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**Annotation.** The article examines the goals and objectives of physical education, sports activities in educational institutions.

**Keywords:** physical education, event, goal, task, sports.

The purpose of teaching features in the course of physical education and sports training is to teach pupils and students the requirements for physical development of the body and a healthy lifestyle. At the same time, physical training, sports and wellness events will greatly help to master professional training. Pupils and students' physical education activities are in the form of morning physical education, physical education classes, sports club training, sports fitness competitions and holidays. Morning physical education classes are held in public in student dormitories and independently in residence halls and families. The scientific work is one of the first to be done today. It analyzes the importance of physical training and sports and health activities of pupils and students in raising the young generation as a well-rounded person. Forms of improvement of this process are studied.

This topic was discussed by T.S. Usmonkho'jaev, Yu.M. Yunusova, Kh.B. Tulenova, M.I. Masharipova and others described in detail in their scientific works, textbooks and training manuals. In addition, Russian A.S. Vygotsky, A.V. Zaporozhye, A.N. Leont'ev, D.B. El'konin, V.K. Bal'sevich, Kozlova T.V. and we used the scientific works of other physical education pedagogy scientists.

Physical education activities in educational institutions consist of physical development, health and preparation of pupils and students for life activities. Physical education processes are organized at all stages. In the organization of physical education, the pedagogical team of the educational institution, physical education teachers and sports coaches are of great importance. Physical education activities in educational institutions are morning physical education, physical education classes, training in sports clubs, sports competitions and tourism activities conducted on holidays and weekends. In the physical education activities, the students' movement skills and abilities are formed by performing the vital activities of walking, running, jumping, throwing, and climbing. Positive changes occur and the body becomes healthy with the help of physical exercises and the healing forces of nature, as well as hygienic tools, which are considered as physical education tools. The law of the Republic of Uzbekistan "On Public Education" and "On Physical Education and Sports" states that citizens of the Republic of Uzbekistan must take care of their physical training in order to improve and strengthen their health. is keyed. This law fully applies to physical education in schools.

Physical education of students and students is an organized pedagogical process of their implementation of physical actions. The work on physical education in an educational institution differs from students and students in its very homogeneous forms, which require airiness, initiative, organization. They help to bring up organizational skills, activity, resourcefulness in students and students.

The purpose of physical education of students in an educational institution:

1. Wellness.
2. Educate each person as a mature person.
3. Preparation for defense of the motherland and cocktail.

Based on the purpose of physical education, the main tasks of physical education are determined in terms of Health, conditioning, physical development of students and students, the formation of skills and skills of movement:

The provision of special knowledge about physical exercises and sports, as a physical exercise, is understood as a different category of voluntary movement activities performed consciously, meeting the requirements of the laws of physical education. Such movement activities as gymnastics, games, sports, tourism exercises have historically been systematized, collected and stably replenished. Instill in them hygienic knowledge and skills. This task consists in providing the student and student with the necessary knowledge about the benefits of physical activity, compliance with hygienic rules, the rules for the correct execution of all physical exercises provided for in the program. All this directly affects health improvement, their knowledge and adherence to the rules of Hygiene, which is achieved by the school, family, community, as well as by the joint action of the children themselves. Physical exercises and sports exercises are taught in physical education classes, activities on the agenda, as well as in circle classes. As a result of it, physical development is ensured. Also, in students and students, sports interests are formed and involved in sports.

Health-improving, helping students to develop and level up properly physically. The factors of nature are the strengthening, conditioning the health of students under the influence of water, sun, air, and increasing the body's resistance to diseases. Conducting physical education classes in the fresh air as much as possible or organizing the supply of gyms with fresh air. Provide students and students with water treatments, swimming and bathing activities, and manage Sun recovery activities. This is done during walks, excursions and tourism activities. This task is considered the most important of all physical culture and sports work in an educational institution. He must be the center of attention of every teacher, pedagogical community. Therefore, the normal development of students and students from physical exertion is necessary.

Formation and improvement of movement, skills and abilities, training in new types of movement and movement activities. The content of the student and students ' Physical Culture program is designed in such a way that students systematically engage in Physical Culture lessons, at home, in physical culture circles and sports clubs, and systematically master such vital necessary movement skills as walking, running, throwing, diligent, balancing. All the listed activities contribute to the comprehensive physical development, their preparation for cocktails. In the formation of skills and abilities of movement in students and students, it is necessary to approach them according to gender, age and physical fitness, as well as personal abilities. Improving physical qualities. Speed, strength, dexterity and endurance, as well as flexibility are the qualities necessary for every person. They are inextricably linked with the formation of movement skills in students and students. Conducting physical exercises for a short or long time at a different pace, with different complexities contributes to the development of the above qualities. Development of physical qualities in harmony with each other. Organization of classes in accordance with the personal abilities of the participants, as well as the involvement of students in sports.

