.

In this way, a practical solution to the above problem would be to carry out step-by-step observation and experimentation experiments that should be carried out in young children. We pay

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attention to the main determining factors, and these can be defined as the main solution of the issue:

1. The desire of the child is the process that helps to put into practice the most basic and the rest. Taking into account this desire, it is necessary to familiarize yourself with sports and put it in the sport of your choice.

2. Temperament-choleric: it is better to move away from sports of the bit type. (the child can easily get out of them), it is necessary to choose sports for which there are specific opponents, and in this case it will be possible to show his manners and basic abilities;

Sangvinik: it is appropriate to choose sports that require courage, agility, kata will have a good chance to get out of the circle of friends and the enthusiasm of strength (dances, football;

Melancholic: focusing on the inner world and delicate psyche of the child is the basis.

It is necessary to choose not collective, but individual and more subtle and elegant sports.

Phlegmatic: it is necessary to choose sports in which kata gains endurance such as swimming or skiing.

Degree of sociability (special attention should be paid to the behavior and character of the child. For example, children who want to be in the circle of most children with an introduction are advised to focus on Team Sports. It is possible to offer individual sports (swimming, cycling, gymnastics, tennis) if you like solitude more.

Age-it is worth paying attention only to some muhm non-standard growth proses of children, which does not depend on it, except for age limits.

When choosing a Sport, it is advisable to hone the level of compliance with the physical, functional and mental states of the child. Let the growth result be achieved without causing him weight. Increase in sports fitness in children: depending on the state of Health and the general level of development, as well as the physiological characteristics of any sport, excellent. In the maximum case from 8 to 10 years old, bols is considered a normative indicator if it replaces several sports. 11-12 years old – striving for participation in the competition, this age is considered a favorable period for the manifestation of true talent. We very often meet children in sports competitions who are clearly distinguished by the influence of correct orientation and support. This condition is not just labor there is also a kata dependence on the innate nature, the genetic structure. When observing such abilities, football scouts are worth taking an example from breeders. For example: Ronaldo de Assis, born in 1980 in the remote Brazilian town of Porto Allegri, probably did not even know that Moreira would come birkun and leave the world lol with the name Ronaldinho. We always follow Ronnie from interviews that she is happy with her mother and brother for this fame and bright future. It is important to know that the main issue is the right choice and application at the age of 11, before becoming a tutor of the local Gremio club, Ronnie will participate in an official match with the mini football team. His team wins 23-0. A remarkable aspect is that all the goals in the game are scored by him, and this game makes a radical turn in his life. Gremio is initially transferred to Ronaldinho Barcelona, who then shone at the French club PSG. This is how his starry path begins.

It is worth noting that a suitable solution to the above problems sports prestige guarantees the scale of the result and the health of the most important young generation. In short, choosing a sport or activity that suits the child's physical, mental capacity and ability will ensure that his achievements in future Labor and sports activities will grow.

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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