Education of mental and aesthetic qualities. Education of loyalty, perseverance, discipline, public, friendliness and friendliness, skills of cultural behavior, attitude to work and social property. The whole process of physical education contributes to the education of such valuable moral and volitional qualities. Many physical exercises, game movements help to educate the personality of Daredevil and friendship. As well as the formation and education of reverence, patriotism, feelings for the motherland. Forming the right figure. Formation of skills to keep the figure straight when cornering and walking. The correct formation of the figure is a complex and long-lasting process. Therefore , in order to achieve positive results in this area, it is appropriate for Masad to keep his figure straight when standing, walking; physical exercises should be widely used; the content of physical culture lessons should definitely include exercises for improving posture, pre-training

gymnastics, Physical Culture times, physical education, work with physical and mental activities without ceasing on themselves to students and give home related tasks. Timely verification of the assigned tasks and testing in practice are envisaged to achieve results based on this. Educating students and students in a wide range of mental and moral terms is one of the most important tasks because the consciousness of the student and students is at the time of development. It is possible to achieve the desired results only when you can direct upbringing for the better.

Involvement in physical education and sports activities. It consists in accustoming students and students to systematically perform physical exercises not only in educational institutions, but also at home. To carry out this important task, it is necessary to make all activities with the student and students interesting, exciting the content and form of live, studied material, to conduct under the sincere treatment of the head of the training, to create conditions for the participants to cooperate with each other in a friendly manner. To involve students and students in sports according to their personal interests and physical abilities. It is also necessary to carry out general physical training and sports activities in places of residence, sports clubs. Education of organization in students and students, preparation of physical culture activities. In the successful conduct of mass Physical Culture and sports activities of the educational institution, full-fledged holding of physical culture classes and classes, the student and students need constant assistance of physical culture activities to the teacher. Among students and students, organizers of Physical Culture, team captains in sports circles, heads of groups are elected. They are selected from within the active participant. They closely assist the Physical Culture Community in the organization and management of physical education and sports activities. It is also of great importance in attracting students and students to sports and gaining interest in physical education. Physical development is the emergence, transformation and improvement of biological forms and functionalities in the body under the influence of upbringing. This process is subject to the laws of structure, change, quantity and quality of the organism and its habitat. Making the human body more energetic than physical, of course, occurs as a result of the meyor of the physical loads that are given to the body, as well as the correct conduct of training.

The process of teaching physical movements. The task of this is to ensure that the skill is generated from the performance of the harakta and its improvement. It lies in the multi-fold repetition process of etapning scan. Each repetition is new to include the content of each trip while it looks the same from the outside. He has received something other than the previous one. Figuratively speaking, "repetition - without repetition", "exercise-without exercise" will seem repeated. It is only then that the criterion, the foundation of the formation of a new movement activity is hidden. It is necessary to find content of the spiritual qualities of the participants and carry it out in connection with the activities of Life, Society, cocktail with the need, the process of physical education should be allowed to actively participate in the struggle for the construction of a new society. It is necessary to know exactly how he lives, what he thinks, how his friendship with whom he works in production, how he studies in an educational institution, how he behaves in the family, in public places, how he spends his free time, etc., in order to educate those involved in the spirit of the idea of national independence. It is necessary for physical education specialists to know the level of development of physical abilities of the handlers, to study personal character traits, moral qualities of intelligence, perception, will of personality, and individual Differences in static extirerations. In the processes of independent training, the attitude of students and students to physical education and sports is formed, the skills of independent practice of physical exercises, movements and sports are increased. In independent training, along with the training of vital necessary movements, the qualities of physical qualities strength, endurance, flexibility, speed, agility are perfected. As a result of the development of each physical quality, changes occur in the body. The limbs of the human body are tempered and develop as a result of an improvement in the circle of blood circulation.

Employees of the educational institution must correctly understand the purpose, objectives, content and forms of Organization of physical education of students and students, participate in practical work on the basis of their activities, actively promote physical culture and sports between students and parents. Physical education teachers are required to perform the following tasks:

- ensure that the lesson passes at a high level and complete the corresponding class physical education program;
- to conduct a timely examination of students together with a doctor and to take into account the results of their medical examination in their work;
- ensuring that the places where the lesson will be held are kept in the appropriate sanitary and hygienic condition;
- the students and students all achieve this by exercising in comfortable clothes;
- participation in the organization and conduct of work outside the educational institution in physical education and the wide involvement of students and students in it;
- carrying out explanatory work between parents on the importance of physical education of students and students;
- regularly increasing the knowledge of students and students in the field of physical education;
- to interest students and students in Physical Culture and to form habits in them to practice physical activities regularly.

Teachers exchange experience to improve their qualifications, organize the evacuation of each other's lessons. The main tasks in the organization of physical education and sports activities in educational institutions are performed by a team of Physical Culture. Physical education teachers conduct physical education classes and physical education activities on the agenda. Active sports students and members of the youth society and teachers of physical education closely help physical education teachers in organizing physical education events and sports competitions, holidays, conducting walks, excursions and Tourism, Travel walks. At the same time, athletic students play a significant role in attracting other students to sports and increasing their interest in physical education.

#### Conclusion

In our scientific research and pedagogical practice work on the organization of sports and health-improving activities of physical education in educational institutions with the student and the student, we brought a number of necessary specific conclusions.

1. In the processes of physical education and health of the student and student, the importance of conditioning the factors of nature plays an important role.
2. Generalizing exercise serves as a necessary tool in preparing students and students for their organism to be refreshed and physically loaded.
3. Special physical exercises greatly help students and students to master and improve the technique of physical activity in sports.
4. Auxiliary physical exercises serve as a kind of tool in the formation of special exercises of sports.
5. Physical education it is advisable to effectively use sports and wellness forms in physical education, sports and wellness activities of students and students.
6. The influence of physical education, sports and health-improving activities carried out in nature on physical development and sorlomeration has a great influence.

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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